

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------|-------|-------|------|--------------------------|----|-----------|---|
| Women 16-16 50 Free | | | | | | | |
| 1 | 26.43 | L | F | Grace Morris | 16 | LALE CED | 15/03/2024 SA National Junior Age Group |
| 2 | 26.49 | L | P | Jessica Carmody | 16 | RSA | 18/10/2023 BRICS Games Swimming 2023-KZN |
| 3 | 27.08 | L S | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 4 | 27.28 | L | F | Daena Robinson | 16 | SEAL UMD | 15/03/2024 SA National Junior Age Group |
| 5 | 27.34 | L | P | Keira Van Heerden | 16 | INFA NMA | 19/04/2024 SA Schools Swimming Championship |
| 6 | 27.42 | L | F | Mikayla Makwabarara | 16 | HRE MS | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 7 | 27.50 | L | F | Hannah Mouton | 16 | TUKS TSH | 23/02/2024 NTS Prestige AG February 2024 |
| 8 | 27.69 | L | F | Alex-Zandre' Labuschagne | 16 | MGSC UGD | 15/03/2024 SA National Junior Age Group |
| 9 | 27.72 | L | F | Melissa Kuun | 16 | WCA CPT | 19/04/2024 SA Schools Swimming Championship |
| 10 | 27.82 | L | P | Emma De Wet | 16 | RSA | 20/10/2023 World Aqua -Swimming World Cup Oct |
| 11 | 27.83 | L S | F | Myra Viduya | 16 | INFA NMA | 26/01/2024 6th A League Gala 2024 |
| 12 | 27.86 | L S | P | Cassidy Burgess | 16 | WCA CPT | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 13 | 27.89 | L | F | Myra Viduya | 16 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 14 | 27.95 | L | P | Keira Duncan | 16 | SGUL ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 15 | 28.09 | L | P | Erin Hudson | 16 | AA JHB | 30/11/2023 CGA Championships 2023 |
| 16 | 28.18 | L | F | Kayla Petersen | 16 | USC BUF | 15/03/2024 SA National Junior Age Group |
| 17 | 28.30 | L | P | Emily Lott | 16 | ASA ILD | 15/03/2024 SA National Junior Age Group |
| 18 | 28.38 | L | P | Isabella Desfontaines | 16 | RAV EKU | 15/03/2024 SA National Junior Age Group |
| 19 | 28.54 | L | F | Cassidy Sinclair | 16 | DRGN EKU | 30/11/2023 CGA Championships 2023 |
| 20 | 28.56 | L | P | Beane Swanepoel | 16 | VRC TSH | 12/12/2023 NTS Championships 2023 |
| 21 | 28.61 | L | P | Jordana Azran | 16 | KLOO ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 22 | 28.64 | L | F | Mathilda Liebenberg | 16 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 23 | 28.67 | L | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 24 | 28.71 | L | P | Christina Gennarakis | 16 | CASC CPT | 15/03/2024 SA National Junior Age Group |
| 25 | 28.74 | L | F | Tamryn Kunneke | 16 | RFA TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 26 | 28.75 | L | F | Xanthe Nagel | 16 | HREF BP | 06/12/2023 NWS Championships 2023/24 |
| 27 | 28.78 | L | F | Madelé Harding | 16 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 28 | 28.85 | L | F | Madison Fourie | 16 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 29 | 28.87 | L | P | Jana Lombard | 16 | LALE CED | 15/03/2024 SA National Junior Age Group |
| 30 | 28.89 | L | F | Isabella Webber | 16 | VINE CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 31 | 28.91 | L | F | Bailey Held | 16 | WSTV ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 32 | 28.96 | L | F | Mianique Lombard | 16 | WELA LLD | 06/12/2023 Free State Champs 2023 |
| 33 | 28.97 | L | P | Hannah Ferreira | 16 | ASA ILD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 34 | 29.02 | L | P | Taylor Hemphill | 16 | SEALE ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 35 | 29.11 | L | F | Mari Zanne Nortje | 16 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 36* | 29.12 | L | F | Kaitlynn Horne | 16 | BEST NMA | 23/09/2023 3rd A League Gala 2023 |
| 36* | 29.12 | L | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 SA National Junior Age Group |
| 38 | 29.14 | L | P | Erin Mayoss | 16 | KLOO ETH | 15/03/2024 SA National Junior Age Group |
| 39 | 29.18 | L S | P | Rebecca Kuhn | 16 | AGB JHB | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 40 | 29.27 | L | F | Christie Piguet | 16 | AA JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 41 | 29.32 | L S | P | Cassidey Rae Doubell | 16 | AGB JHB | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 42 | 29.39 | L | F | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 43 | 29.42 | L | F | Nicole Beling | 16 | BAS EKU | 26/01/2024 EGA Last Chance 2024 |
| 44 | 29.44 | L | P | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 NTS Championships 2023 |
| 45 | 29.46 | L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 Free State Champs 2023 |
| 46 | 29.47 | L | P | Marony Jacobs | 16 | INFA NMA | 09/02/2024 Infinity Gala 2024 |
| 47 | 29.56 | L | P | Morgan Rabie | 16 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 48* | 29.58 | L | F | Jasmine Pillay | 16 | SEAL UMD | 21/03/2024 SA Level 3 Regional Age Group |
| 48* | 29.58 | L | P | Jordyn Collett | 16 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 50 | 29.59 | L | F | Francis Whelan | 16 | FSA FS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 51 | 29.61 | L | P | Simone Theron | 16 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 52 | 29.66 | L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 53* | 29.67 | L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 Westville-Seals LC Championships |
| 53* | 29.67 | L | F | Ava Fourie | 16 | TRAZ TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 55 | 29.73 | L | F | Amahle Mhlongo | 16 | PSCP UMD | 24/11/2023 Westville-Seals LC Championships |
| 56 | 29.77 | L | F | Une Van den Berg | 16 | AA JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 57 | 29.78 | L | P | Kaylin Stieger | 16 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 58 | 29.82 | L | P | Ella Mills | 16 | UNI EZD | 15/03/2024 SA National Junior Age Group |

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| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|-------|-------|------|----------------------|----|-------|-----|------------|--------------------------------------|
| 59 | 29.89 | L | F | Carleigh Palmer | 16 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 60 | 29.90 | L | F | Veneske Steenkamp | 16 | ROA | EDD | 12/08/2023 | Madibaz Swim Meet 2023 |
| 61 | 29.91 | L | F | Simone Henning | 16 | RHS | BP | 23/02/2024 | NW School Championships 2024 |
| 62 | 29.92 | L | F | Hayley Hoy | 16 | SWLAB | CPT | 03/05/2023 | CANA Zone IV |
| 63 | 29.93 | L | P | Grace George | 16 | KZNA | ETH | 19/04/2024 | SA Schools Swimming Championship |
| 64 | 29.94 | L | F | Hannah Rigby | 16 | RSA | | 03/05/2023 | CANA Zone IV SwimmingChampions |
| 65 | 30.02 | L | P | Farhah Valli | 16 | RSA | | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 66 | 30.06 | L | F | Amelie Botha | 16 | RFA | TSH | 26/01/2024 | NTS Level 3+ Januaery Age Group 2024 |
| 67* | 30.10 | L S | P | Madison Franks | 16 | SSISA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 67* | 30.10 | L | F | Gabriella Douglas | 16 | BAS | EKU | 15/09/2023 | EGA Summer 1 |
| 67* | 30.10 | L | P | Gemma Jones | 16 | VINE | CPT | 15/03/2024 | SA National Junior Age Group |
| 70* | 30.14 | L | P | Tatum Cabral | 16 | ELEC | TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 70* | 30.14 | L | F | Chloe Geldenhuys | 16 | SEALE | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 72 | 30.16 | L | P | Tazmin Suliman | 16 | TUKS | TSH | 12/12/2023 | NTS Championships 2023 |
| 73 | 30.18 | L | F | Isla Thomas | 16 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 74 | 30.20 | L | F | Neema Banza | 16 | UNI | EZD | 13/10/2023 | MP AGE GROUP 2 |
| 75* | 30.23 | L | P | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 75* | 30.23 | L | F | Loghan Gray | 16 | CA | EKU | 15/09/2023 | EGA Summer 1 |
| 77 | 30.28 | L | F | Clarise Coetzer | 16 | STSC | KCD | 27/01/2024 | Ushaka Champs 2024 |
| 78* | 30.31 | L | F | Tatum Lauf | 16 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 78* | 30.31 | L | F | Colby Cochrane | 16 | CRSC | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 80 | 30.32 | L | F | Hayley Beling | 16 | BAS | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 81 | 30.34 | L | P | Anshee Khanna | 16 | PEAS | NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 82 | 30.35 | L | F | Emma La Grange | 16 | PLAY | CED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 83 | 30.37 | L | F | Cassandra Sikiotis | 16 | MDOL | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 84* | 30.38 | L | P | Tamsyn Kotzè | 16 | BLMA | CPT | 15/03/2024 | SA National Junior Age Group |
| 84* | 30.38 | L | F | Amelia Vincent | 16 | BLSS | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 86 | 30.39 | L | P | Ciska Ferreira | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 87 | 30.41 | L | F | Georgoulla Kambanis | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 88 | 30.43 | L | F | Abigail Van Dyk | 16 | TUKS | TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 89 | 30.47 | L | F | Bay-Linn Oelofse | 16 | TNDER | FDD | 11/11/2023 | Bull Sharks Gala |
| 90 | 30.48 | L S | P | Caitlin Watson | 16 | BLMA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 91 | 30.49 | L | P | Erin Beyers | 16 | UNI | EZD | 15/03/2024 | SA National Junior Age Group |
| 92 | 30.53 | L S | P | Michaela Labuschagne | 16 | WCA | CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 93 | 30.60 | L | F | Anri De Beer | 16 | INFA | NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 94* | 30.61 | L S | F | Candice Myers | 16 | TCA | EKU | 07/12/2023 | EGA Summer Championships |
| 94* | 30.61 | L | F | Holley Jacoby | 16 | VIKI | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 96 | 30.65 | L | F | Mia Pienaar | 16 | STSC | KCD | 21/10/2023 | Froggies Championships 2023 |
| 97 | 30.67 | L | F | Nazneen Mohamed | 16 | ATLA | JHB | 30/11/2023 | CGA Championships 2023 |
| 98 | 30.72 | L S | P | Kirstin Brady | 16 | RAV | EKU | 07/12/2023 | EGA Summer Championships |
| 99 | 30.76 | L | F | Neo Cele | 16 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 100 | 30.78 | L S | F | Alexia Luz | 16 | SOUL | EKU | 07/12/2023 | EGA Summer Championships |
| 101 | 30.79 | L | P | Jorja Da Cunha | 16 | BON | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 102 | 30.85 | L | F | Miana Fourie | 16 | BLSS | MAN | 27/10/2023 | Neptune Prestige Gala |
| 103* | 30.87 | L | F | Holly Allison | 16 | AZON | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 103* | 30.87 | L | F | Cara Crichton | 16 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 105* | 30.94 | L | F | Isabella Vicente | 16 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 105* | 30.94 | L | F | Esmari Weitsz | 16 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 107 | 30.96 | L | P | Kanishka Rajput | 16 | SMTC | JHB | 15/03/2024 | SA National Junior Age Group |
| 108 | 31.00 | L | F | Nikha Lambden | 16 | EXP | TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 109 | 31.04 | L | P | Emma Roberts | 16 | UNI | EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 110 | 31.06 | L | F | Chanel Baenhoff | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 111 | 31.08 | L | F | Kye-Ann Fowler | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 112 | 31.11 | L | F | Zoey Du Toit | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 113 | 31.12 | L | F | Alienne van Rensburg | 16 | KTS | | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 114 | 31.13 | L S | P | Sally-Louise Ingwe | 16 | RAV | EKU | 07/12/2023 | EGA Summer Championships |
| 115 | 31.16 | L | F | Emma Atkinson | 16 | AZON | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 116 | 31.17 | L | F | Lume Louw | 16 | USC | BUF | 21/03/2024 | SA Level 3 Regional Age Group |
| 117 | 31.25 | L | F | Danelle Mody | 16 | CRSC | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |

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|------|-------|-------|------|------------------------|----|-------|---|
| 118 | 31.26 | L | P | Kayla-Jade Van Heerden | 16 | WSTV | ETH 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 119 | 31.27 | L | F | Lize Burness | 16 | TUKS | FSH 22/09/2023 NTS Level 3+ September Age Group |
| 120 | 31.28 | L S | P | Erin Glover | 16 | TYGE | CPT 14/12/2023 Western Cape LC-A Championship 2023 |
| 121 | 31.32 | L | F | Eunice Fourie | 16 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 122 | 31.34 | L | F | Elmarie De Witt | 16 | QUIC | CPT 18/11/2023 CTA QUALIFYING MEET 2 |
| 123 | 31.35 | L | P | Tianel Van Der Merwe | 16 | MSC | NGD 20/03/2024 SA Level 3 Regional Age Group |
| 124 | 31.37 | L | F | Rene Sauerman | 16 | SEAL | UMD 24/11/2023 Westville-Seals LC Championships |
| 125* | 31.39 | L | F | Jean Marie Swartz | 16 | TONAU | CCD 27/01/2024 Limpopo School Champs |
| 125* | 31.39 | L | P | Aruli Fick | 16 | USH | KCD 20/03/2024 SA Level 3 Regional Age Group |
| 127 | 31.45 | L | P | Fallon Tweedie | 16 | PEAS | NMA 09/02/2024 Infinity Gala 2024 |
| 128 | 31.47 | L | F | Yusrah Du Toit | 16 | UWCA | CPT 10/02/2024 WCA-B Champs - 2024 |
| 129 | 31.48 | L S | P | Zara Jeftha | 16 | MARL | CPT 14/12/2023 Western Cape LC-A Championship 2023 |
| 130 | 31.49 | L | P | Nanette Jordaan | 16 | BLOT | MAN 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 131 | 31.53 | L | F | Tatum Borrill | 16 | CA | EKU 28/10/2023 EGA Summer 2 2023 |
| 132 | 31.56 | L | F | Catherine Wentzel | 16 | FRA | KCD 05/04/2024 SA Level 2 Regional Age Group Champs |
| 133 | 31.62 | L | P | Megan Kemp | 16 | TINC | FSH 24/03/2024 SA Level 2 Regional Age Group Champs |
| 134 | 31.64 | L | F | Acacia- Cailyn Abell | 16 | MDOL | JHB 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 135 | 31.67 | L | F | Grace Bothma | 16 | WSTV | ETH 24/11/2023 Westville-Seals LC Championships |
| 136 | 31.69 | L | F | Jaiden Funnell | 16 | SWIM1 | JHB 24/03/2024 SA Level 2 Regional Age Group Champs |
| 137 | 31.70 | L | P | Luyanda Shandu | 16 | SEAL | UMD 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 138 | 31.75 | L | F | Monique Oosthuizen | 16 | BLOT | MAN 13/10/2023 Pelicans Gala |
| 139 | 31.76 | L | P | Sinesipho Sibiya | 16 | SEAL | UMD 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 140 | 31.77 | L S | P | Abigayle Otto | 16 | CA | EKU 07/12/2023 EGA Summer Championships |
| 141 | 31.79 | L S | F | Hannah Witten | 16 | AQDO | CPT 24/11/2023 CTA A & B CHAMPS 2023 |
| 142 | 31.81 | L | F | Cara Fourie | 16 | UPSK | ZMD 10/02/2024 AGE GROUP 6 UPT - 2024 |
| 143 | 31.83 | L | F | Alexia Adreani | 16 | CA | EKU 11/11/2023 EGA Summer 3 |
| 144 | 31.89 | L | F | Cara Corrigan | 16 | FISH | EDD 04/11/2023 EDEN 3rd A-League School Trials Gala |
| 145 | 31.93 | L | F | Leané Jacobs | 16 | STELL | RMD 26/03/2024 SA Level 2 Regional Age Group Champs |
| 146 | 32.01 | L | P | Mignon Smit | 16 | SS | MPD 20/03/2024 SA Level 3 Regional Age Group |
| 147 | 32.04 | L | P | Cameron Morel | 16 | SWIFT | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 148 | 32.06 | L | P | Alexandra Houniet | 16 | CA | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 149 | 32.08 | L | F | Samantha Maritz | 16 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 150 | 32.09 | L | P | Abigail Phillips | 16 | SASE | JHB 20/03/2024 SA Level 3 Regional Age Group |
| 151 | 32.10 | L | F | Shani Olivier | 16 | WELL | CED 21/03/2024 SA Level 3 Regional Age Group |
| 152 | 32.11 | L | P | Ashling McCarthy | 16 | LINR | JHB 30/11/2023 CGA Championships 2023 |
| 153 | 32.17 | L | P | Caitlin Kennedy | 16 | AFIN | JHB 30/11/2023 CGA Championships 2023 |
| 154 | 32.22 | L | P | Deidré Olivier | 16 | RBOT | BPD 06/12/2023 NWS Championships 2023/24 |
| 155 | 32.30 | L | F | Alexa Louw | 16 | BLMA | CPT 10/02/2024 WCA-B Champs - 2024 |
| 156 | 32.31 | L | F | Amy Clayton | 16 | CUHE | QBD 03/02/2024 Winelands SL final |
| 157 | 32.33 | L | P | Monize Wingard | 16 | UNI | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 158* | 32.43 | L | F | Josslyn Gauldie | 16 | RFA | FSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 158* | 32.43 | L | F | Kayla Miller | 16 | CRSC | JHB 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 160 | 32.54 | L | F | Mmathabo Marite | 16 | CRSC | JHB 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 161 | 32.61 | L S | F | Jenna Loubser | 16 | SFSC | CPT 24/11/2023 CTA A & B CHAMPS 2023 |
| 162 | 32.64 | L | P | Kanak Rajput | 16 | AAS | JHB 20/03/2024 SA Level 3 Regional Age Group |
| 163* | 32.66 | L | P | Hannah Prince | 16 | OLDE | JHB 24/03/2024 SA Level 2 Regional Age Group Champs |
| 163* | 32.66 | L | F | Danelle Du Toit | 16 | TASC | MPD 01/12/2023 Limpopo Champs |
| 165 | 32.69 | L | P | Kendra Beukes | 16 | PGAC | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 166 | 32.70 | L | P | Aarya Morar | 16 | ATLA | JHB 20/03/2024 SA Level 3 Regional Age Group |
| 167 | 32.71 | L | F | Jannae De Villiers | 16 | PRKA | PSD 25/11/2023 UPT AGE GROUP 2 2023 |
| 168 | 32.74 | L | P | Milla Delpont | 16 | PEAS | NMA 24/06/2023 PEA Winter Gala 2023 |
| 169* | 32.81 | L | F | Marilee Coetzee | 16 | DOLFI | MPD 11/11/2023 Limpopo Age Group 5 |
| 169* | 32.81 | L | F | Lisa Bloem | 16 | BLOT | MAN 27/10/2023 Neptune Prestige Gala |
| 171 | 32.87 | L | F | Gail Polman | 16 | CASC | CPT 18/11/2023 CTA QUALIFYING MEET 2 |
| 172 | 32.98 | L S | F | Erin Burke | 16 | SFSC | CPT 05/10/2023 42nd Freda Barnard Invitational Gala |
| 173 | 33.03 | L | P | Christn Engelbrecht | 16 | KSC | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 174 | 33.06 | L | F | Lois Fourie | 16 | BLSS | MAN 26/03/2024 SA Level 2 Regional Age Group Champs |
| 175 | 33.10 | L | P | Kayla Botha | 16 | AFIN | JHB 24/03/2024 SA Level 2 Regional Age Group Champs |
| 176 | 33.11 | L | P | Gabriella Smith | 16 | MDOL | JHB 20/03/2024 SA Level 3 Regional Age Group |

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|------|-----------|-------|----------------------------|--------|----------|------------|--------------------------------------|
| 177 | 33.12 L | F | Kimberley Strong | 16 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 178 | 33.13 L | F | Catherine Jones | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 179 | 33.14 L | F | Carla Pienaar | 16 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 180 | 33.15 L | F | Mia Barnard | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 181 | 33.17 L | F | Charissa Volschenk | 16 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 182* | 33.23 L | P | Jamilah Tshiyoyo | 16 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 182* | 33.23 L | F | Thurayya Moodley | 16 | LEGC ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 184 | 33.24 L | F | Bianca Myburgh | 16 | CUHE QBD | 10/02/2024 | WCA-B Champs - 2024 |
| 185 | 33.28 L | F | Layah Peterson | 16 | HMER MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 186 | 33.29 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 187 | 33.31 L | F | Emma Wentzel | 16 | AA JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 188 | 33.41 L | P | Riley Hattingh-Steyn | 16 | SOUL EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 189 | 33.42 L | F | Keira Schroll | 16 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 190* | 33.47 L | F | Tyra Kasonkomona | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 190* | 33.47 L | P | Shannon Coetzee | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 192 | 33.48 L | F | Callan-Cate Bouwer | 16 | HARL BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 193 | 33.49 L | F | Lerato Moloby | 16 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 194 | 33.58 L | F | Marinique Lamprecht | 16 | RFA TSH | 01/07/2023 | Rossini Swim Cup |
| 195* | 33.83 L | F | Gabrielle Mare' | 16 | PAC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 195* | 33.83 L | F | Tamilyn Straub | 16 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 197 | 33.98 L | P | Johane Viljoen | 16 | BLNE MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 198 | 34.16 L | F | Marita Lackey | 16 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 199 | 34.20 L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 17/02/2024 | Eastern Cape School Trials 2024 |
| 200 | 34.48 L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/10/2023 | Froggies Championships 2023 |
| 201 | 34.53 L | F | Hanrike Barnard | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 202 | 34.60 L S | P | Clara van Rooyen | 16 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 203 | 34.61 L | F | Lianne Labuschagne | 16 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 204 | 34.66 L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 24/11/2023 | Westville-Seals LC Championships |
| 205 | 34.69 L | F | Olivia Darley | 16 | HASC JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 206 | 34.74 L | P | Cameron Landman | 16 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 207 | 34.79 L | F | Gemma Harris | 16 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 208 | 34.88 L | F | Taaliah Rinquest | 16 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 209 | 34.92 L | F | Christine Lee | 16 | HPP BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 210 | 34.99 L | P | Rudine Van Wyk | 16 | PAC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 211 | 35.01 L | F | Nthanki Kumalo | 16 | ELEC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 212 | 35.12 L | F | Makayla Lombard | 16 | JAQ EKU | 26/01/2024 | EGA Last Chance 2024 |
| 213 | 35.19 L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 214 | 35.21 L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 215 | 35.22 L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 216 | 35.26 L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 217 | 35.35 L | F | Michaela Mitchley | 16 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 218 | 35.72 L | F | Lisa Ferreira | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 219 | 35.91 L | F | Eshle Gceba | 16 | LINR JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 220 | 36.01 L | F | Elanza Oosthuizen | 16 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 221 | 36.05 L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 222 | 36.31 L | F | Lianka Du Toit | 16 | HPP BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 223 | 36.62 L | P | Deidré Grobler | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 224 | 36.69 L | F | Skye Schoeman | 16 | AQUA BUF | 21/10/2023 | Uthukela District Age Group Gala |
| 225 | 36.70 L | F | Mienke Uys | 16 | FROS TMD | 18/11/2023 | Valsrivier Gala |
| 226 | 36.72 L | F | Leandrè Burger | 16 | QSAW CED | 03/02/2024 | Winelands SL final |
| 227 | 36.79 L | F | Carmen Botha | 16 | WES KK | 23/02/2024 | NW School Championships 2024 |
| 228 | 36.98 L | F | Zani Van Rensburg | 16 | PGAC EKU | 15/09/2023 | EGA Summer 1 |
| 229 | 37.05 L | F | Lihlombe Manqina | 16 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 230 | 37.44 L | F | Madelein Bronkhorst | 16 | SS MPD | 11/11/2023 | Limpopo Age Group 5 |
| 231 | 37.94 L | P | Liandi Strydom | 16 | NAE EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 232 | 38.32 L | F | Sckylar Lambert | 16 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 |
| 233 | 38.45 L | F | Riley Zulch | 16 | ONYX EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 234 | 38.79 L | F | Diré Schoeman | 16 | HFDT MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 235 | 38.96 L | F | Nika Snyman | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-----------|-------|--------------------------|--------|-----------|------------|---|
| 236 | 39.07 L | F | Keletso Mbimba | 16 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 237 | 39.23 L | F | Muneerah Khan | 16 | SWIM1 JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 238 | 39.32 L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 239 | 39.62 L | P | Bea-Mari Ackerman | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 240 | 39.63 L | F | Josie Salter | 16 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 241 | 39.66 L | F | Yana Van Schoor | 16 | PGAC EKU | 15/09/2023 | EGA Summer 1 |
| 242 | 39.68 L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 243 | 39.75 L | F | Zandri Odendaal | 16 | TRAZ TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 244 | 39.87 L | F | Ahara-Anne Maherry | 16 | BEAV ETH | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 245 | 41.23 L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 246 | 41.66 L | F | Chevonne du Plessis | 16 | HSO TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 247 | 41.85 L | F | Tyler Lowe | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 248 | 42.41 L | F | Caylin Bach | 16 | AASC EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 249 | 43.27 L | F | Denaycha Oosthuizen | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 250 | 43.44 L | F | Kelly-Grace Luyt | 16 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 251 | 43.89 L | F | Ilitha Mafeke | 16 | KHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 252 | 44.92 L | F | Kayla Schoenveld | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 253 | 45.78 L | F | Georgia Papamichael | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 254 | 46.24 L | F | Madison Isaacs | 16 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 255 | 46.95 L | F | Kelsi Oelofse | 16 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 256 | 47.43 L | F | Mia Putter | 16 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 257 | 48.81 L | F | Maya Mabe | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 258 | 50.64 L | F | Lune Van Der Berg | 16 | EXA EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 259 | 51.10 L | F | Aymee Botha | 16 | PWC BP | 23/02/2024 | NW School Championships 2024 |
| 260 | 57.44 L | F | Bubukho Ndamane | 16 | UMHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 261 | 1:00.13 L | F | Sfungo Keswa | 16 | UMHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 262 | 1:00.64 L | F | Bubuhle Ndamane | 16 | UMHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 263 | 1:04.06 L | F | Owethu Mokwena | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 264 | 1:06.68 L | F | Mihle Ngini | 16 | KHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 265 | 1:07.13 L | F | Anna-Marie Steyn | 16 | ESS EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 266 | 1:14.40 L | F | Jessica Jansen | 16 | ESS EZD | 13/10/2023 | MP AGE GROUP 2 |
| Women 16-16 100 Free | | | | | | | |
| 1 | 57.40 L | P | Jessica Carmody | 16 | RSA | 04/09/2023 | 9th JUNIOR WORLD SWIMMING |
| 2 | 57.61 L | P | Hannah Mouton | 16 | AGC TSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 58.08 L | F | Grace Morris | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 4 | 59.16 L | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 5* | 59.90 L | F | Myra Viduya | 16 | INFA NMA | 15/12/2023 | NMBA Championships 2023 |
| 5* | 59.90 L | F | Myra Viduya | 16 | INFA NMA | 15/12/2023 | NMBA Championships 2023 |
| 7 | 59.94 L | F | Keira Van Heerden | 16 | INFA NMA | 19/04/2024 | SA Schools Swimming Championship |
| 8 | 1:00.02 L | F | Cassidy Burgess | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 9 | 1:00.08 L | F | Mikayla Makwabarara | 16 | HRE MS | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 10 | 1:00.24 L | F | Emily Lott | 16 | ASA ILD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 11 | 1:00.31 L | F | Kaitlynn Horne | 16 | BEST NMA | 15/12/2023 | NMBA Championships 2023 |
| 12 | 1:00.35 L | F | Daena Robinson | 16 | SEAL UMD | 15/03/2024 | SA National Junior Age Group |
| 13 | 1:00.55 L | F | Keira Duncan | 16 | SGUL ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 14 | 1:00.71 L | F | Erin Hudson | 16 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 15 | 1:01.12 L | F | Marony Jacobs | 16 | INFA NMA | 11/11/2023 | 5th A League Gala 2023 |
| 16 | 1:01.29 L | F | Hannah Ferreira | 16 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 17 | 1:01.50 L | P | Alex-Zandre' Labuschagne | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 18 | 1:01.53 L | P | Cassidy Sinclair | 16 | DRGN EKU | 30/11/2023 | CGA Championships 2023 |
| 19 | 1:01.77 L | P | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 20 | 1:01.85 L | P | Melissa Kuun | 16 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 21 | 1:01.92 L | F | Isabella Desfontaines | 16 | RAV EKU | 07/12/2023 | EGA Summer Championships |
| 22 | 1:02.09 L | F | Mathilda Liebenberg | 16 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 23 | 1:02.27 L | P | Madelé Harding | 16 | POTC KKD | 12/12/2023 | NTS Championships 2023 |
| 24 | 1:02.38 L | P | Nicole Beling | 16 | BAS EKU | 15/03/2024 | SA National Junior Age Group |
| 25 | 1:02.42 L | P | Jana Lombard | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 26 | 1:02.46 L | F | Madison Fourie | 16 | INFA NMA | 15/12/2023 | NMBA Championships 2023 |
| 27 | 1:02.76 L | F | Kayla Petersen | 16 | USC BUF | 09/02/2024 | Infinity Gala 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|----------|-------|------|----------------------|----|-----------|---|
| 28 | 1:02.77 | L | P | Christina Gennarakis | 16 | CASC CPT | 15/03/2024 SA National Junior Age Group |
| 29 | 1:02.96 | L | F | Bailey Held | 16 | WSTV ETH | 24/11/2023 Westville-Seals LC Championships |
| 30 | 1:03.00 | L | P | Cassidey Rae Doubell | 16 | AA JHB | 15/03/2024 SA National Junior Age Group |
| 31 | 1:03.10 | L | F | Isabella Webber | 16 | VINE CPT | 17/02/2024 Swartland Invitational Gala 2024 |
| 32 | 1:03.12 | L | T | Tiffany Marshall | 16 | UNI EZD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 33 | 1:03.21 | L | F | Xanthe Nagel | 16 | HREF BP | 06/12/2023 NWS Championships 2023/24 |
| 34 | 1:03.33 | L | F | Hannah Rigby | 16 | RSA | 03/05/2023 CANA Zone IV SwimmingChampions |
| 35 | 1:03.37 | L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 Westville-Seals LC Championships |
| 36 | 1:03.40 | L | F | Rebecca Kuhn | 16 | PER JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 37 | 1:03.42 | L | F | Grace George | 16 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 38 | 1:03.75 | L | F | Mianique Lombard | 16 | WELA LLD | 06/12/2023 Free State Champs 2023 |
| 39 | 1:03.89 | L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 Free State Champs 2023 |
| 40 | 1:04.01 | L | F | Loghan Gray | 16 | CA EKU | 28/10/2023 EGA Summer 2 2023 |
| 41 | 1:04.06 | L | P | Erin Mayoss | 16 | KLOO ETH | 15/03/2024 SA National Junior Age Group |
| 42 | 1:04.14 | L | F | Tamryn Kunneke | 16 | RFA TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 43 | 1:04.22 | L | P | Veneske Steenkamp | 16 | ROA EDD | 24/06/2023 PEA Winter Gala 2023 |
| 44 | 1:04.31 | L | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 SA National Junior Age Group |
| 45 | 1:04.34 | L | F | Jordana Azran | 16 | KLOO ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 46 | 1:04.47 | L | F | Francis Whelan | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 47 | 1:04.68 | L | F | Tatum Cabral | 16 | ELEC TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 48 | 1:04.81 | L | P | Simone Theron | 16 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 49 | 1:04.83 | L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 50 | 1:04.90 | L | P | Caitlin Watson | 16 | BLMA CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 51* | 1:05.02 | L | P | Mari Zanne Nortje | 16 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 51* | 1:05.02 | L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 06/12/2023 Free State Champs 2023 |
| 53 | 1:05.05 | L | P | Emma De Wet | 16 | VINE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 54 | 1:05.18 | L | P | Tamsyn Kotzé | 16 | BLMA CPT | 15/03/2024 SA National Junior Age Group |
| 55 | 1:05.20 | L | F | Carleigh Palmer | 16 | AA JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 56 | 1:05.27 | L | F | Gemma Jones | 16 | VINE CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 57 | 1:05.32 | L | P | Michaela Labuschagne | 16 | SSISA CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 58 | 1:05.35 | L | F | Kirsty Andraos | 16 | TUKS TSH | 22/09/2023 NTS Level 3+ September Age Group |
| 59 | 1:05.38 | L | F | Jordyn Collett | 16 | TUKS TSH | 23/02/2024 NTS Prestige AG February 2024 |
| 60 | 1:05.44 | L | F | Lirieka vd Walt | 16 | TUKS TSH | 22/09/2023 NTS Level 3+ September Age Group |
| 61 | 1:05.46 | L | F | Taylor Hemphill | 16 | SEALE ETH | 24/11/2023 Westville-Seals LC Championships |
| 62 | 1:05.55 | L | F | Hayley Hoy | 16 | TUKS TSH | 23/02/2024 NTS Prestige AG February 2024 |
| 63 | 1:05.56 | L | F | Alexia Luz | 16 | SOUL EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 64 | 1:05.63 | L | P | Ella Mills | 16 | UNI EZD | 15/03/2024 SA National Junior Age Group |
| 65 | 1:05.65 | L | F | Ava Fourie | 16 | TRAZ TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 66 | 1:05.66 | L | P | Kate Truter | 16 | BEAV ETH | 15/03/2024 SA National Junior Age Group |
| 67 | 1:05.72 | L | P | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 NTS Championships 2023 |
| 68 | 1:05.73 | L | F | Une Van den Berg | 16 | AA JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 69 | 1:05.85 | L | F | Hayley Beling | 16 | BAS EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 70 | 1:05.91 | L | F | Colby Cochrane | 16 | CRSC JHB | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 71 | 1:05.95 | L | P | Candice Myers | 16 | TCA EKU | 07/12/2023 EGA Summer Championships |
| 72 | 1:05.98 | L | F | Morgan Rabie | 16 | TUKS TSH | 26/01/2024 NTS Level 3+ January Age Group 2024 |
| 73 | 1:05.99 | L | P | Chanel Baenhoff | 16 | BLSS MAN | 15/03/2024 SA National Junior Age Group |
| 74 | x1:06.06 | L | F | Emma La Grange | 16 | PLAY CED | 10/02/2024 WCA-B Champs - 2024 |
| 75 | 1:06.09 | L | F | Isla Thomas | 16 | AA JHB | 30/11/2023 CGA Championships 2023 |
| 76 | 1:06.23 | L | P | Neema Banza | 16 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 77 | 1:06.32 | L | F | Holley Jacoby | 16 | VIKI BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 78 | 1:06.41 | L | P | Amy Schmidt | 16 | ASAW CED | 15/03/2024 SA National Junior Age Group |
| 79 | 1:06.54 | L | P | Beane Swanepoel | 16 | AGC TSH | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 80 | 1:06.72 | L | F | Holly Allison | 16 | AZON ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 81 | 1:06.74 | L | P | Erin Glover | 16 | TYGE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 82 | 1:06.83 | L | F | Keira Leask | 16 | AA JHB | 27/01/2024 CGA Level 2+ Gala 27 Jan 2024 |
| 83 | 1:06.88 | L | F | Anri De Beer | 16 | INFA NMA | 21/03/2024 SA Level 3 Regional Age Group |
| 84 | 1:06.98 | L | P | Tyla Skelton | 16 | WATR JHB | 30/11/2023 CGA Championships 2023 |
| 85 | 1:07.00 | L | P | Emma Roberts | 16 | UNI EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 86 | 1:07.01 | L | F | Chloe Geldenhuis | 16 | SEALE ETH | 24/11/2023 Westville-Seals LC Championships |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|------------------------|----|-------|-----|------------|--------------------------------------|
| 87 | 1:07.22 | L | F | Tatum Lauf | 16 | MDOL | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 88 | 1:07.25 | L | F | Jorja Da Cunha | 16 | BON | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 89 | 1:07.28 | L | F | Clarise Coetzer | 16 | STSC | KCD | 24/11/2023 | Westville-Seals LC Championships |
| 90 | 1:07.35 | L | F | Ciska Ferreira | 16 | UNI | EZD | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 91 | 1:07.41 | L | P | Madison Franks | 16 | SSISA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 92 | 1:07.44 | L | F | Nazneen Mohamed | 16 | ATLA | JHB | 30/11/2023 | CGA Championships 2023 |
| 93 | 1:07.54 | L S | F | Sally-Louise Ingwe | 16 | RAV | EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 94 | 1:07.56 | L | F | Kye-Ann Fowler | 16 | UNI | EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 95 | 1:07.58 | L | F | Lume Louw | 16 | USC | BUF | 09/02/2024 | Infinity Gala 2024 |
| 96 | 1:07.60 | L | P | Gemma Allchin | 16 | KZNA | ETH | 19/04/2024 | SA Schools Swimming Championship |
| 97 | 1:07.87 | L | P | Mia Pienaar | 16 | STSC | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 98 | 1:07.98 | L | P | Kanishka Rajput | 16 | SMTG | JHB | 15/03/2024 | SA National Junior Age Group |
| 99 | 1:07.99 | L | F | Danelle Mody | 16 | CRSC | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 100 | 1:08.11 | L | P | Jasmine Pillay | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 101 | 1:08.17 | L | P | Kirstin Brady | 16 | RAV | EKU | 07/12/2023 | EGA Summer Championships |
| 102 | 1:08.24 | L | F | Carmi Schoeman | 16 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 103 | 1:08.36 | L | P | Anshee Khanna | 16 | PEAS | NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 104 | 1:08.44 | L | F | Nikha Lambden | 16 | EXP | TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 105* | 1:08.49 | L | P | Aruli Fick | 16 | USH | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 105* | 1:08.49 | L | F | Esmari Weitsz | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 107 | 1:08.54 | L | F | Alexandra Houniet | 16 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 108 | 1:08.62 | L | F | Catherine Wentzel | 16 | FRA | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 109 | 1:08.63 | L | F | Cassandra Sikiotis | 16 | MDOL | JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 110 | 1:08.71 | L | P | Rene Sauerman | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 111 | 1:08.72 | L | P | Nanette Jordaan | 16 | BLOT | MAN | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 112 | 1:08.82 | L | P | Erin Beyers | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 113 | 1:08.89 | L | P | Sinesiphso Sibiya | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 114 | 1:08.92 | L | P | Kayla-Jade Van Heerden | 16 | WSTV | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 115 | 1:09.11 | L | F | Jaiden Funnell | 16 | SWIM1 | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 116 | 1:09.22 | L | F | Gabriella Smith | 16 | MDOL | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 117 | 1:09.26 | L | P | Hannah Witten | 16 | AQDO | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 118 | 1:09.27 | L | F | Cara Crichton | 16 | TUKS | TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 119 | 1:09.32 | L | P | Alienne van Rensburg | 16 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 120 | 1:09.45 | L | F | Neo Cele | 16 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 121* | 1:09.51 | L | F | Acacia- Cailyn Abell | 16 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 121* | 1:09.51 | L | P | Ashling McCarthy | 16 | LINR | JHB | 30/11/2023 | CGA Championships 2023 |
| 123 | 1:09.52 | L | F | Luyanda Shandu | 16 | SEAL | UMD | 24/11/2023 | Westville-Seals LC Championships |
| 124 | 1:09.56 | L | F | Amelia Vincent | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 125 | 1:09.69 | L | F | Tianel Van Der Merwe | 16 | MSC | NGD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 126 | 1:09.70 | L | F | Alexia Adreani | 16 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 127 | 1:09.71 | L | P | Jean Marie Swartz | 16 | ACAQ | CCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 128 | 1:09.79 | L | F | Farhah Valli | 16 | RSA | | 03/05/2023 | CANA Zone IV SwimmingChampions |
| 129 | 1:09.91 | L | F | Cara Fourie | 16 | UPSK | ZMD | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 130 | 1:10.09 | L | F | Lize Burness | 16 | TUKS | TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 131 | 1:10.18 | L | F | Kendra Beukes | 16 | PGAC | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 132 | 1:10.19 | L | F | Elmarie De Witt | 16 | QUIC | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 133 | 1:10.28 | L | F | Shani Olivier | 16 | WELL | GED | 21/03/2024 | SA Level 3 Regional Age Group |
| 134 | 1:10.29 | L | F | Jenna-Mae Lally | 16 | BEAV | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 135 | 1:10.31 | L | F | Mignon Smit | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 136* | 1:10.32 | L | P | Abigayle Otto | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 136* | 1:10.32 | L | F | Yusrah Du Toit | 16 | UWCA | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 136* | 1:10.32 | L | F | Abigail Phillips | 16 | SASE | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 139 | 1:10.36 | L | P | Deidré Olivier | 16 | RBOT | BPD | 06/12/2023 | NWS Championships 2023/24 |
| 140 | 1:10.56 | L | F | Monique Oosthuizen | 16 | BLOT | MAN | 21/10/2023 | Otters Prestige Gala 2023 |
| 141 | 1:10.64 | L | F | Jenna Loubser | 16 | SFSC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 142 | 1:10.69 | L | F | Isabella Vicente | 16 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 143* | 1:10.70 | L | F | Clara van Rooyen | 16 | PGAC | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 143* | 1:10.70 | L | P | Simone Vd Merwe | 16 | GSA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 145 | 1:10.93 | L | F | Tatum Borrill | 16 | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|-----------------------|----|-------|-----|------------|--------------------------------------|
| 146 | 1:10.99 | L | P | Caitlin Kennedy | 16 | AFIN | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 147 | 1:11.00 | L | F | Emma Atkinson | 16 | AZON | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 1:11.10 | L | F | Zoey Du Toit | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 149 | 1:11.14 | L | F | Cherise Coetzer | 16 | STSC | KCD | 24/11/2023 | Westville-Seals LC Championships |
| 150 | 1:11.16 | L | F | Samantha Maritz | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 151* | 1:11.17 | L | F | Mmathabo Marite | 16 | CRSC | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 151* | 1:11.17 | L | F | Fallon Tweedie | 16 | PEAS | NMA | 09/02/2024 | Infinity Gala 2024 |
| 153 | 1:11.18 | L | P | Riley Hattingh-Steyn | 16 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 154 | 1:11.22 | L | F | Eunice Fourie | 16 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 155* | 1:11.24 | L | F | Amelie Botha | 16 | RFA | FSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 155* | 1:11.24 | L | P | Hannah Prince | 16 | OLDE | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 157 | 1:11.25 | L | P | Cameron Morel | 16 | SWIFT | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 158 | 1:11.29 | L | F | Zara Jeftha | 16 | MARL | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 159 | 1:11.33 | L | F | Alexa Louw | 16 | BLMA | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 160 | 1:11.37 | L | F | Miana Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 161 | 1:11.42 | L | F | Georgoulla Kambanis | 16 | BLSS | MAN | 11/11/2023 | Bull Sharks Gala |
| 162 | 1:11.52 | L | F | Cara Corrigan | 16 | FISH | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 163 | 1:11.85 | L | P | Keira Schroll | 16 | NWUC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 164 | 1:11.87 | L | F | Monize Wingard | 16 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 165 | 1:11.89 | L | F | Catherine Jones | 16 | RFA | FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 166 | 1:12.01 | L | P | Lois Fourie | 16 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 167 | 1:12.27 | L | F | Tyra Kasonkomona | 16 | CKDP | KK | 23/02/2024 | NW School Championships 2024 |
| 168 | 1:12.34 | L | P | Aarya Morar | 16 | ATLA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 169 | 1:12.52 | L | P | Kanak Rajput | 16 | AAS | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 170 | 1:12.77 | L | F | Mia Barnard | 16 | BLOT | MAN | 06/12/2023 | Free State Champs 2023 |
| 171 | 1:12.78 | L | F | Shannon Coetzee | 16 | PGAC | EKU | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 172 | 1:12.81 | L | P | Emma Wentzel | 16 | AA | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 173 | 1:12.88 | L | P | Milla Delport | 16 | PEAS | NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 174 | 1:12.93 | L | P | Ammara Jagger | 16 | AQDO | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 175 | 1:13.38 | L | F | Amelia Fraser-Harding | 16 | ACSA | ETH | 27/01/2024 | Ushaka Champs 2024 |
| 176 | 1:13.43 | L | F | Kimberley Strong | 16 | KTS | | 03/02/2024 | NCASA SPRINTS 2024 |
| 177 | 1:13.54 | L | F | Gabrielle Mare' | 16 | PAC | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 178 | 1:13.69 | L | F | Cianke Louw | 16 | HMER | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 179 | 1:13.73 | L | F | Gabby Mc Hugh | 16 | CRSC | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 180 | 1:13.74 | L | P | Jamilah Tshiyoyo | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 181 | 1:13.89 | L | F | Danelle Du Toit | 16 | TASC | MPD | 01/12/2023 | Limpopo Champs |
| 182 | 1:13.99 | L | P | Kayla Miller | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 183 | 1:14.03 | L | F | Johane Viljoen | 16 | BLNE | MAN | 18/11/2023 | Valsrivier Gala |
| 184 | 1:14.19 | L | P | Lerato Molobye | 16 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 185 | 1:14.20 | L | F | Emsie Brand | 16 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 186 | 1:14.25 | L | F | Leané Jacobs | 16 | STELL | RMD | 06/12/2023 | NWS Championships 2023/24 |
| 187 | 1:14.27 | L | F | Marilee Coetzee | 16 | DOLFI | MPD | 01/12/2023 | Limpopo Champs |
| 188 | 1:14.37 | L | F | Taaliah Rinquest | 16 | MARL | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 189 | 1:14.52 | L | P | Josslyn Gauldie | 16 | RFA | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 190 | 1:14.54 | L | P | Megan Kemp | 16 | TINC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 191 | 1:15.09 | L | F | Zani Vermeulen | 16 | FISH | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 192 | 1:15.20 | L | F | Jannae De Villiers | 16 | PRKA | PSD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 193 | 1:15.25 | L | F | Thurayya Moodley | 16 | LEGC | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 194 | 1:15.48 | L | F | Gail Polman | 16 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 195 | 1:15.64 | L | F | Marinique Lamprecht | 16 | RFA | FSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 196 | 1:15.82 | L | F | Amy Lazarou | 16 | AWSC | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 197 | 1:16.00 | L | F | Isabella Afonso | 16 | QUIC | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 198 | 1:16.24 | L | P | Christn Engelbrecht | 16 | KSC | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 199 | 1:16.27 | L | F | Carla Pienaar | 16 | STSC | KCD | 27/01/2024 | Ushaka Champs 2024 |
| 200 | 1:16.34 | L | F | Amy Clayton | 16 | CUHE | QBD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 201 | 1:16.67 | L | F | Charissa Volschenk | 16 | KZNA | ETH | 27/01/2024 | Ushaka Champs 2024 |
| 202 | 1:16.78 | L | P | Thobile Mtshali | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 203 | 1:16.85 | L | F | Layah Peterson | 16 | HMER | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 204 | 1:16.89 | L | F | Imani Magotsi | 16 | VINE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-----------|-------|----------------------------|--------|-----------|------------|--------------------------------------|
| 205 | 1:17.44 L | F | Kayla Botha | 16 | AFIN JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 206 | 1:17.45 L | P | Lianne Labuschagne | 16 | NWUC KKD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 207 | 1:17.58 L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 208 | 1:18.04 L | P | Makayla Lombard | 16 | JAQ EKV | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 209 | 1:18.18 L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 210 | 1:18.28 L | F | Olivia Darley | 16 | HASC JHB | 26/01/2024 | EGA Last Chance 2024 |
| 211 | 1:18.39 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 212 | 1:18.53 L | F | Tamilyn Straub | 16 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 213 | 1:18.64 L | F | Leandrè Burger | 16 | QSAW CED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 214 | 1:18.91 L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 215 | 1:19.34 L | F | Nthanki Kumalo | 16 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 216 | 1:19.41 L | P | Marita Lackey | 16 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 217 | 1:19.58 L | P | Rudine Van Wyk | 16 | PAC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 218 | 1:20.36 L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 17/02/2024 | Eastern Cape School Trials 2024 |
| 219 | 1:21.07 L | F | Michaela Mitchley | 16 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 220 | 1:21.70 L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 221 | 1:21.84 L | F | Nkenda Baghana | 16 | CPSC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 222 | 1:21.95 L | F | Suzanne Pretorius | 16 | AGAQ OBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 223 | 1:22.17 L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 224 | 1:22.19 L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 225 | 1:22.38 L | F | Mienke Uys | 16 | FROS TMD | 18/11/2023 | Valsrivier Gala |
| 226 | 1:22.79 L | F | Carmen Botha | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 227 | 1:23.34 L | F | Cameron Landman | 16 | BETH FDD | 15/09/2023 | Bull Sharks Annual Gala |
| 228 | 1:23.63 L | F | Lianka Du Toit | 16 | HPP BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 229 | 1:24.36 L | F | Christine Lee | 16 | HPP BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 230 | 1:24.41 L | F | Maya Lockitch | 16 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 231 | 1:24.57 L | P | Gemma Harris | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 232 | 1:25.25 L | F | Madelein Bronkhorst | 16 | SS MPD | 01/12/2023 | Limpopo Champs |
| 233 | 1:25.48 L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 234 | 1:25.54 L | P | Deidré Grobler | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 235 | 1:26.46 L | F | Ella Smith | 16 | SAAW CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 236 | 1:26.49 L | P | Yana Van Schoor | 16 | PGAC EKV | 07/12/2023 | EGA Summer Championships |
| 237 | 1:26.70 L | P | Bea-Mari Ackerman | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 238 | 1:27.63 L | F | Zandri Odendaal | 16 | TRAZ TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 239 | 1:27.74 L | F | Maryke Gerber | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 240 | 1:27.84 L | P | Sckylar Lambert | 16 | ESP EKV | 07/12/2023 | EGA Summer Championships |
| 241 | 1:29.33 L | F | Riley Zulch | 16 | ONYX EKV | 02/03/2024 | AG Level 1 Regional Age Group |
| 242 | 1:29.69 L | P | Liandi Strydom | 16 | NAE EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 243 | 1:31.64 L | F | Isabella Brett | 16 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 244 | 1:32.60 L | F | Muneeerah Khan | 16 | SWIM1 JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 245 | 1:32.87 L | F | Diré Schoeman | 16 | HFDT MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 246 | 1:36.62 L | F | Caylin Bach | 16 | AASC EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 247 | 1:36.87 L | F | Tyler Lowe | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 248 | 1:36.99 L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 249 | 1:40.91 L | F | Charne De Wet | 16 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 250 | 1:41.21 L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 251 | 1:43.22 L | F | Kayla Schoenveld | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 252 | 1:44.65 L | F | Chevonne du Plessis | 16 | HSO TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 253 | 1:45.29 L | F | lilitha Mafeke | 16 | KHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 254 | 1:46.31 L | F | Denaycha Oosthuizen | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 255 | 1:57.35 L | F | Madison Isaacs | 16 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 256 | 2:04.48 L | F | Aymee Botha | 16 | PWC BP | 23/02/2024 | NW School Championships 2024 |
| 257 | 2:04.90 L | F | Lune Van Der Berg | 16 | EXA EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 258 | 2:32.21 L | F | Anna-Marie Steyn | 16 | ESS EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 259 | 2:41.04 L | F | Owethu Mokwena | 16 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 260 | 2:49.10 L | F | Jessica Jansen | 16 | ESS EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| Women 16-16 200 Free | | | | | | | |
| 1 | 2:02.13 L | F | Hannah Mouton | 16 | AGC TSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 2 | 2:07.44 L | F | Kaitlynn Horne | 16 | BEST NMA | 15/12/2023 | NMBA Championships 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----|-------------|-------|--------------------------|--------|-----------|------------|-------------------------------------|
| 3 | 2:08.48 L | F | Jessica Carmody | 16 | AZON ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 4 | 2:09.05 L | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 5 | 2:10.17 L | F | Marony Jacobs | 16 | INFA NMA | 11/11/2023 | 5th A League Gala 2023 |
| 6 | 2:11.01 L | F | Cassidy Burgess | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 7 | 2:11.71 L | F | Emily Lott | 16 | ASA ILD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 8 | 2:12.06 L | F | Cassidy Sinclair | 16 | DRGN EKU | 30/11/2023 | CGA Championships 2023 |
| 9 | 2:12.09 L | P | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 10 | 2:12.84 L | F | Grace Morris | 16 | ELEC TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 11 | 2:13.06 L | F | Erin Hudson | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 12 | 2:14.47 L | P | Grace George | 16 | SEAL UMD | 15/03/2024 | SA National Junior Age Group |
| 13 | 2:14.55 L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 14 | 2:15.29 L | F | Loghan Gray | 16 | MDOL JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 15 | 2:15.45 L | P | Hannah Rigby | 16 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 16 | 2:15.77 L | P | Erin Mayoss | 16 | KLOO ETH | 15/03/2024 | SA National Junior Age Group |
| 17 | 2:15.97 L | F | Veneske Steenkamp | 16 | ROA EDD | 24/06/2023 | PEA Winter Gala 2023 |
| 18 | 2:16.23 L | P | Hannah Ferreira | 16 | ASA ILD | 15/03/2024 | SA National Junior Age Group |
| 19 | 2:16.93 L | F | Myra Viduya | 16 | INFA NMA | 22/07/2023 | 1st A League Gala 2023 |
| 20 | 2:17.29 L | F | Myra Viduya | 16 | INFA NMA | 09/02/2024 | Infinity Gala 2024 |
| 21 | 2:17.48 L | F | Michaela Labuschagne | 16 | SSISA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 22 | 2:17.59 L | P | Madison Fourie | 16 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 23 | 2:17.64 L | F | Mathilda Liebenberg | 16 | HPS TSH | 01/07/2023 | Rossini Swim Cup |
| 24 | 2:17.69 L | P | Kirsty Andraos | 16 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 25 | 2:17.90 L | P | Jana Lombard | 16 | LALE CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 26 | 2:18.40 L | F | Kate Truter | 16 | BEAV ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 27 | 2:18.51 L | P | Christina Gennarakis | 16 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 28 | 2:18.65 L | P | Alex-Zandre' Labuschagne | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 29 | 2:18.73 L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 19/04/2024 | SA Schools Swimming Championship |
| 30 | 2:19.07 L | F | Francis Whelan | 16 | BLOT MAN | 16/02/2024 | Neptunes Last chance Gala |
| 31 | 2:19.18 L | P | Nicole Beling | 16 | BAS EKU | 15/03/2024 | SA National Junior Age Group |
| 32 | 2:19.48 L | P | Bailey Held | 16 | WSTV ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 33 | 2:19.52 L | P | Cassidey Rae Doubell | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 34 | 2:20.10 L | P | Xanthe Nagel | 16 | HREF BP | 15/03/2024 | SA National Junior Age Group |
| 35 | 2:20.18 L | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 | SA National Junior Age Group |
| 36 | 2:20.37 L | F | Alexia Luz | 16 | SOUL EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 37 | 2:20.95 L | P | Jana Helmand | 16 | BLOT MAN | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 38 | 2:20.97 L | F | Madelé Harding | 16 | HPS TSH | 01/07/2023 | Rossini Swim Cup |
| 39 | 2:21.77 L S | F | Erin Glover | 16 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 40 | 2:22.01 L | F | Holley Jacoby | 16 | VIKI BUF | 01/12/2023 | ECA Long Course Championships 2023 |
| 41 | 2:22.10 L | P | Caitlin Watson | 16 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 42 | 2:22.55 L | F | Tatum Cabral | 16 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 43 | 2:22.64 L | F | Chanel Baenhoff | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 44 | 2:22.84 L | P | Emma De Wet | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 45 | 2:23.13 L | P | Farhah Valli | 16 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 46 | 2:23.31 L | F | Ciska Ferreira | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 47 | 2:23.38 L | F | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 48 | 2:23.46 L | F | Jordyn Collett | 16 | TUKS TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 49 | 2:23.90 L | F | Hayley Beling | 16 | BAS EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 50 | 2:24.13 L | P | Gemma Jones | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 51 | 2:24.55 L | F | Hannah Liebenberg | 16 | PAC TSH | 01/07/2023 | Rossini Swim Cup |
| 52 | 2:24.65 L | F | Kayla Petersen | 16 | USC BUF | 09/02/2024 | Infinity Gala 2024 |
| 53 | 2:24.81 L S | P | Candice Myers | 16 | TCA EKU | 07/12/2023 | EGA Summer Championships |
| 54 | 2:24.97 L | F | Neema Banza | 16 | UNI EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 55 | 2:25.04 L | F | Isla Thomas | 16 | AA JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 56 | 2:25.61 L | F | Mianique Lombard | 16 | WELA LLD | 06/12/2023 | Free State Champs 2023 |
| 57 | 2:25.66 L | F | Taylor Hemphill | 16 | SEALE ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 58 | 2:26.02 L | F | Isabel Vorster | 16 | BLNE MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 59 | 2:26.12 L | F | Emma La Grange | 16 | PLAY CED | 17/02/2024 | Swartland Invitational Gala 2024 |
| 60 | 2:26.24 L | F | Anri De Beer | 16 | INFA NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 61 | 2:26.29 L | F | Shani Olivier | 16 | WELL CED | 21/03/2024 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|------------------------|----|-------|-----|------------|--------------------------------------|
| 62 | 2:26.37 | L | F | Lirieka vd Walt | 16 | TUKS | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 63 | 2:26.42 | L | P | Madison Franks | 16 | SSISA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 64 | 2:27.01 | L | F | Cassandra Sikiotis | 16 | MDOL | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 65 | 2:27.23 | L | F | Carmi Schoeman | 16 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 66* | 2:27.24 | L | P | Tatum Lauf | 16 | MDOL | JHB | 15/03/2024 | SA National Junior Age Group |
| 66* | 2:27.24 | L | F | Emma Roberts | 16 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 68 | 2:27.50 | L | F | Jordana Azran | 16 | KLOO | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 69 | 2:27.83 | L | P | Joy Vd Westhuizen | 16 | AQDO | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 70 | 2:28.09 | L | F | Mari Zanne Nortje | 16 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 71 | 2:28.40 | L S | F | Keira Van Heerden | 16 | INFA | NMA | 26/01/2024 | 6th A League Gala 2024 |
| 72 | 2:28.61 | L | F | Nikha Lambden | 16 | EXP | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 73 | 2:28.83 | L | P | Amy Schmidt | 16 | ASAW | CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 74 | 2:29.04 | L | F | Jorja Da Cunha | 16 | BON | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 75 | 2:29.09 | L | F | Danielle Walker | 16 | FLOD | JHB | 30/11/2023 | CGA Championships 2023 |
| 76 | 2:29.28 | L | F | Nanette Jordaan | 16 | BLOT | MAN | 13/10/2023 | Pelicans Gala |
| 77 | 2:29.44 | L | F | Carleigh Palmer | 16 | AA | JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 78 | 2:29.48 | L | P | Aruli Fick | 16 | USH | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 79 | 2:29.62 | L | F | Erin Beyers | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 80 | 2:29.63 | L | F | Chloe Geldenhuys | 16 | SEALE | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 81 | 2:29.94 | L | P | Jenna-Mae Lally | 16 | BEAV | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 82 | 2:30.37 | L | P | Kayla-Jade Van Heerden | 16 | WSTV | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 83 | 2:30.39 | L | F | Keira Leask | 16 | AA | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 84 | 2:30.92 | L | F | Monique Oosthuizen | 16 | BLOT | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 85 | 2:31.27 | L | F | Abigail Phillips | 16 | SASE | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 86 | 2:31.52 | L S | P | Kirstin Brady | 16 | RAV | EKU | 07/12/2023 | EGA Summer Championships |
| 87 | 2:31.56 | L | F | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 88 | 2:31.70 | L S | F | Jenna Loubser | 16 | SFSC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 89 | 2:31.72 | L | F | Simone Theron | 16 | HSBV | SKD | 27/01/2024 | Limpopo School Champs |
| 90 | 2:31.76 | L | F | Nazneen Mohamed | 16 | ATLA | JHB | 30/11/2023 | CGA Championships 2023 |
| 91 | 2:31.91 | L | F | Jean Marie Swartz | 16 | TONAU | CCD | 27/01/2024 | Limpopo School Champs |
| 92 | 2:32.20 | L | F | Emily Walker | 16 | PEAS | NMA | 21/10/2023 | 4th A League Gala 2023 |
| 93 | 2:32.23 | L | F | Kye-Ann Fowler | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 94 | 2:32.30 | L | P | Luyanda Shandu | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 95 | 2:32.33 | L | F | Christie Piguet | 16 | AA | JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 96 | 2:32.42 | L | F | Acacia- Cailyn Abell | 16 | MDOL | JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 97 | 2:32.52 | L | F | Rene Sauerman | 16 | SEAL | UMD | 24/11/2023 | Westville-Seals LC Championships |
| 98 | 2:32.53 | L | F | Hannah Witten | 16 | AQDO | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 99 | 2:32.59 | L | P | Alexandra Houniet | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 100 | 2:32.79 | L S | F | Simone Vd Merwe | 16 | GSA | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 101 | 2:32.87 | L S | F | Clara van Rooyen | 16 | PGAC | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 102* | 2:33.09 | L | F | Ashling McCarthy | 16 | LINR | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 102* | 2:33.09 | L S | P | Kendra Beukes | 16 | PGAC | EKU | 07/12/2023 | EGA Summer Championships |
| 104 | 2:33.10 | L | F | Catherine Wentzel | 16 | FRA | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 105 | 2:33.40 | L | F | Mignon Smit | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 106 | 2:33.47 | L | F | Alexa Louw | 16 | BLMA | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 107 | 2:33.97 | L S | F | Riley Hattingh-Steyn | 16 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 108 | 2:34.18 | L | F | Clarise Coetzer | 16 | STSC | KCD | 21/10/2023 | Froggies Championships 2023 |
| 109 | 2:34.20 | L | F | Alienne van Rensburg | 16 | KTS | | 21/03/2024 | SA Level 3 Regional Age Group |
| 110 | 2:34.29 | L | F | Esmari Weitsz | 16 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 111 | 2:34.53 | L | F | Emma Atkinson | 16 | AZON | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 112 | 2:34.85 | L S | F | Ava Fourie | 16 | TRAZ | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 113 | 2:35.03 | L | F | Sally-Louise Ingwe | 16 | RAV | EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 114 | 2:35.48 | L | F | Lume Louw | 16 | USC | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 115 | 2:35.57 | L | F | Abigail Van Dyk | 16 | TUKS | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 116 | 2:35.70 | L | F | Alexia Adreani | 16 | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 117 | 2:35.83 | L S | F | Isabella Vicente | 16 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 118 | 2:36.02 | L | F | Keira Schroll | 16 | NWUC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 119 | 2:36.57 | L | F | Hayley Hoy | 16 | SWLAB | CPT | 01/12/2023 | Mpumalanga Championships 2023 |
| 120 | 2:36.60 | L | F | Emsie Brand | 16 | SWAR | WCD | 17/02/2024 | Swartland Invitational Gala 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-------------|-------|-----------------------|--------|-----------|------------|--------------------------------------|
| 121 | 2:36.61 L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 122 | 2:36.71 L | F | Gabriella Douglas | 16 | BAS EKU | 15/09/2023 | EGA Summer 1 |
| 123 | 2:36.81 L | P | Aarya Morar | 16 | ATLA JHB | 30/11/2023 | CGA Championships 2023 |
| 124 | 2:37.38 L | F | Monize Wingard | 16 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 125 | 2:37.54 L | F | Morgan Rabie | 16 | TUKS FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 126 | 2:37.74 L | F | Amelia Vincent | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 127 | 2:37.88 L | F | Tamryn Kunneke | 16 | RFA FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 128 | 2:38.28 L | F | Deidré Olivier | 16 | POTC KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 129 | 2:38.32 L | F | Beane Swanepoel | 16 | VRC FSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 130 | 2:38.74 L | F | Michelle Van Rooyen | 16 | TYGE CPT | 21/01/2024 | CTA BMEET 4 |
| 131 | 2:38.99 L | F | Milla Delport | 16 | PEAS NMA | 09/02/2024 | Infinity Gala 2024 |
| 132 | 2:39.03 L S | F | Ammara Jagger | 16 | AQDO CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 133 | 2:39.32 L S | F | Shannon Coetzee | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 134 | 2:39.45 L | P | Kayla Miller | 16 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 135 | 2:39.54 L | P | Cameron Morel | 16 | SWIFT EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 136 | 2:39.61 L | F | Lois Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 137 | 2:39.68 L S | F | Elmarie De Witt | 16 | QUIC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 138 | 2:39.73 L | F | Tatum Borrill | 16 | CA EKU | 26/01/2024 | EGA Last Chance 2024 |
| 139 | 2:39.96 L S | P | Abigayle Otto | 16 | CA EKU | 07/12/2023 | EGA Summer Championships |
| 140 | 2:39.97 L | F | Annabelle Roberts | 16 | LALE GED | 10/02/2024 | WCA-B Champs - 2024 |
| 141 | 2:40.06 L | F | Mia Pienaar | 16 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 142 | 2:40.12 L | P | Kanak Rajput | 16 | AAS JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 143 | 2:40.31 L | F | Eunice Fourie | 16 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 144 | 2:40.35 L | F | Ella Mills | 16 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 145 | 2:40.60 L | F | Amahle Mhlongo | 16 | PSCP UMD | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 146 | 2:40.83 L | F | Jhoanè Voges | 16 | QUIC CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 147 | 2:40.94 L S | F | Neo Cele | 16 | ELEC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 2:41.17 L | F | Cara Fourie | 16 | UPSK ZMD | 13/01/2024 | AGE GROUP 4 UPT 2024 |
| 149 | 2:41.24 L | F | Gabby Mc Hugh | 16 | CRSC JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 150 | 2:41.50 L S | F | Emma Wentzel | 16 | AA JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 151 | 2:41.64 L | F | Samantha Maritz | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 152 | 2:41.68 L | F | Fallon Tweedie | 16 | PEAS NMA | 22/07/2023 | 1st A League Gala 2023 |
| 153 | 2:41.91 L | F | Tianel Van Der Merwe | 16 | MSC NGD | 01/12/2023 | Mpumalanga Championships 2023 |
| 154 | 2:42.19 L | F | Danelle Mody | 16 | CRSC JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 155 | 2:42.28 L | F | Zara Jeftha | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 156 | 2:42.88 L | F | Cara Corrigan | 16 | FISH EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 157 | 2:42.92 L | F | Hannah Prince | 16 | OLDE JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 158 | 2:43.09 L | F | Catherine Jones | 16 | RFA FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 159 | 2:43.29 L | F | Marilee Coetzee | 16 | DOLFI MPD | 21/10/2023 | Limpopo Age Group 4 |
| 160 | 2:43.59 L | F | Grace Bothma | 16 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 161 | 2:43.80 L | F | Colby Cochrane | 16 | CRSC JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 162 | 2:44.49 L S | F | Yusrah Du Toit | 16 | UWCA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 163 | 2:44.52 L | F | Thurayya Moodley | 16 | LEGC ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 164 | 2:45.28 L | F | Isabella Afonso | 16 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 165 | 2:45.66 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 166 | 2:45.88 L | F | Lerato Molobybe | 16 | HREF BP | 02/02/2024 | NTS Level 1+2 February Age Group |
| 167 | 2:46.33 L | F | Miana Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 168 | 2:46.37 L | F | Danelle Du Toit | 16 | TASC MPD | 01/12/2023 | Limpopo Champs |
| 169 | 2:47.84 L | F | Amelie Botha | 16 | RFA FSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 170 | 2:48.81 L | F | Tyra Kasonkomona | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 171 | 2:48.95 L | F | Marinique Lamprecht | 16 | RFA FSH | 01/07/2023 | Rossini Swim Cup |
| 172 | 2:49.15 L | P | Johane Viljoen | 16 | BLNE MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 173 | 2:49.25 L | F | Melissa Kuun | 16 | FISH EDD | 20/01/2024 | EDEN 4th A-League Gala 2024 |
| 174 | 2:49.82 L | F | Kimberley Strong | 16 | KTS | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 175 | 2:50.08 L | F | Imani Magotsi | 16 | VINE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 176 | 2:50.29 L | F | Taaliah Rinquest | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 177 | 2:51.73 L | F | Jannae De Villiers | 16 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 178 | 2:51.85 L | F | Marita Lackey | 16 | TUKS FSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 179 | 2:52.13 L | F | Caitlin Kennedy | 16 | AFIN JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|---------|-------|------|----------------------|----|-----------|---|
| 180 | 2:52.81 | L | F | Josslyn Gauldie | 16 | RFA TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 181 | 2:53.63 | L | F | Jamilah Tshiyoyo | 16 | TUKS TSH | 03/11/2023 NTS Level 1+2 November Age Group |
| 182 | 2:53.74 | L | F | Leané Jacobs | 16 | STELL RMD | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 183 | 2:54.12 | L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 184 | 2:54.19 | L | F | Mia Barnard | 16 | BLOT MAN | 13/10/2023 Pelicans Gala |
| 185 | 2:55.66 | L | F | Lisa Ferreira | 16 | RFA TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 186 | 2:55.79 | L | P | Lianne Labuschagne | 16 | NWUC KKD | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 187 | 2:55.95 | L | F | Megan Kemp | 16 | TINC TSH | 02/02/2024 NTS Level 1+2 February Age Group |
| 188 | 2:56.37 | L | F | Christn Engelbrecht | 16 | KSC EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 189 | 2:57.36 | L | F | Carla Pienaar | 16 | STSC KCD | 28/10/2023 KCDA October Age Group Gala 2023 |
| 190 | 2:58.29 | L | F | Gemma Harris | 16 | MARL CPT | 17/02/2024 Swartland Invitational Gala 2024 |
| 191 | 2:59.14 | L | F | Kayla Botha | 16 | AFIN JHB | 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 192 | 3:00.22 | L | F | Olivia Darley | 16 | HASC JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 193 | 3:01.56 | L S | P | Makayla Lombard | 16 | JAQ EKU | 07/12/2023 EGA Summer Championships |
| 194 | 3:01.68 | L | F | Michaela Mitchley | 16 | KTS | 03/11/2023 UPINGTON 2023 |
| 195 | 3:02.62 | L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 196 | 3:03.30 | L | F | Mienke Uys | 16 | FROS TMD | 27/10/2023 Neptune Prestige Gala |
| 197 | 3:03.54 | L | F | Thobile Mtshali | 16 | TUKS TSH | 02/02/2024 NTS Level 1+2 February Age Group |
| 198 | 3:04.69 | L | F | Zani Van Rensburg | 16 | PGAC EKU | 15/09/2023 EGA Summer 1 |
| 199 | 3:05.00 | L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 2023 OR Tambo Trials & NTS Oct AG |
| 200 | 3:05.12 | L | F | Suzanne Pretorius | 16 | AGAQ OBD | 11/11/2023 Swartland Prestige Gala 2023 |
| 201 | 3:05.83 | L | F | Carmen Botha | 16 | MATL KKD | 06/12/2023 NWS Championships 2023/24 |
| 202 | 3:06.09 | L | F | Cameron Landman | 16 | BETH FDD | 16/02/2024 Neptunes Last chance Gala |
| 203 | 3:06.13 | L | F | Madelein Bronkhorst | 16 | SS MPD | 11/11/2023 Limpopo Age Group 5 |
| 204 | 3:07.07 | L | F | Amy Clayton | 16 | CUHE OBD | 20/01/2024 CTA A MEET 4 |
| 205 | 3:09.32 | L | F | Nthanki Kumalo | 16 | ELEC TSH | 19/01/2024 NTS Level 1+2 January Age Group 2024 |
| 206 | 3:09.77 | L | F | Eshle Gceba | 16 | LINR JHB | 24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb |
| 207 | 3:09.89 | L | F | Bea-Mari Ackerman | 16 | SHS KK | 23/02/2024 NW School Championships 2024 |
| 208 | 3:11.75 | L | F | Skye Schoeman | 16 | AQUA BUF | 21/10/2023 Uthukela District Age Group Gala |
| 209 | 3:13.65 | L S | P | Yana Van Schoor | 16 | PGAC EKU | 07/12/2023 EGA Summer Championships |
| 210 | 3:16.54 | L | F | Daniëlle Le Roux | 16 | SS MPD | 11/11/2023 Limpopo Age Group 5 |
| 211 | 3:17.41 | L | F | Sckylar Lambert | 16 | ESP EKU | 02/03/2024 AG Level 1 Regional Age Group |
| 212 | 3:19.60 | L | F | Zandri Odendaal | 16 | TRAZ TSH | 02/03/2024 AG Level 1 Regional Age Group |
| 213 | 3:21.51 | L | F | Nkenda Baghana | 16 | CPSC TSH | 19/01/2024 NTS Level 1+2 January Age Group 2024 |
| 214 | 3:21.75 | L | F | Deidré Grobler | 16 | KSC EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 215 | 3:40.97 | L | F | Caylin Bach | 16 | AASC EZD | 20/01/2024 MP AGE GROUP 4 GALA 20 JANUARY |
| 216 | 3:46.37 | L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 217 | 3:56.17 | L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 NWS Age Group 3 + 4 |
| Women 16-16 400 Free | | | | | | | |
| 1 | 4:18.45 | L | F | Hannah Mouton | 16 | AGC TSH | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 2 | 4:24.49 | L | F | Kaitlynn Horne | 16 | BEST NMA | 15/12/2023 NMBA Championships 2023 |
| 3 | 4:29.19 | L | F | Marony Jacobs | 16 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 4 | 4:33.88 | L | F | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 SA National Junior Age Group |
| 5 | 4:38.83 | L | F | Emily Lott | 16 | ASA ILD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 6 | 4:39.30 | L | F | Loghan Gray | 16 | MDOL JHB | 15/03/2024 SA National Junior Age Group |
| 7 | 4:39.52 | L | F | Rebecca Fury | 16 | VINE CPT | 24/06/2023 PEA Winter Gala 2023 |
| 8 | 4:41.13 | L | F | Hannah Rigby | 16 | ELEC TSH | 15/03/2024 SA National Junior Age Group |
| 9 | 4:41.84 | L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 10 | 4:45.76 | L | F | Grace George | 16 | SEAL UMD | 15/03/2024 SA National Junior Age Group |
| 11 | 4:46.96 | L | F | Kirsty Andraos | 16 | TUKS TSH | 15/03/2024 SA National Junior Age Group |
| 12 | 4:47.83 | L | P | Cassidy Sinclair | 16 | RSA | 18/10/2023 BRICS Games Swimming 2023-KZN |
| 13 | 4:48.51 | L | F | Tayler Morton | 16 | LALE CED | 15/03/2024 SA National Junior Age Group |
| 14 | 4:50.01 | L | F | Veneske Steenkamp | 16 | ROA EDD | 18/11/2023 Eden LC Champs 2023 |
| 15 | 4:50.28 | L | F | Michaela Labuschagne | 16 | SSISA CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 16 | 4:52.78 | L | F | Bay-Linn Oelofse | 16 | FSA FS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 17 | 4:52.89 | L | F | Madison Fourie | 16 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 18 | 4:54.73 | L | F | Erin Mayoss | 16 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 19 | 4:56.69 | L | F | Mathilda Liebenberg | 16 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 20 | 4:58.43 | L | F | Francis Whelan | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|----|---------|-------|------|------------------------|----|-------|-----|------------|--------------------------------------|
| 21 | 4:58.49 | L | F | Alexia Luz | 16 | SOUL | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 22 | 4:59.31 | L | F | Tamsyn Kotzè | 16 | BLMA | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 23 | 5:00.23 | L | F | Ciska Ferreira | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 24 | 5:01.86 | L | P | Hannah Ferreira | 16 | ASA | ILD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 25 | 5:02.21 | L | F | Erin Glover | 16 | TYGE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 26 | 5:02.32 | L | P | Cassidey Rae Doubell | 16 | AA | JHB | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 27 | 5:02.85 | L | F | Nanette Jordaan | 16 | BLOT | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 28 | 5:03.23 | L | F | Hayley Beling | 16 | BAS | EKU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 29 | 5:04.13 | L | F | Christina Gennarakis | 16 | CASC | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 30 | 5:04.15 | L | F | Candice Myers | 16 | TCA | EKU | 07/12/2023 | EGA Summer Championships |
| 31 | 5:04.83 | L | F | Neema Banza | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 32 | 5:04.98 | L | F | Madelé Harding | 16 | POTC | KKD | 15/03/2024 | SA National Junior Age Group |
| 33 | 5:06.06 | L | F | Jenna-Mae Lally | 16 | BEAV | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 34 | 5:07.14 | L | F | Shani Olivier | 16 | WELL | GED | 21/03/2024 | SA Level 3 Regional Age Group |
| 35 | 5:07.71 | L | F | Madison Franks | 16 | SSISA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 36 | 5:10.01 | L | F | Kate Truter | 16 | BEAV | ETH | 27/01/2024 | Ushaka Champs 2024 |
| 37 | 5:10.31 | L | F | Nicole Beling | 16 | BAS | EKU | 07/12/2023 | EGA Summer Championships |
| 38 | 5:10.85 | L | F | Tiffany Marshall | 16 | MP | EZD | 19/04/2024 | SA Schools Swimming Championship |
| 39 | 5:10.89 | L | F | Anri De Beer | 16 | INFA | NMA | 22/07/2023 | 1st A League Gala 2023 |
| 40 | 5:13.52 | L | F | Joy Vd Westhuizen | 16 | AQDO | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 41 | 5:13.80 | L | F | Erin Beyers | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 42 | 5:14.25 | L | F | Xanthe Nagel | 16 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 43 | 5:14.56 | L | F | Emma Roberts | 16 | UNI | EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 44 | 5:15.78 | L | F | Jana Helmand | 16 | BLOT | MAN | 06/12/2023 | Free State Champs 2023 |
| 45 | 5:15.96 | L | F | Aruli Fick | 16 | USH | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 46 | 5:16.17 | L | F | Jorja Da Cunha | 16 | BON | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 47 | 5:16.85 | L | F | Gabriella Smith | 16 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 48 | 5:16.91 | L | F | Jenna Loubser | 16 | SFSC | CPT | 03/02/2024 | Winelands SL final |
| 49 | 5:18.38 | L | F | Nikha Lambden | 16 | EXP | FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 50 | 5:18.98 | L | F | Kendra Beukes | 16 | PGAC | EKU | 24/11/2023 | EGA Summer 4 |
| 51 | 5:19.21 | L | F | Kirstin Brady | 16 | RAV | EKU | 24/11/2023 | EGA Summer 4 |
| 52 | 5:19.71 | L | F | Jean Marie Swartz | 16 | TONAU | CCD | 27/01/2024 | Limpopo School Champs |
| 53 | 5:19.90 | L | F | Lume Louw | 16 | BCA | BUF | 13/01/2024 | BCA Inter-District Championship Gala |
| 54 | 5:21.60 | L | F | Hannah Witten | 16 | AQDO | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 55 | 5:21.61 | L | F | Isla Thomas | 16 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 56 | 5:22.22 | L | F | Rene Sauerman | 16 | SEAL | UMD | 24/11/2023 | Westville-Seals LC Championships |
| 57 | 5:22.40 | L | F | Kye-Ann Fowler | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 58 | 5:23.41 | L | F | Alexandra Houniet | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 59 | 5:24.02 | L | P | Kayla-Jade Van Heerden | 16 | WSTV | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 60 | 5:24.25 | L | F | Abigail Phillips | 16 | SASE | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 61 | 5:24.66 | L | F | Simone Vd Merwe | 16 | GSA | CPT | 11/11/2023 | Winelands SL4 |
| 62 | 5:24.89 | L | F | Isabel Vorster | 16 | BLNE | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 63 | 5:25.99 | L | F | Danielle Walker | 16 | FLOD | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 64 | 5:26.58 | L | F | Sally-Louise Ingwe | 16 | RAV | EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 65 | 5:26.85 | L | F | Chloe Geldenhuys | 16 | SEALE | ETH | 21/01/2024 | EDA Age Group Gala 5 2024 |
| 66 | 5:27.63 | L | F | Ammara Jagger | 16 | AQDO | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 67 | 5:28.08 | L | F | Monique Oosthuizen | 16 | BLOT | MAN | 13/10/2023 | Pelicans Gala |
| 68 | 5:28.85 | L | F | Mignon Smit | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 69 | 5:29.65 | L | F | Nazneen Mohamed | 16 | ATLA | JHB | 30/11/2023 | CGA Championships 2023 |
| 70 | 5:30.10 | L | F | Annabelle Roberts | 16 | LALE | GED | 10/02/2024 | WCA-B Champs - 2024 |
| 71 | 5:30.48 | L | F | Milla Delpont | 16 | PEAS | NMA | 22/07/2023 | 1st A League Gala 2023 |
| 72 | 5:31.71 | L | F | Emsie Brand | 16 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 73 | 5:33.18 | L | F | Alienne van Rensburg | 16 | KTS | | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 74 | 5:33.32 | L | F | Alexia Adreani | 16 | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 75 | 5:34.27 | L | F | Gabby Mc Hugh | 16 | CRSC | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 76 | 5:34.74 | L | F | Ashling McCarthy | 16 | LINR | JHB | 30/11/2023 | CGA Championships 2023 |
| 77 | 5:35.97 | L | F | Keira Schroll | 16 | NWUC | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 78 | 5:36.30 | L | F | Samantha Maritz | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 79 | 5:37.59 | L | F | Cara Crichton | 16 | TUKS | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|----------|-------|------|----------------------------|----|-------|---|
| 80 | 5:38.17 | L | F | Amelia Fraser-Harding | 16 | ACSA | ETH 27/01/2024 Ushaka Champs 2024 |
| 81 | 5:38.25 | L | F | Clara van Rooyen | 16 | PGAC | EKU 24/11/2023 EGA Summer 4 |
| 82 | 5:38.46 | L | F | Tatum Borrill | 16 | CA | EKU 28/10/2023 EGA Summer 2 2023 |
| 83 | 5:39.09 | L S | F | Alexa Louw | 16 | BLMA | CPT 05/10/2023 42nd Freda Barnard Invitational Gala |
| 84 | 5:40.06 | L | F | Eunice Fourie | 16 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 85 | 5:40.57 | L | F | Catherine Wentzel | 16 | FRA | KCD 27/01/2024 Ushaka Champs 2024 |
| 86 | 5:41.53 | L | F | Mari Zanne Nortje | 16 | TKS | WBD 01/12/2023 Limpopo Champs |
| 87 | 5:43.40 | L | F | Esmari Weitsz | 16 | UNI | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 88 | 5:43.68 | L | F | Lois Fourie | 16 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 89 | 5:43.80 | L | F | Elmarie De Witt | 16 | QUIC | CPT 18/11/2023 CTA QUALIFYING MEET 2 |
| 90 | 5:46.88 | L | F | Michelle Van Rooyen | 16 | TYGE | CPT 10/02/2024 WCA-B Champs - 2024 |
| 91 | 5:49.44 | L | F | Tamryn Kunneke | 16 | RFA | TSH 22/09/2023 NTS Level 3+ September Age Group |
| 92 | 5:50.70 | L | F | Cara Fourie | 16 | UPSK | ZMD 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 93 | 5:51.02 | L | F | Monize Wingard | 16 | UNI | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 94 | 5:54.01 | L | F | Lerato Molobye | 16 | HREF | BP 03/11/2023 NTS Level 1+2 November Age Group |
| 95 | 5:57.40 | L | F | Shannon Coetzee | 16 | PGAC | EKU 24/11/2023 EGA Summer 4 |
| 96 | 6:05.03 | L | F | Michaela Van Rooyen | 16 | BLSS | MAN 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 97 | 6:07.06 | L | F | Marilee Coetzee | 16 | DOLFI | MPD 01/12/2023 Limpopo Champs |
| 98 | 6:08.01 | L | F | Taaliah Rinquest | 16 | MARL | CPT 24/06/2023 PEA Winter Gala 2023 |
| 99 | 6:09.55 | L | F | Lianne Labuschagne | 16 | NWUC | KKD 21/10/2023 NWS Age Group 1 & 2 2023 |
| 100 | 6:11.89 | L | F | Johane Viljoen | 16 | BLNE | MAN 06/12/2023 Free State Champs 2023 |
| 101 | 6:14.30 | L | F | Imani Magotsi | 16 | VINE | CPT 18/11/2023 CTA QUALIFYING MEET 2 |
| 102 | 6:15.37 | L | F | Christn Engelbrecht | 16 | KSC | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 103 | 6:16.20 | L | F | Zara Jeftha | 16 | MARL | CPT 24/06/2023 PEA Winter Gala 2023 |
| 104 | 6:22.61 | L | F | Kimberley Strong | 16 | KTS | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 105 | 6:29.39 | L | F | Kayleigh Jansen Van Vuuren | 16 | CSA | EZD 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| 106 | 6:32.14 | L | F | Makayla Lombard | 16 | JAQ | EKU 28/10/2023 EGA Summer 2 2023 |
| 107 | 6:37.15 | L | F | Bea-Mari Ackerman | 16 | MATL | KKD 06/12/2023 NWS Championships 2023/24 |
| 108 | 6:46.69 | L | F | Madelein Bronkhorst | 16 | SS | MPD 01/12/2023 Limpopo Champs |
| 109 | 7:38.65 | L | F | Nkenda Baghana | 16 | CPSC | TSH 19/01/2024 NTS Level 1+2 January Age Group 2024 |
| 110 | 7:47.81 | L | F | Caylin Bach | 16 | AASC | EZD 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| Women 16-16 800 Free | | | | | | | |
| 1 | 9:08.12 | L | F | Kaitlynn Horne | 16 | ECA | BUF 08/04/2024 SA National Aquatic Champ 2024-PE |
| 2 | 9:14.66 | L | F | Marony Jacobs | 16 | INFA | NMA 15/03/2024 SA National Junior Age Group |
| 3 | 9:40.67 | L | F | Hannah Rigby | 16 | ELEC | TSH 15/03/2024 SA National Junior Age Group |
| 4 | 9:40.87 | L | F | Kirsty Andraos | 16 | TUKS | TSH 15/03/2024 SA National Junior Age Group |
| 5 | 9:41.00 | L | F | Dane De Klerk | 16 | BLSS | MAN 15/03/2024 SA National Junior Age Group |
| 6 | 9:46.89 | L | F | Loghan Gray | 16 | AGB | JHB 08/04/2024 SA National Aquatic Champ 2024-PE |
| 7 | 9:47.52 | L | F | Katie-Peta Marcelino | 16 | KZNA | ETH 08/04/2024 SA National Aquatic Champ 2024-PE |
| 8 | 9:50.64 | L | F | Taylor Morton | 16 | LALE | GED 15/03/2024 SA National Junior Age Group |
| 9 | 9:56.51 | L | F | Cassidy Sinclair | 16 | DRGN | EKU 30/11/2023 CGA Championships 2023 |
| 10 | 9:58.08 | L | F | Emily Lott | 16 | ASA | ILD 15/03/2024 SA National Junior Age Group |
| 11 | 10:01.02 | L | F | Veneske Steenkamp | 16 | ROA | EDD 05/10/2023 42nd Freda Barnard Invitational Gala |
| 12 | 10:07.49 | L | F | Erin Mayoss | 16 | KLOO | ETH 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 13 | 10:08.49 | L | F | Ciska Ferreira | 16 | UNI | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 14 | 10:09.01 | L | F | Tamsyn Kotzè | 16 | BLMA | CPT 15/03/2024 SA National Junior Age Group |
| 15 | 10:14.64 | L | F | Bay-Linn Oelofse | 16 | TNDER | FDD 06/12/2023 Free State Champs 2023 |
| 16 | 10:16.25 | L | F | Erin Glover | 16 | TYGE | CPT 14/12/2023 Western Cape LC-A Championship 2023 |
| 17 | 10:20.38 | L | F | Cassidey Rae Doubell | 16 | AA | JHB 15/03/2024 SA National Junior Age Group |
| 18 | 10:29.73 | L | F | Alexia Luz | 16 | SOUL | EKU 11/11/2023 EGA Summer 3 |
| 19 | 10:30.17 | L | F | Neema Banza | 16 | UNI | EZD 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 20 | 10:37.22 | L | F | Nicole Beling | 16 | BAS | EKU 26/01/2024 EGA Last Chance 2024 |
| 21 | 10:43.84 | L | F | Francis Whelan | 16 | BLOT | MAN 19/08/2023 Super Seals Prestige Gala |
| 22 | 10:49.44 | L | F | Nikha Lambden | 16 | EXP | TSH 22/09/2023 NTS Level 3+ September Age Group |
| 23 | 10:55.77 | L | F | Tiffany Marshall | 16 | UNI | EZD 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 24 | 10:58.80 | L | F | Danielle Walker | 16 | FLOD | JHB 30/11/2023 CGA Championships 2023 |
| 25 | 10:59.72 | L | F | Jenna Loubser | 16 | SFSC | CPT 18/11/2023 CTA QUALIFYING MEET 2 |
| 26 | 11:03.55 | L | F | Hayley Beling | 16 | BAS | EKU 11/11/2023 EGA Summer 3 |
| 27 | 11:05.79 | L | F | Joy Vd Westhuizen | 16 | AQDO | CPT 16/09/2023 CTA A MEET 3 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------------------------------|----------|-------|------|-----------------------|----|-----------|---|
| 28 | 11:06.63 | L | F | Aruli Fick | 16 | USH KCD | 18/11/2023 KCDA November Age Group Gala 2023 |
| 29 | 11:08.12 | L | F | Gabriella Smith | 16 | MDOL JHB | 30/11/2023 CGA Championships 2023 |
| 30 | 11:09.32 | L | F | Hayley Hoy | 16 | SWLAB CPT | 03/05/2023 CANA Zone IV |
| 31 | 11:09.67 | L | F | Farhah Valli | 16 | CA EKU | 26/01/2024 EGA Last Chance 2024 |
| 32 | 11:13.16 | L | F | Jean Marie Swartz | 16 | ACAQ CCD | 01/12/2023 Limpopo Champs |
| 33 | 11:25.35 | L S | F | Sally-Louise Ingwe | 16 | RAV EKU | 22/02/2024 18th Botswana Swimming Nationals |
| 34 | 11:29.57 | L | F | Hannah Witten | 16 | AQDO CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 35 | 11:37.81 | L | F | Anri De Beer | 16 | INFA NMA | 12/08/2023 Madibaz Swim Meet 2023 |
| 36 | 11:41.27 | L | F | Ammara Jagger | 16 | AQDO CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 37 | 11:44.66 | L | F | Esmari Weitsz | 16 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 38 | 11:45.05 | L | F | Lume Louw | 16 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 39 | 11:46.42 | L | F | Keira Schroll | 16 | NWUC KKD | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 40 | 11:48.17 | L | F | Alexia Adreani | 16 | CA EKU | 11/11/2023 EGA Summer 3 |
| 41 | 11:50.77 | L | F | Gabby Mc Hugh | 16 | CRSC JHB | 30/11/2023 CGA Championships 2023 |
| 42 | 11:57.35 | L | F | Emma Roberts | 16 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 43 | 12:21.54 | L | F | Cameron Morel | 16 | SWIFT EKU | 11/11/2023 EGA Summer 3 |
| 44 | 12:24.63 | L | F | Lerato Molobyse | 16 | HREF BP | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 45 | 12:43.59 | L | F | Lianne Labuschagne | 16 | NWUC KKD | 06/12/2023 NWS Championships 2023/24 |
| 46 | 12:51.11 | L | F | Mari Zanne Nortje | 16 | TKS WBD | 01/12/2023 Limpopo Champs |
| 47 | 12:59.41 | L | F | Cara Fourie | 16 | UPSK ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 48 | 13:24.35 | L | F | Kimberley Strong | 16 | KTS | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 49 | 13:39.19 | L | F | Johane Viljoen | 16 | BLNE MAN | 27/10/2023 Neptune Prestige Gala |
| 50 | 16:38.89 | L | F | Caylin Bach | 16 | AASC EZD | 13/10/2023 MP AGE GROUP 2 |
| Women 16-16 1500 Free | | | | | | | |
| 1 | 17:19.73 | L | F | Kaitlyne Horne | 16 | BEST NMA | 09/02/2024 Infinity Gala 2024 |
| 2 | 17:36.89 | L S | F | Marony Jacobs | 16 | INFA NMA | 15/03/2024 SA National Junior Age Group |
| 3 | 18:28.80 | L S | F | Kirsty Andraos | 16 | TUKS TSH | 15/03/2024 SA National Junior Age Group |
| 4 | 18:49.42 | L | F | Cassidy Sinclair | 16 | DRGN EKU | 30/11/2023 CGA Championships 2023 |
| 5 | 19:03.32 | L S | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 6 | 19:17.55 | L | F | Ciska Ferreira | 16 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 7 | 19:17.64 | L | F | Veneske Steenkamp | 16 | ROA EDD | 24/06/2023 PEA Winter Gala 2023 |
| 8 | 19:34.17 | L S | F | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 SA National Junior Age Group |
| 9 | 19:52.38 | L | F | Erin Glover | 16 | TYGE CPT | 24/06/2023 PEA Winter Gala 2023 |
| 10 | 20:08.00 | L | O | Cassidey Rae Doubell | 16 | AA JHB | 08/12/2023 2023 SA OWS Champ Trials -PE |
| 11 | 20:26.14 | L | F | Farhah Valli | 16 | CA EKU | 24/11/2023 EGA Summer 4 |
| 12 | 20:33.90 | L | F | Hayley Beling | 16 | BAS EKU | 14/12/2023 KZNA 2023 Championships Incorpor SSA |
| 13 | 20:41.72 | L | F | Nicole Beling | 16 | BAS EKU | 28/10/2023 EGA Summer 2 2023 |
| 14 | 21:02.37 | L | F | Keira Schroll | 16 | NWUC KKD | 11/11/2023 NWS Age Group 3 + 4 |
| 15 | 21:19.38 | L | F | Danielle Walker | 16 | FLOD JHB | 30/11/2023 CGA Championships 2023 |
| 16 | 21:20.72 | L | F | Jenna-Mae Lally | 16 | BEAV ETH | 27/01/2024 Ushaka Champs 2024 |
| 17 | 21:22.85 | L | F | Tiffany Marshall | 16 | UNI EZD | 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| 18 | 21:51.41 | L | F | Lume Louw | 16 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 19 | 21:53.43 | L | F | Emma Roberts | 16 | UNI EZD | 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| 20 | 21:53.67 | L | F | Sally-Louise Ingwe | 16 | RAV EKU | 22/02/2024 18th Botswana Swimming Nationals |
| 21 | 22:19.61 | L | F | Esmari Weitsz | 16 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 22 | 22:40.00 | L | O | Milla Delport | 16 | ECA BUF | 08/12/2023 2023 SA OWS Champ Trials -PE |
| 23 | 22:57.47 | L | F | Tianel Van Der Merwe | 16 | MSC NGD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 24 | 23:19.31 | L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 27/01/2024 Ushaka Champs 2024 |
| 25 | 23:33.47 | L | F | Cara Fourie | 16 | UPSK ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 26 | 23:36.00 | L | O | Cameron Morel | 16 | SWIFT EKU | 20/01/2024 Prime View Swim Festival #3 |
| 27* | 23:46.00 | L | O | Aarya Morar | 16 | ATLA JHB | 20/01/2024 Prime View Swim Festival #3 |
| 27* | 23:46.00 | L | O | Nazneen Mohamed | 16 | ATLA JHB | 20/01/2024 Prime View Swim Festival #3 |
| 29 | 24:46.02 | L | F | Lianne Labuschagne | 16 | NWUC KKD | 06/12/2023 NWS Championships 2023/24 |
| 30 | 25:11.93 | L | F | Michaela Van Rooyen | 16 | BLSS MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 31 | 27:03.09 | L | F | Catherine Wentzel | 16 | FRA KCD | 03/02/2024 KCDA February Age Group 2024 |
| 32 | 27:22.00 | L | O | Ava Fourie | 16 | TRAZ TSH | 20/01/2024 Prime View Swim Festival #3 |
| 33 | 29:09.00 | L | O | Gabby Mc Hugh | 16 | CRSC JHB | 20/01/2024 Prime View Swim Festival #3 |
| 34 | 32:09.00 | L | O | Muneerah Khan | 16 | SWIM1 JHB | 20/01/2024 Prime View Swim Festival #3 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-------------------------------|------------|-------|------|-----------------------|----|----------|---|
| Women 16-16 3000 Free | | | | | | | |
| 1 | 40:37.00 | L | O | Hayley Beling | 16 | BAS EKU | 21/10/2023 AG Open Water Series #1 |
| 2 | 41:59.00 | L | O | Cassidy Sinclair | 16 | DRGN EKU | 20/01/2024 Prime View Swim Festival #3 |
| 3 | 42:07.44 | L | O | Farhah Valli | 16 | HREF BP | 08/03/2024 SA National OWS Championship |
| 4 | 42:36.50 | L | O | Francis Whelan | 16 | FSA FS | 08/03/2024 SA National OWS Championship |
| 5 | 42:48.00 | L | O | Gabriella Smith | 16 | MDOL JHB | 21/10/2023 AG Open Water Series #1 |
| 6 | 43:29.68 | L | O | Kate Truter | 16 | KZNA ETH | 08/03/2024 SA National OWS Championship |
| 7 | 43:40.50 | L | O | Tatum Lauf | 16 | HREF BP | 08/03/2024 SA National OWS Championship |
| 8 | 44:08.00 | L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 18/11/2023 KZN Open Water Champs |
| 9 | 44:29.25 | L | O | Jenna-Mae Lally | 16 | KZNA ETH | 08/03/2024 SA National OWS Championship |
| 10 | 44:33.77 | L | O | Nanette Jordaan | 16 | FSA FS | 08/03/2024 SA National OWS Championship |
| 11 | 45:02.01 | L | O | Abigale Meineke | 16 | KZNA ETH | 08/03/2024 SA National OWS Championship |
| 12 | 45:08.90 | L | O | Michaela Van Rooyen | 16 | FSA FS | 08/03/2024 SA National OWS Championship |
| 13 | 45:31.00 | L | O | Milla Delport | 16 | PEAS NMA | 15/10/2023 EC Swim Series OWS 1 2023 |
| 14 | 45:46.77 | L | O | Ciska Ferreira | 16 | UNI EZD | 04/02/2024 MPUMALANGA OPEN WATER 4 - 4 |
| 15 | 47:00.00 | L | O | Tiffany Marshall | 16 | UNI EZD | 05/11/2023 MP Open Water 2 - 5th November 2023 |
| 16 | 47:49.63 | L | O | Monique Oosthuizen | 16 | FSA FS | 08/03/2024 SA National OWS Championship |
| 17 | 48:02.00 | L | O | Kye-Ann Fowler | 16 | UNI EZD | 05/11/2023 MP Open Water 2 - 5th November 2023 |
| 18 | 48:21.13 | L | O | Amber-Rose Berry | 16 | NWS | 08/03/2024 SA National OWS Championship |
| 19 | 49:26.05 | L | O | Tianel Van Der Merwe | 16 | MP EZD | 08/03/2024 SA National OWS Championship |
| 20 | 49:43.00 | L | O | Emma Roberts | 16 | UNI EZD | 05/11/2023 MP Open Water 2 - 5th November 2023 |
| 21 | 1:09:33.05 | L | O | Esmari Weitsz | 16 | UNI EZD | 04/02/2024 MPUMALANGA OPEN WATER 4 - 4 |
| Women 16-16 5000 Free | | | | | | | |
| 1 | 59:06.97 | L | O | Marony Jacobs | 16 | RSA | 10/12/2023 15th African Junior Cham |
| 2 | 1:02:27.00 | L | O | Kaitlynn Horne | 16 | ECA BUF | 08/12/2023 2023 SA OWS Champ Trials -PE |
| 3 | 1:04:58.52 | L | O | Farhah Valli | 16 | RSA | 10/12/2023 15th African Junior Cham |
| 4 | 1:08:02.00 | L | O | Kirsty Andraos | 16 | TUKS TSH | 20/01/2024 Prime View Swim Festival #3 |
| 5 | 1:08:52.00 | L | O | Michaela Labuschagne | 16 | KZNA ETH | 08/12/2023 2023 SA OWS Champ Trials -PE |
| 6 | 1:09:53.00 | L | O | Cassidey Rae Doubell | 16 | AA JHB | 08/12/2023 2023 SA OWS Champ Trials -PE |
| 7 | 1:19:17.39 | L | O | Jenna-Mae Lally | 16 | KZNA ETH | 08/03/2024 SA National OWS Championship |
| 8 | 1:21:55.00 | L | F | Nanette Jordaan | 16 | FSA FS | 13/02/2024 Kovsie Open Water |
| 9 | 1:22:07.00 | L | F | Abigale Meineke | 16 | KZNA ETH | 18/11/2023 KZN Open Water Champs |
| 10 | 1:24:44.00 | L | O | Emma Roberts | 16 | UNI EZD | 05/11/2023 MP Open Water 2 - 5th November 2023 |
| 11 | 1:26:10.00 | L | F | Michaela Van Rooyen | 16 | FSA FS | 13/02/2024 Kovsie Open Water |
| 12 | 1:28:48.00 | L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 18/11/2023 KZN Open Water Champs |
| Women 16-16 7500 Free | | | | | | | |
| 1 | 1:35:45.52 | L | O | Marony Jacobs | 16 | ECA BUF | 08/03/2024 SA National OWS Championship |
| 2 | 1:35:54.83 | L | O | Kaitlynn Horne | 16 | ECA BUF | 08/03/2024 SA National OWS Championship |
| 3 | 1:46:35.46 | L | O | Kirsty Andraos | 16 | HREF BP | 08/03/2024 SA National OWS Championship |
| 4 | 1:50:19.00 | L | O | Cassidey Rae Doubell | 16 | AA JHB | 20/01/2024 Prime View Swim Festival #3 |
| Women 16-16 10000 Free | | | | | | | |
| 1 | 2:29:13.00 | L | O | Michaela Labuschagne | 16 | KZNA ETH | 08/12/2023 2023 SA OWS Champ Trials -PE |
| Women 16-16 50 Back | | | | | | | |
| 1 | 29.47 | L | P | Cassidy Burgess | 16 | WCA CPT | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 2 | 29.87 | L | F | Emma De Wet | 16 | RSA | 06/12/2023 15th African Junior Championships 2023 |
| 3 | 30.07 | L | F | Grace Morris | 16 | LALE CED | 15/03/2024 SA National Junior Age Group |
| 4 | 30.43 | L | F | Keira Duncan | 16 | SGUL ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 5 | 30.59 | L | F | Keira Van Heerden | 16 | INFA NMA | 15/03/2024 SA National Junior Age Group |
| 6 | 30.74 | L | F | Melissa Kuun | 16 | WCA CPT | 19/04/2024 SA Schools Swimming Championship |
| 7 | 30.77 | L | F | Jessica Carmody | 16 | AZON ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 8 | 31.34 | L | F | Hannah Ferreira | 16 | ASA ILD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 9 | 31.52 | L | F | Isabella Desfontaines | 16 | RAV EKU | 15/03/2024 SA National Junior Age Group |
| 10 | 31.96 | L | F | Jana Lombard | 16 | LALE CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 11 | 32.31 | L | F | Chanel Baenhoff | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 12 | 32.43 | L | F | Myra Viduya | 16 | INFA NMA | 11/11/2023 5th A League Gala 2023 |
| 13 | 32.44 | L | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 14 | 32.50 | L | F | Cassidey Rae Doubell | 16 | AA JHB | 15/03/2024 SA National Junior Age Group |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| Time | P/F/S | Name | Age/Yr | | | | |
|------|-----------|------|--------------------------|----|-----------|------------|---|
| 15 | 32.75 L | F | Myra Viduya | 16 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 16 | 32.89 L | F | Beane Swanepoel | 16 | VRC FSH | 12/12/2023 | NTS Championships 2023 |
| 17 | 33.07 L | F | Alex-Zandre' Labuschagne | 16 | MGSC UGD | 24/11/2023 | Westville-Seals LC Championships |
| 18 | 33.25 L | F | Morgan Rabie | 16 | TUKS FSH | 12/12/2023 | NTS Championships 2023 |
| 19 | 33.26 L | P | Tatum Lauf | 16 | MDOL JHB | 15/03/2024 | SA National Junior Age Group |
| 20 | 33.27 L | F | Amy Schmidt | 16 | ASAW CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 21 | 33.32 L | P | Une Van den Berg | 16 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 22 | 33.53 L | P | Keira Leask | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 23 | 33.66 L | F | Francis Whelan | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 24 | 33.67 L | P | Gemma Jones | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 25 | 33.78 L | F | Kaitlynn Horne | 16 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 26 | 33.79 L | F | Hayley Hoy | 16 | SWLAB CPT | 01/12/2023 | Mpumalanga Championships 2023 |
| 27 | 33.91 L | F | Hannah Rigby | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 28* | 33.97 L | F | Emma Roberts | 16 | UNI EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 28* | 33.97 L | P | Rebecca Kuhn | 16 | PER JHB | 15/03/2024 | SA National Junior Age Group |
| 30 | 34.26 L | F | Holley Jacoby | 16 | VIKI BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 31 | 34.27 L | P | Christina Gennarakis | 16 | CASC CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 32 | 34.28 L | F | Kate Truter | 16 | BEAV ETH | 21/10/2023 | Froggies Championships 2023 |
| 33 | 34.34 L | F | Abigail Van Dyk | 16 | TUKS FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 34 | 34.39 L | F | Caitlin Kennedy | 16 | AFIN JHB | 30/11/2023 | CGA Championships 2023 |
| 35 | 34.43 L | F | Sinesipho Sibiya | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 36 | 34.48 L S | F | Tanè Putter | 16 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 37 | 34.52 L | F | Bailey Held | 16 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 38 | 34.54 L | F | Tatum Cabral | 16 | ELEC FSH | 12/12/2023 | NTS Championships 2023 |
| 39 | 34.55 L | P | Kaylin Stieger | 16 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 40 | 34.56 L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 41 | 34.61 L | F | Hayley Beling | 16 | BAS ECU | 20/03/2024 | SA Level 3 Regional Age Group |
| 42 | 34.71 L | P | Stella Reinecke | 16 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 43 | 34.74 L | P | Ella Mills | 16 | UNI EZD | 15/03/2024 | SA National Junior Age Group |
| 44 | 34.78 L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 | Westville-Seals LC Championships |
| 45 | 34.79 L | F | Amelia Vincent | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 46 | 34.80 L | P | Ciska Ferreira | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 47 | 34.81 L | P | Caitlin Watson | 16 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 48 | 34.88 L | F | Lume Louw | 16 | USC BUF | 21/03/2024 | SA Level 3 Regional Age Group |
| 49 | 34.95 L | F | Cassidy Sinclair | 16 | DRGN ECU | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 50 | 35.03 L | P | Kayla Miller | 16 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 51 | 35.05 L | P | Xanthe Nagel | 16 | HREF BP | 15/03/2024 | SA National Junior Age Group |
| 52 | 35.10 L | P | Grace George | 16 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 53 | 35.12 L | P | Kayla Petersen | 16 | USC BUF | 24/06/2023 | PEA Winter Gala 2023 |
| 54 | 35.15 L | P | Tamryn Kunneke | 16 | RFA FSH | 12/12/2023 | NTS Championships 2023 |
| 55 | 35.19 L | F | Sally-Louise Ingwe | 16 | RAV ECU | 20/03/2024 | SA Level 3 Regional Age Group |
| 56 | 35.20 L | F | Mari Zanne Nortje | 16 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 57 | 35.26 L | F | Alexa Louw | 16 | BLMA CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 58 | 35.28 L | F | Anri De Beer | 16 | INFA NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 59 | x35.32 L | F | Emma La Grange | 16 | PLAY CED | 10/02/2024 | WCA-B Champs - 2024 |
| 60 | 35.32 L | F | Hannah Liebenberg | 16 | PAC FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 61 | 35.33 L | P | Kanishka Rajput | 16 | SMTC JHB | 15/03/2024 | SA National Junior Age Group |
| 62 | 35.35 L | F | Jani Borman | 16 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group |
| 63 | 35.46 L | F | Holly Allison | 16 | AZON ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 64 | 35.48 L | F | Tiffany Marshall | 16 | UNI EZD | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 65 | 35.50 L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 06/12/2023 | Free State Champs 2023 |
| 66 | 35.62 L | F | Gabby Mc Hugh | 16 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 67 | 35.64 L | P | Lize Burness | 16 | TUKS FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 68 | 35.68 L | F | Neema Banza | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 69 | 35.83 L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |
| 70 | 35.92 L S | F | Veneske Steenkamp | 16 | ROA EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 71 | 35.94 L S | F | Cara Corrigan | 16 | FISH EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 72 | 35.96 L | P | Jordana Azran | 16 | KLOO ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 73* | 36.08 L | F | Luyanda Shandu | 16 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|-----------|-------|------------------------|--------|-----------|------------|---|--|
| 73* | 36.08 L | P | Erin Glover | 16 | TYGE CPT | 24/06/2023 | PEA Winter Gala 2023 | |
| 75 | 36.10 L | F | Simone Theron | 16 | HSBV SKD | 27/01/2024 | Limpopo School Champs | |
| 76 | 36.22 L | F | Nicole Beling | 16 | BAS EKV | 28/10/2023 | EGA Summer 2 2023 | |
| 77 | 36.38 L | F | Alexia Adreani | 16 | CA EKV | 28/10/2023 | EGA Summer 2 2023 | |
| 78 | 36.41 L | F | Mignon Smit | 16 | SS MPD | 01/12/2023 | Limpopo Champs | |
| 79* | 36.43 L | P | Alexia Luz | 16 | SOUL EKV | 20/03/2024 | SA Level 3 Regional Age Group | |
| 79* | 36.43 L | P | Aarya Morar | 16 | ATLA JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 81 | 36.52 L | P | Tianel Van Der Merwe | 16 | MSC NGD | 20/03/2024 | SA Level 3 Regional Age Group | |
| 82 | 36.55 L | F | Gabriella Smith | 16 | MDOL JHB | 30/11/2023 | CGA Championships 2023 | |
| 83 | 36.59 L | F | Carmi Schoeman | 16 | TKS WBD | 01/12/2023 | Limpopo Champs | |
| 84 | 36.61 L | P | Alienne van Rensburg | 16 | NC FB | 19/04/2024 | SA Schools Swimming Championship | |
| 85 | 36.74 L | F | Mia Pienaar | 16 | STSC KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs | |
| 86 | 36.75 L | P | Nazneen Mohamed | 16 | ATLA JHB | 30/11/2023 | CGA Championships 2023 | |
| 87 | 36.77 L | F | Cianke Louw | 16 | HMER MP | 14/10/2023 | Limpopo Top 8 - High Schools | |
| 88 | 36.82 L | P | Isabella Vicente | 16 | SOUL EKV | 07/12/2023 | EGA Summer Championships | |
| 89 | 36.93 L | F | Gabrielle Mare' | 16 | PAC TSH | 03/11/2023 | NTS Level 1+2 November Age Group | |
| 90 | 36.98 L | F | Jaiden Funnell | 16 | SWIM1 JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 91 | 37.01 L | F | Mia Barnard | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 | |
| 92 | 37.21 L | F | Esmari Weitsz | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 | |
| 93 | 37.26 L | P | Kanak Rajput | 16 | AAS JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 94 | 37.29 L | F | Grace Bothma | 16 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships | |
| 95 | 37.35 L | P | Ashling McCarthy | 16 | LINR JHB | 30/11/2023 | CGA Championships 2023 | |
| 96 | 37.37 L | P | Kayla-Jade Van Heerden | 16 | WSTV ETH | 14/12/2023 | KZNA 2023 Championships Incorporate SSA | |
| 97* | 37.39 L | F | Danelle Du Toit | 16 | HMER MP | 27/01/2024 | Limpopo School Champs | |
| 97* | 37.39 L | P | Anshee Khanna | 16 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 | |
| 99 | 37.40 L | F | Jhoanè Voges | 16 | QUIC CPT | 21/03/2024 | SA Level 3 Regional Age Group | |
| 100 | 37.45 L | P | Cameron Morel | 16 | SWIFT EKV | 20/03/2024 | SA Level 3 Regional Age Group | |
| 101 | 37.46 L | F | Georgoulla Kambanis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 | |
| 102 | 37.47 L | F | Mmathabo Marite | 16 | CRSC JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 | |
| 103* | 37.53 L | F | Jean Marie Swartz | 16 | TONAU CCD | 27/01/2024 | Limpopo School Champs | |
| 103* | 37.53 L | F | Alexandra Houniet | 16 | CA EKV | 26/01/2024 | EGA Last Chance 2024 | |
| 105 | 37.54 L | P | Tamsyn Kotzè | 16 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 106 | 37.56 L | F | Clarise Coetzer | 16 | STSC KCD | 28/10/2023 | KCDA October Age Group Gala 2023 | |
| 107 | 37.63 L | F | Marilee Coetzee | 16 | HFDT MP | 14/10/2023 | Limpopo Top 8 - High Schools | |
| 108 | 37.68 L | F | Chloe Geldenhuys | 16 | SEALE ETH | 24/11/2023 | Westville-Seals LC Championships | |
| 109 | 37.70 L S | F | Ammara Jagger | 16 | AQDO CPT | 24/11/2023 | CTA A & B CHAMPS 2023 | |
| 110* | 37.80 L | F | Erin Beyers | 16 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 | |
| 110* | 37.80 L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/10/2023 | Froggies Championships 2023 | |
| 112 | 37.85 L S | F | Hannah Witten | 16 | AQDO CPT | 24/11/2023 | CTA A & B CHAMPS 2023 | |
| 113 | 37.86 L S | F | Jenna Loubser | 16 | SFSC CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 114 | 37.94 L | F | Kye-Ann Fowler | 16 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 | |
| 115 | 37.95 L | F | Keira Schroll | 16 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 | |
| 116 | 38.01 L | F | Marinique Lamprecht | 16 | RFA TSH | 01/07/2023 | Rossini Swim Cup | |
| 117 | 38.04 L | P | Simone Vd Merwe | 16 | GSA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 118 | 38.12 L | F | Emsie Brand | 16 | SWAR WCD | 17/02/2024 | Swartland Invitational Gala 2024 | |
| 119* | 38.28 L | F | Colby Cochrane | 16 | CRSC JHB | 28/02/2024 | Crusaders Night Gala 5 | |
| 119* | 38.28 L | F | Monize Wingard | 16 | NHS EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 | |
| 121 | 38.43 L | F | Milla Delpoit | 16 | PEAS NMA | 22/07/2023 | 1st A League Gala 2023 | |
| 122 | 38.61 L | F | Acacia- Cailyn Abell | 16 | MDOL JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 | |
| 123 | 38.62 L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 | Giochi Del Tricolore Swim | |
| 124 | 38.67 L | F | Bianca Myburgh | 16 | CUHE OBD | 10/02/2024 | WCA-B Champs - 2024 | |
| 125 | 38.68 L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 27/01/2024 | Ushaka Champs 2024 | |
| 126 | 38.72 L | F | Deidré Olivier | 16 | POTC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 | |
| 127 | 38.73 L | P | Cherise Coetzer | 16 | STSC KCD | 20/03/2024 | SA Level 3 Regional Age Group | |
| 128 | 38.76 L | P | Abigail Phillips | 16 | SASE JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 129 | 38.79 L | F | Olivia Darley | 16 | HASC JHB | 26/01/2024 | EGA Last Chance 2024 | |
| 130 | 38.82 L | P | Makayla Lombard | 16 | JAQ EKV | 07/12/2023 | EGA Summer Championships | |
| 131 | 38.92 L | F | Hanrike Barnard | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 | |
| 132 | 38.93 L | P | Kendra Beukes | 16 | PGAC EKV | 07/12/2023 | EGA Summer Championships | |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|----------------------------|--------|----------|------------|---|
| 133 | 39.03 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 134 | 39.13 L | P | Tyla Skelton | 16 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 135 | 39.18 L | F | Catherine Jones | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 136 | 39.45 L | F | Kimberley Strong | 16 | KTS | 03/02/2024 | NCASA SPRINTS 2024 |
| 137 | 39.46 L | F | Callan-Cate Bouwer | 16 | HARL BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 138 | 39.49 L | F | Lisa Ferreira | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 139 | 39.50 L | F | Jannae De Villiers | 16 | PRKA PSD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 140 | 39.58 L | F | Emma Wentzel | 16 | AA JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 141 | 39.59 L | F | Tyra Kasonkomona | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 142 | 39.64 L | F | Miana Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 143 | 39.65 L S | F | Michelle Van Rooyen | 16 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 144 | 39.69 L | F | Shani Olivier | 16 | WELL CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 145 | 39.73 L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 146 | 39.75 L | P | Clara van Rooyen | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 147* | 39.78 L | F | Emma Atkinson | 16 | AZON ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 147* | 39.78 L | F | Johane Viljoen | 16 | BLNE MAN | 27/10/2023 | Neptune Prestige Gala |
| 149 | 39.81 L | F | Taaliah Rinquest | 16 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 150 | 39.86 L | F | Lois Fourie | 16 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 151 | 39.87 L | F | Daniëlle Le Roux | 16 | SS MPD | 11/11/2023 | Limpopo Age Group 5 |
| 152 | 39.89 L | F | Gail Polman | 16 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 153 | 39.91 L | P | Jorja Da Cunha | 16 | BON EKU | 07/12/2023 | EGA Summer Championships |
| 154 | 39.99 L | F | Megan Kemp | 16 | HSO TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 155 | 40.09 L | P | Zara Jefftha | 16 | MARL CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 156 | 40.10 L | P | Neo Cele | 16 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 157 | 40.14 L | P | Kayla Botha | 16 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 158* | 40.23 L | F | Cara Fourie | 16 | UPSK ZMD | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 158* | 40.23 L | P | Kirstin Brady | 16 | RAV EKU | 07/12/2023 | EGA Summer Championships |
| 160 | 40.33 L | F | Elmarie De Witt | 16 | QUIC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 161 | 40.40 L S | F | Amy Clayton | 16 | CUHE OBD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 162 | 40.41 L | F | Ame Quinn | 16 | ROB EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 163 | 40.48 L S | F | Lerato Molobye | 16 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 164 | 40.82 L | F | Samantha Maritz | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 165 | 40.90 L | F | Tamilyn Straub | 16 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 166 | 40.96 L | F | Nanette Jordaan | 16 | BLOT MAN | 26/08/2023 | kovsie Sprint Gala |
| 167 | 41.04 L | F | Shannon Coetzee | 16 | PGAC EKU | 24/11/2023 | EGA Summer 4 |
| 168 | 41.12 L | P | Eunice Fourie | 16 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 169 | 41.23 L | F | Carmen Botha | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 170 | 41.24 L | P | Fallon Tweedie | 16 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 171 | 41.32 L | F | Marita Lackey | 16 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 172 | 41.39 L | F | Sckylar Lambert | 16 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 |
| 173 | 41.87 L | P | Christn Engelbrecht | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 174 | 42.09 L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 175 | 42.24 L | P | Riley Hattingh-Steyn | 16 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 176 | 42.32 L | F | Skye Schoeman | 16 | KZNA ETH | 24/11/2023 | Westville-Seals LC Championships |
| 177 | 42.40 L | P | Rudine Van Wyk | 16 | PAC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 178 | 42.46 L | F | Lisa Bloem | 16 | BLOT MAN | 27/10/2023 | Neptune Prestige Gala |
| 179 | 42.71 L | P | Gemma Harris | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 180 | 43.46 L | F | Maryke Gerber | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 181 | 44.01 L | F | Maya Lockitch | 16 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 182 | 44.03 L | F | Nthanki Kumalo | 16 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 183 | 44.13 L | F | Jamilah Tshiyoyo | 16 | TUKS TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 184 | 44.25 L | F | Cameron Landman | 16 | BETH FDD | 15/09/2023 | Bull Sharks Annual Gala |
| 185 | 44.53 L | F | Michaela Mitchley | 16 | KTS | 24/11/2023 | AGE GROUP 2 KATHU 2023 |
| 186 | 44.88 L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 187 | 44.93 L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 188 | 45.24 L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 189 | 45.37 L | F | Madelein Bronkhorst | 16 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 190 | 45.42 L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 191 | 46.76 L | F | Bea-Mari Ackerman | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-------------|-------|-------------------------|--------|----------|------------|---|
| 192 | 47.23 L | F | Caylin Bach | 16 | AASC EZD | 13/10/2023 | MP AGE GROUP 2 |
| 193 | 47.32 L | F | Zandri Odendaal | 16 | TRAZ TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 194 | 48.55 L | F | Mienke Uys | 16 | FROS TMD | 18/11/2023 | Valsrivier Gala |
| 195 | 48.93 L | F | Kelly-Grace Luyt | 16 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 196 | 49.18 L | P | Riley Zulch | 16 | ONYX ECU | 07/12/2023 | EGA Summer Championships |
| 197 | 49.47 L | F | Ilne Kotzé | 16 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 198 | 49.48 L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 199 | 49.70 L S | F | Onalenna Tsholwe | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 200 | 49.74 L | P | Yana Van Schoor | 16 | PGAC ECU | 07/12/2023 | EGA Summer Championships |
| 201 | 50.27 L | F | Tyler Lowe | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 202 | 56.46 L | F | Aymee Botha | 16 | PWC BP | 23/02/2024 | NW School Championships 2024 |
| 203 | 56.77 L | F | Madison Isaacs | 16 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 204 | 59.35 L | F | Georgia Papamichael | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 205 | 1:03.06 L | F | Maya Mabe | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 206 | 1:03.97 L | F | Ilitha Mafeke | 16 | KHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 207 | 1:04.30 L | F | Lune Van Der Berg | 16 | EXA EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 208 | 1:04.57 L S | F | Owethu Mokwena | 16 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| 209 | 1:05.94 L | F | Kayla Schoenveld | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 210 | 1:16.03 L | F | Mihle Ngini | 16 | KHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 211 | 1:26.26 L | F | Anna-Marie Steyn | 16 | ESS EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 212 | 1:29.29 L | F | Sfungo Keswa | 16 | UMHS OTD | 03/02/2024 | Buffalo City School Trials 2024 |
| 213 | 1:40.54 L | F | Jessica Jansen | 16 | ESS EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| Women 16-16 100 Back | | | | | | | |
| 1 | 1:03.67 L | F | Emma De Wet | 16 | RSA | 06/12/2023 | 15th African Junior Championships 2023 |
| 2 | 1:03.69 L | F | Cassidy Burgess | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 3 | 1:04.29 L | F | Grace Morris | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 4 | 1:06.78 L | F | Keira Duncan | 16 | SGUL ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 5 | 1:07.15 L | P | Melissa Kuun | 16 | FISH EDD | 15/03/2024 | SA National Junior Age Group |
| 6 | 1:07.78 L | F | Hannah Ferreira | 16 | ASA HLD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 7 | 1:07.99 L | P | Chanel Baenhoff | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 8 | 1:08.03 L | P | Jessica Carmody | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 9 | 1:09.00 L | F | Isabella Desfontaines | 16 | RAV ECU | 15/03/2024 | SA National Junior Age Group |
| 10 | 1:09.03 L | F | Gemma Jones | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 11 | 1:09.13 L | F | Kaitlynn Horne | 16 | BEST NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 12 | 1:09.19 L | P | Jana Lombard | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 13 | 1:09.60 L | P | Myra Viduya | 16 | ECA BUF | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 14 | 1:09.79 L | F | Myra Viduya | 16 | INFA NMA | 11/11/2023 | 5th A League Gala 2023 |
| 15 | 1:10.61 L | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 16 | 1:10.69 L | P | Keira Leask | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 17 | 1:11.29 L | P | Cassidey Rae Doubell | 16 | AA JHB | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 18 | 1:11.43 L | F | Alex-Zandre Labuschagne | 16 | MGSC UGD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 19 | 1:12.18 L | P | Une Van den Berg | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 20 | 1:12.26 L | P | Amy Schmidt | 16 | ASAW CED | 15/03/2024 | SA National Junior Age Group |
| 21 | 1:12.50 L | P | Hannah Rigby | 16 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |
| 22 | 1:12.69 L | P | Taylor Morton | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 23 | 1:12.89 L | F | Francis Whelan | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 24 | 1:12.99 L | F | Morgan Rabie | 16 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 25* | 1:13.17 L | P | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 25* | 1:13.17 L | F | Holley Jacoby | 16 | VIKI BUF | 01/12/2023 | ECA Long Course Championships 2023 |
| 27 | 1:13.45 L | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 28 | 1:13.50 L | F | Erin Hudson | 16 | AA JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 29 | 1:13.66 L | F | Kate Truter | 16 | BEAV ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 30 | 1:13.74 L | P | Tatum Lauf | 16 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |
| 31 | 1:13.86 L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 | Westville-Seals LC Championships |
| 32 | 1:13.91 L | F | Christina Gennarakis | 16 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 33 | 1:14.00 L | P | Erin Glover | 16 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 34 | 1:14.03 L | F | Hayley Hoy | 16 | TUKS TSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 35 | 1:14.21 L | F | Gabriella Douglas | 16 | BAS ECU | 15/09/2023 | EGA Summer 1 |
| 36 | 1:14.23 L | F | Emma Roberts | 16 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|-----------------------|----|-----------|---|
| 37 | 1:14.36 | L | F | Simone Henning | 16 | RHS BP | 23/02/2024 NW School Championships 2024 |
| 38 | 1:14.52 | L | P | Kanishka Rajput | 16 | SMT C JHB | 15/03/2024 SA National Junior Age Group |
| 39 | 1:14.58 | L | F | Caitlin Watson | 16 | BLMA CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 40 | 1:14.62 | L | F | Marony Jacobs | 16 | INFA NMA | 26/08/2023 2nd A League Gala 2023 |
| 41 | 1:14.83 | L | F | Anri De Beer | 16 | INFA NMA | 22/07/2023 1st A League Gala 2023 |
| 42 | 1:14.93 | L | F | Abigail Van Dyk | 16 | TUKS FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 43 | 1:15.07 | L | P | Tazmin Suliman | 16 | TUKS FSH | 12/12/2023 NTS Championships 2023 |
| 44 | 1:15.20 | L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 45 | 1:15.21 | L | P | Hayley Beling | 16 | BAS ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 46 | 1:15.72 | L | F | Beane Swanepoel | 16 | VRC FSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 47 | 1:15.80 | L | F | Lize Burness | 16 | TUKS FSH | 16/02/2024 NTS February Open Age Group 2024 |
| 48 | 1:15.89 | L | F | Lume Louw | 16 | USC BUF | 09/02/2024 Infinity Gala 2024 |
| 49* | 1:16.09 | L | F | Kayla Miller | 16 | CRSC JHB | 30/11/2023 CGA Championships 2023 |
| 49* | 1:16.09 | L | F | Veneske Steenkamp | 16 | ROA EDD | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 51 | 1:16.15 | L | F | Ciska Ferreira | 16 | UNI EZD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 52 | 1:16.18 | L | P | Jordana Azran | 16 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 53 | 1:16.40 | L | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 SA National Junior Age Group |
| 54 | 1:16.53 | L | F | Tatum Cabral | 16 | ELEC FSH | 23/02/2024 NTS Prestige AG February 2024 |
| 55 | 1:16.56 | L | F | Mignon Smit | 16 | SS MPD | 20/03/2024 SA Level 3 Regional Age Group |
| 56 | 1:16.60 | L | P | Tamryn Kunneke | 16 | RFA FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 57 | 1:16.79 | L | P | Jani Borman | 16 | SWAR WCD | 14/12/2023 Western Cape LC-A Championship 2023 |
| 58 | 1:16.88 | L | P | Carmi Schoeman | 16 | TKS WBD | 15/03/2024 SA National Junior Age Group |
| 59 | 1:16.96 | L | F | Xanthe Nagel | 16 | MCS BP | 23/02/2024 NW School Championships 2024 |
| 60 | 1:17.01 | L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 06/12/2023 Free State Champs 2023 |
| 61 | 1:17.06 | L | F | Caitlin Kennedy | 16 | AFIN JHB | 30/11/2023 CGA Championships 2023 |
| 62 | 1:17.08 | L | F | Ella Mills | 16 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 63 | 1:17.14 | L | F | Sinesipho Sibiyi | 16 | SEAL UMD | 24/11/2023 Westville-Seals LC Championships |
| 64 | 1:17.34 | L | F | Neema Banza | 16 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 65 | 1:17.40 | L | F | Amelia Vincent | 16 | BLSS MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 66 | 1:17.48 | L | P | Alexia Luz | 16 | SOUL ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 67 | 1:17.51 | L | F | Mari Zanne Nortje | 16 | HSBV SKD | 27/01/2024 Limpopo School Champs |
| 68 | 1:17.63 | L | P | Ashling McCarthy | 16 | LINR JHB | 30/11/2023 CGA Championships 2023 |
| 69 | 1:17.82 | L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 70 | 1:17.83 | L S | P | Alexia Adreani | 16 | CA ECU | 07/12/2023 EGA Summer Championships |
| 71 | 1:18.59 | L | F | Holly Allison | 16 | AZON ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 72 | 1:18.64 | L | F | Simone Theron | 16 | HSBV SKD | 27/01/2024 Limpopo School Champs |
| 73* | 1:19.02 | L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 Free State Champs 2023 |
| 73* | 1:19.02 | L | P | Alienne van Rensburg | 16 | NC FB | 19/04/2024 SA Schools Swimming Championship |
| 75 | 1:19.23 | L | F | Kayla Petersen | 16 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 76 | 1:19.25 | L | F | Nikha Lambden | 16 | EXP FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 77 | 1:19.26 | L | F | Aarya Morar | 16 | ATLA JHB | 24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb |
| 78 | 1:19.69 | L | F | Candice Myers | 16 | TCA ECU | 11/11/2023 EGA Summer 3 |
| 79 | 1:19.71 | L | P | Joy Vd Westhuizen | 16 | AQDO CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 80 | 1:20.06 | L | F | Sally-Louise Ingwe | 16 | RAV ECU | 22/02/2024 18th Botswana Swimming Nationals |
| 81 | 1:20.09 | L | P | Kaylin Stieger | 16 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 82 | 1:20.11 | L | F | Alexa Louw | 16 | BLMA CPT | 20/01/2024 CTA A MEET 4 |
| 83 | 1:20.14 | L | P | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 84 | 1:20.17 | L | P | Luyanda Shandu | 16 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 85 | 1:20.38 | L | P | Keira Schroll | 16 | NWUC KKD | 06/12/2023 NWS Championships 2023/24 |
| 86 | 1:20.51 | L | F | Amahle Mhlongo | 16 | PSCP UMD | 24/11/2023 Westville-Seals LC Championships |
| 87 | 1:20.66 | L | P | Stella Reinecke | 16 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 88 | 1:20.83 | L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 27/01/2024 Ushaka Champs 2024 |
| 89 | 1:20.84 | L | F | Simone Vd Merwe | 16 | GSA CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 90 | 1:20.86 | L | F | Jean Marie Swartz | 16 | TONAU CCD | 27/01/2024 Limpopo School Champs |
| 91 | 1:20.87 | L | F | Nazneen Mohamed | 16 | ATLA JHB | 24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb |
| 92 | 1:21.08 | L | F | Marinique Lamprecht | 16 | RFA FSH | 01/07/2023 Rossini Swim Cup |
| 93 | 1:21.13 | L | P | Isabella Vicente | 16 | SOUL ECU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 94 | 1:21.30 | L | P | Tianel Van Der Merwe | 16 | MSC NGD | 20/03/2024 SA Level 3 Regional Age Group |
| 95 | 1:21.36 | L | F | Grace Bothma | 16 | WSTV ETH | 21/01/2024 EDA Age Group Gala 5 2024 |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|----------------------|----|-------|-----|------------|--------------------------------------|
| 96 | 1:21.37 | L | P | Kanak Rajput | 16 | AAS | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 97 | 1:21.45 | L | F | Cameron Morel | 16 | SWIFT | EKU | 15/09/2023 | EGA Summer 1 |
| 98* | 1:21.65 | L | F | Annabelle Roberts | 16 | LALE | GED | 11/11/2023 | Winelands SL4 |
| 98* | 1:21.65 | L | F | Gabriella Smith | 16 | MDOL | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 100 | 1:21.75 | L | P | Cherise Coetzer | 16 | STSC | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 101 | 1:21.89 | L | P | Jaiden Funnell | 16 | SWIM1 | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 102 | 1:22.24 | L | F | Danelle Du Toit | 16 | TASC | MPD | 11/11/2023 | Limpopo Age Group 5 |
| 103 | 1:22.45 | L | F | Clara van Rooyen | 16 | PGAC | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 104 | 1:22.57 | L | P | Jhoanè Voges | 16 | QUIC | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 105 | 1:22.66 | L | F | Mmathabo Marite | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 106 | 1:22.67 | L | F | Gabby Mc Hugh | 16 | CRSC | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 107 | 1:22.83 | L | F | Erin Beyers | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 108 | 1:22.86 | L | F | Emsie Brand | 16 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 109 | 1:22.89 | L | F | Ammara Jagger | 16 | AQDO | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 110 | 1:23.29 | L | F | Taaliah Rinquest | 16 | MARL | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 111 | 1:23.40 | L | F | Mia Barnard | 16 | BLOT | MAN | 06/12/2023 | Free State Champs 2023 |
| 112 | 1:23.53 | L | P | Emma Wentzel | 16 | AA | JHB | 30/11/2023 | CGA Championships 2023 |
| 113 | 1:23.70 | L | F | Catherine Jones | 16 | RFA | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 114 | 1:23.77 | L | F | Zoey Du Toit | 16 | UNI | EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 115 | 1:23.79 | L S | P | Alexandra Houniet | 16 | CA | EKU | 07/12/2023 | EGA Summer Championships |
| 116 | 1:23.97 | L | F | Mia Pienaar | 16 | STSC | KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 117 | 1:24.19 | L | F | Milla Delpoit | 16 | PEAS | NMA | 22/07/2023 | 1st A League Gala 2023 |
| 118 | 1:24.21 | L | F | Hannah Prince | 16 | OLDE | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 119 | 1:24.64 | L S | P | Kendra Beukes | 16 | PGAC | EKU | 07/12/2023 | EGA Summer Championships |
| 120 | 1:24.65 | L | F | Cara Corrigan | 16 | FISH | EDD | 10/02/2024 | WCA-B Champs - 2024 |
| 121 | 1:24.90 | L | F | Lois Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 122 | 1:24.99 | L | F | Elmarie De Witt | 16 | QUIC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 123 | 1:25.03 | L | F | Gabrielle Mare' | 16 | PAC | FSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 124 | 1:25.28 | L | F | Leandrè Burger | 16 | QSAW | GED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 125 | 1:25.30 | L | P | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 126 | 1:25.63 | L | F | Tyra Kasonkomona | 16 | MATL | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 127 | 1:25.75 | L | F | Michelle Van Rooyen | 16 | TYGE | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 128 | 1:26.02 | L | F | Eunice Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 129 | 1:26.08 | L | F | Cara Fourie | 16 | UPSK | ZMD | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 130 | 1:26.12 | L | P | Daniëlle Le Roux | 16 | SS | MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 131 | 1:26.15 | L | F | Marilee Coetzee | 16 | DOLFI | MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 132 | 1:26.23 | L | F | Callan-Cate Bouwer | 16 | HARL | BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 133* | 1:26.31 | L | F | Lisa Ferreira | 16 | RFA | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 133* | 1:26.31 | L | F | Deidré Olivier | 16 | RBOT | BPD | 06/12/2023 | NWS Championships 2023/24 |
| 135* | 1:26.36 | L | F | Acacia- Cailyn Abell | 16 | MDOL | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 135* | 1:26.36 | L | P | Monize Wingard | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 137 | 1:26.52 | L | F | Esmari Weitsz | 16 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 138 | 1:26.63 | L | F | Jorja Da Cunha | 16 | BON | EKU | 15/09/2023 | EGA Summer 1 |
| 139 | 1:26.76 | L | F | Isabella Afonso | 16 | QUIC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 140 | 1:26.93 | L | F | Bianca Myburgh | 16 | CUHE | QBD | 10/02/2024 | WCA-B Champs - 2024 |
| 141 | 1:26.96 | L | F | Shannon Coetzee | 16 | PGAC | EKU | 15/09/2023 | EGA Summer 1 |
| 142 | 1:27.27 | L | F | Zaibaa Bawa | 16 | WATR | JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 143 | 1:27.45 | L | F | Johane Viljoen | 16 | BLNE | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 144 | 1:27.67 | L | F | Kimberley Strong | 16 | NC | FB | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 145 | 1:27.71 | L | F | Jenna Loubser | 16 | SFSC | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 146 | 1:28.35 | L | F | Miana Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 147 | 1:28.40 | L | F | Olivia Darley | 16 | HASC | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 148 | 1:28.52 | L S | P | Riley Hattingh-Steyn | 16 | SOUL | EKU | 07/12/2023 | EGA Summer Championships |
| 149 | 1:28.68 | L | F | Makayla Lombard | 16 | JAQ | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 150 | 1:28.75 | L | P | Neo Cele | 16 | ELEC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 151 | 1:28.78 | L | P | Thobile Mtshali | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 152 | 1:28.80 | L | F | Lerato Moloby | 16 | HREF | BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 153 | 1:29.13 | L | F | Gail Polman | 16 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 154 | 1:29.36 | L | P | Zara Jeftha | 16 | MARL | CPT | 21/03/2024 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-------------|-------|-----------------------|--------|----------|------------|---|
| 155 | 1:29.50 L | F | Carmen Botha | 16 | WES KK | 23/02/2024 | NW School Championships 2024 |
| 156 | 1:29.65 L | P | Marita Lackey | 16 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 157 | 1:29.91 L | P | Kayla Botha | 16 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 158 | 1:30.74 L | F | Samantha Maritz | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 159 | 1:30.95 L | F | Maya Lockitch | 16 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 160 | 1:31.13 L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 161 | 1:31.32 L | F | Megan Kemp | 16 | HSO TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 162 | 1:31.38 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 163 | 1:32.32 L | F | Skylar Lambert | 16 | ESP EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 164 | 1:33.03 L | F | Jannae De Villiers | 16 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 165 | 1:33.82 L | F | Tamilyn Straub | 16 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 166 | 1:33.84 L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 167 | 1:34.38 L | P | Lianne Labuschagne | 16 | NWUC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 168 | 1:34.67 L | F | Amy Clayton | 16 | CUHE OBD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 169 | 1:35.37 L | P | Cameron Landman | 16 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 170 | 1:37.90 L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 171 | 1:38.53 L | F | Nkenda Baghana | 16 | CPSC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 172 | 1:38.81 L | F | Zani Van Rensburg | 16 | PGAC EKU | 15/09/2023 | EGA Summer 1 |
| 173 | 1:38.89 L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 174 | 1:39.10 L | F | Skye Schoeman | 16 | AQUA BUF | 18/11/2023 | Uthukela District Age Group Gala |
| 175 | 1:39.25 L | F | Madelein Bronkhorst | 16 | SS MPD | 01/12/2023 | Limpopo Champs |
| 176 | 1:41.03 L | F | Bea-Mari Ackerman | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 177 | 1:41.76 L | F | Jessica Davids | 16 | GREY CPT | 11/11/2023 | Winelands SL4 |
| 178* | 1:42.41 L | F | Zandri Odendaal | 16 | TRAZ TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 178* | 1:42.41 L | F | Nthanki Kumalo | 16 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 180 | 1:44.49 L | F | Maryke Gerber | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 181 | 1:45.13 L | F | Izra Gameeldien | 16 | MANT CPT | 20/01/2024 | CTA A MEET 4 |
| 182 | 1:48.42 L | F | Riley Zulch | 16 | ONYX EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 183 | 1:48.77 L | F | Kelly-Grace Luyt | 16 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 184 | 1:50.89 L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 185 | 1:51.20 L | F | Caylin Bach | 16 | AASC EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 186 | 1:59.46 L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 187 | 2:18.52 L | F | Denaycha Oosthuizen | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 188 | 2:37.01 L | F | Owethu Mokwena | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 189 | 3:34.48 L | F | Jessica Jansen | 16 | ESS EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 190 | 3:36.61 L | F | Anna-Marie Steyn | 16 | ESS EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| Women 16-16 200 Back | | | | | | | |
| 1 | 2:18.54 L | F | Grace Morris | 16 | LALE CED | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 2 | 2:18.65 L | P | Emma De Wet | 16 | RSA | 20/10/2023 | World Aqua -Swimming World Cup Oct |
| 3 | 2:20.57 L S | F | Cassidy Burgess | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 4 | 2:23.10 L | F | Hannah Mouton | 16 | RSA | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 5 | 2:23.52 L | P | Jessica Carmody | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 6 | 2:25.36 L | F | Hannah Ferreira | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 7 | 2:26.90 L | F | Kaitlynn Horne | 16 | BEST NMA | 19/04/2024 | SA Schools Swimming Championship |
| 8 | 2:27.10 L S | F | Chanel Baenhoff | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 9 | 2:28.96 L S | F | Cassidey Rae Doubell | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 10 | 2:29.14 L | P | Melissa Kuun | 16 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 11 | 2:33.03 L S | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 12 | 2:33.78 L S | P | Gemma Jones | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 13 | 2:34.59 L | P | Isabella Desfontaines | 16 | RSA | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 14 | 2:34.61 L S | F | Taylor Morton | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 15 | 2:34.68 L S | P | Keira Leask | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 16 | 2:35.89 L | F | Hannah Rigby | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 17 | 2:36.37 L | F | Amy Schmidt | 16 | ASAW CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 18 | 2:37.02 L | F | Kate Truter | 16 | BEAV ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 19 | 2:37.16 L | P | Keira Duncan | 16 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 20 | 2:37.52 L | F | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 21 | 2:37.88 L | F | Jana Helmand | 16 | BLOT MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 22 | 2:38.04 L | P | Tatum Lauf | 16 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|----------|-------|------|-----------------------|----|-----------|------------|--------------------------|--------------------|
| 23 | 2:39.68 | L | F | Francis Whelan | 16 | BLOT MAN | 21/03/2024 | SA Level 3 Regional | Age Group |
| 24 | 2:39.75 | L S | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 | SA National Junior | Age Group |
| 25 | 2:39.83 | L | F | Holley Jacoby | 16 | VIKI BUF | 24/11/2023 | BCA Long Course | Championships 2023 |
| 26 | 2:40.54 | L | F | Kayla Miller | 16 | CRSC JHB | 30/11/2023 | CGA Championships | 2023 |
| 27 | 2:40.97 | L | F | Hayley Beling | 16 | BAS EKU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 28 | 2:41.05 | L | F | Emma Roberts | 16 | UNI EZD | 20/03/2024 | SA Level 3 Regional | Age Group |
| 29 | 2:41.57 | L | F | Alexia Luz | 16 | SOUL EKU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 30 | 2:43.05 | L | F | Marony Jacobs | 16 | INFA NMA | 24/06/2023 | PEA Winter Gala | 2023 |
| 31 | 2:43.10 | L | F | Anri De Beer | 16 | INFA NMA | 12/08/2023 | Madibaz Swim Meet | 2023 |
| 32 | x2:43.29 | L | F | Emma La Grange | 16 | PLAY CED | 10/02/2024 | WCA-B Champs - | 2024 |
| 33 | 2:43.44 | L | P | Erin Glover | 16 | TYGE CPT | 14/12/2023 | Western Cape LC-A | Championship 2023 |
| 34 | 2:44.29 | L | F | Morgan Rabie | 16 | TUKS TSH | 12/12/2023 | NTS Championships | 2023 |
| 35 | 2:44.52 | L | F | Ciska Ferreira | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships | 2023 |
| 36 | 2:44.61 | L | F | Hayley Hoy | 16 | SWLAB CPT | 03/05/2023 | CANA Zone IV | |
| 37 | 2:44.80 | L | P | Mignon Smit | 16 | SS MPD | 20/03/2024 | SA Level 3 Regional | Age Group |
| 38 | 2:44.99 | L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/03/2024 | SA Level 3 Regional | Age Group |
| 39* | 2:45.74 | L | P | Caitlin Watson | 16 | BLMA CPT | 14/12/2023 | Western Cape LC-A | Championship 2023 |
| 39* | 2:45.74 | L | F | Lize Burness | 16 | TUKS TSH | 16/02/2024 | NTS February Open | Age Group 2024 |
| 41 | 2:46.05 | L S | F | Amelia Vincent | 16 | BLSS MAN | 06/12/2023 | Free State Champs | 2023 |
| 42 | 2:46.64 | L | F | Jani Borman | 16 | SWAR WCD | 21/03/2024 | SA Level 3 Regional | Age Group |
| 43 | 2:46.86 | L | F | Aarya Morar | 16 | ATLA JHB | 14/12/2023 | KZNA 2023 Championships | Incorp SSA |
| 44 | 2:47.98 | L | F | Tamryn Kunneke | 16 | RFA TSH | 12/12/2023 | NTS Championships | 2023 |
| 45 | 2:48.33 | L | F | Ashling McCarthy | 16 | LINR JHB | 30/11/2023 | CGA Championships | 2023 |
| 46 | 2:48.37 | L | F | Neema Banza | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships | 2023 |
| 47 | 2:48.39 | L | F | Beane Swanepoel | 16 | VRC TSH | 12/12/2023 | NTS Championships | 2023 |
| 48 | 2:48.66 | L | F | Lume Louw | 16 | USC BUF | 09/02/2024 | Infinity Gala | 2024 |
| 49 | 2:48.69 | L | F | Alexa Louw | 16 | BLMA CPT | 10/02/2024 | WCA-B Champs - | 2024 |
| 50 | 2:48.80 | L | F | Ella Mills | 16 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS | AG6 16-17 |
| 51 | 2:48.82 | L | F | Carmi Schoeman | 16 | TKS WBD | 01/12/2023 | Limpopo Champs | |
| 52 | 2:49.07 | L | P | Alexia Adreani | 16 | CA EKU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 53 | 2:49.15 | L | F | Abigail Van Dyk | 16 | TUKS TSH | 22/09/2023 | NTS Level 3+ September | Age Group |
| 54 | 2:49.30 | L | F | Keira Schroll | 16 | NWUC KKD | 06/12/2023 | NWS Championships | 2023/24 |
| 55 | 2:49.55 | L | F | Nazneen Mohamed | 16 | ATLA JHB | 30/11/2023 | CGA Championships | 2023 |
| 56 | 2:49.80 | L | F | Nicole Beling | 16 | BAS EKU | 24/11/2023 | EGA Summer | 4 |
| 57 | 2:49.94 | L | F | Cameron Morel | 16 | SWIFT EKU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 58 | 2:50.30 | L | F | Alienne van Rensburg | 16 | KTS | 10/02/2024 | AGE GROUP 6 KATHU | 2024 |
| 59 | 2:50.95 | L | F | Amelia Fraser-Harding | 16 | ACSA ETH | 14/12/2023 | KZNA 2023 Championships | Incorp SSA |
| 60 | 2:51.17 | L | F | Jean Marie Swartz | 16 | TONAU CCD | 27/01/2024 | Limpopo School Champs | |
| 61 | 2:51.24 | L | F | Gabriella Smith | 16 | MDOL JHB | 30/11/2023 | CGA Championships | 2023 |
| 62 | 2:51.64 | L | P | Christina Gennarakis | 16 | CASC CPT | 14/12/2023 | Western Cape LC-A | Championship 2023 |
| 63 | 2:52.85 | L S | F | Simone Vd Merwe | 16 | GSA CPT | 24/11/2023 | CTA A & B CHAMPS | 2023 |
| 64 | 2:52.93 | L | F | Isabella Vicente | 16 | SOUL EKU | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 65 | 2:53.02 | L | P | Caitlin Kennedy | 16 | AFIN JHB | 30/11/2023 | CGA Championships | 2023 |
| 66 | 2:53.32 | L | P | Luyanda Shandu | 16 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships | Incorp SSA |
| 67 | 2:53.92 | L | P | Gabby Mc Hugh | 16 | CRSC JHB | 20/03/2024 | SA Level 3 Regional | Age Group |
| 68 | 2:54.20 | L | F | Clara van Rooyen | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 69 | 2:54.41 | L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 18/11/2023 | Valsrivier Gala | |
| 70 | 2:54.45 | L | F | Holly Allison | 16 | AZON ETH | 21/03/2024 | SA Level 3 Regional | Age Group |
| 71 | 2:55.57 | L | F | Mari Zanne Nortje | 16 | TKS WBD | 11/11/2023 | Limpopo Age Group | 5 |
| 72 | 2:56.02 | L | F | Emsie Brand | 16 | SWAR WCD | 17/02/2024 | Swartland Invitational | Gala 2024 |
| 73 | 2:56.09 | L | F | Tianel Van Der Merwe | 16 | MSC NGD | 16/02/2024 | MP SA SCHOOLS TRIALS | AG6 16-17 |
| 74 | 2:56.50 | L | F | Marinique Lamprecht | 16 | RFA TSH | 01/07/2023 | Rossini Swim Cup | |
| 75 | 2:57.24 | L | P | Sally-Louise Ingwe | 16 | RAV EKU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 76 | 2:57.80 | L | F | Tiffany Marshall | 16 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 | NOV 2023 |
| 77 | 2:58.88 | L | F | Catherine Jones | 16 | RFA TSH | 03/11/2023 | NTS Level 1+2 November | Age Group |
| 78 | 2:58.90 | L | F | Cherise Coetzer | 16 | STSC KCD | 21/10/2023 | Froggies Championships | 2023 |
| 79 | 2:59.07 | L S | F | Ammara Jagger | 16 | AQDO CPT | 24/11/2023 | CTA A & B CHAMPS | 2023 |
| 80 | 2:59.38 | L | F | Jaiden Funnell | 16 | SWIM1 JHB | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 81 | 2:59.57 | L | F | Leandrè Burger | 16 | QSAW CED | 18/11/2023 | CTA QUALIFYING MEET | 2 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------------------------------|---------|-------|------|--------------------------|----|-------|-----|------------|---------------------------------------|
| 82 | 2:59.86 | L S | F | Isabel Vorster | 16 | BLNE | MAN | 06/12/2023 | Free State Champs 2023 |
| 83 | 3:00.66 | L | P | Emma Wentzel | 16 | AA | JHB | 30/11/2023 | CGA Championships 2023 |
| 84 | 3:00.89 | L | F | Grace Bothma | 16 | WSTV | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 85 | 3:00.96 | L S | F | Lois Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 86 | 3:01.35 | L | F | Callan-Cate Bouwer | 16 | HARL | BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 87 | 3:01.58 | L | F | Danelle Du Toit | 16 | TASC | MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 88 | 3:02.30 | L | F | Milla Delpont | 16 | PEAS | NMA | 09/02/2024 | Infinity Gala 2024 |
| 89 | 3:02.56 | L | F | Taaliah Rinquest | 16 | MARL | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 90 | 3:03.27 | L | F | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 91 | 3:03.34 | L | P | Shannon Coetzee | 16 | PGAC | EKU | 07/12/2023 | EGA Summer Championships |
| 92 | 3:03.73 | L S | F | Eunice Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 93 | 3:04.78 | L | F | Elmarie De Witt | 16 | QUIC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 94 | 3:05.07 | L | F | Gabrielle Mare' | 16 | PAC | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 95 | 3:05.43 | L | F | Deidre Olivier | 16 | RBOT | BPD | 06/12/2023 | NWS Championships 2023/24 |
| 96 | 3:07.40 | L | F | Esmari Weitsz | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 97 | 3:08.83 | L S | F | Samantha Maritz | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 98 | 3:09.20 | L | F | Marilee Coetzee | 16 | DOLFI | MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 99 | 3:09.68 | L | F | Amy Lazarou | 16 | AWSC | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 100 | 3:09.93 | L | F | Cara Fourie | 16 | UPSK | ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 101 | 3:10.04 | L | F | Lerato Molobye | 16 | HREF | BP | 03/11/2023 | NTS Level 1+2 November Age Group |
| 102 | 3:11.05 | L | F | Lisa Ferreira | 16 | RFA | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 103 | 3:11.69 | L | F | Michelle Van Rooyen | 16 | TYGE | CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 104 | 3:11.75 | L | F | Carmen Botha | 16 | WES | KK | 23/02/2024 | NW School Championships 2024 |
| 105 | 3:12.27 | L | F | Michaela Van Rooyen | 16 | BLSS | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 106 | 3:12.56 | L | F | Marita Lackey | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 107 | 3:13.98 | L | F | Danielle Le Roux | 16 | HFDT | MP | 27/01/2024 | Limpopo School Champs |
| 108 | 3:14.34 | L | P | Tyra Kasonkomona | 16 | MATL | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 109 | 3:14.50 | L | P | Makayla Lombard | 16 | JAQ | EKU | 07/12/2023 | EGA Summer Championships |
| 110 | 3:16.45 | L | F | Emma Atkinson | 16 | AZON | ETH | 03/11/2023 | EDA Age Group Gala 4 2023 |
| 111 | 3:20.08 | L | F | Lianne Labuschagne | 16 | NWUC | KKD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 112 | 3:22.72 | L | F | Maya Lockitch | 16 | CYBE | CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 113 | 3:24.51 | L | P | Sckylar Lambert | 16 | ESP | EKU | 07/12/2023 | EGA Summer Championships |
| 114 | 3:32.46 | L | P | Bea-Mari Ackerman | 16 | MATL | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 115 | 3:44.65 | L | F | Neo Cele | 16 | ELEC | FSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| Women 16-16 50 Breast | | | | | | | | | |
| 1 | 33.05 | L | F | Keira Van Heerden | 16 | RSA | | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 2 | 33.35 | L | F | Daena Robinson | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 3 | 33.70 | L | F | Kayla Petersen | 16 | USC | BUF | 15/03/2024 | SA National Junior Age Group |
| 4 | 33.73 | L | P | Myra Viduya | 16 | INFA | NMA | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 5 | 33.97 | L | F | Myra Viduya | 16 | INFA | NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 6 | 33.99 | L | F | Rebecca Fury | 16 | VINE | CPT | 11/11/2023 | Winelands SL4 |
| 7 | 34.21 | L | P | Cassandra Sikiotis | 16 | MDOL | JHB | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 8 | 34.38 | L | F | Jordyn Collett | 16 | TUKS | FSH | 15/03/2024 | SA National Junior Age Group |
| 9 | 34.42 | L | P | Loghan Gray | 16 | MDOL | JHB | 15/03/2024 | SA National Junior Age Group |
| 10 | 34.60 | L | P | Rebecca Kuhn | 16 | AGB | JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 11 | 34.79 | L | F | Mianique Lombard | 16 | WELA | LLD | 19/04/2024 | SA Schools Swimming Championship |
| 12 | 34.93 | L S | F | Kirstin Brady | 16 | RAV | EKU | 07/12/2023 | EGA Summer Championships |
| 13 | 35.34 | L | F | Alex-Zandre' Labuschagne | 16 | KZNA | ETH | 19/04/2024 | SA Schools Swimming Championship |
| 14 | 35.72 | L | P | Farhah Valli | 16 | RSA | | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 15 | 35.77 | L | F | Tazmin Suliman | 16 | TUKS | FSH | 12/12/2023 | NTS Championships 2023 |
| 16 | 35.93 | L | P | Erin Hudson | 16 | AA | JHB | 15/03/2024 | SA National Junior Age Group |
| 17 | 36.00 | L | F | Grace Morris | 16 | ELEC | FSH | 12/12/2023 | NTS Championships 2023 |
| 18 | 36.10 | L | P | Tatum Lauf | 16 | MDOL | JHB | 15/03/2024 | SA National Junior Age Group |
| 19 | 36.11 | L | P | Tamryn Kunneke | 16 | RFA | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 20 | 36.45 | L | F | Abigayle Otto | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 21 | 36.67 | L | P | Erin Beyers | 16 | UNI | EZD | 15/03/2024 | SA National Junior Age Group |
| 22 | 36.70 | L | P | Kanishka Rajput | 16 | SMTC | JHB | 15/03/2024 | SA National Junior Age Group |
| 23 | 36.72 | L | P | Madison Fourie | 16 | INFA | NMA | 15/03/2024 | SA National Junior Age Group |
| 24 | 36.74 | L S | F | Nicole Beling | 16 | BAS | EKU | 07/12/2023 | EGA Summer Championships |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|-------|-------|------|-----------------------|----|-------|-----|------------|--------------------------------------|
| 25 | 36.97 | L | F | Taylor Hemphill | 16 | SEALE | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 26 | 37.23 | L | F | Zara Jefftha | 16 | MARL | CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 27 | 37.24 | L | F | Dane De Klerk | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 28 | 37.25 | L | P | Mathilda Liebenberg | 16 | POTC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 29 | 37.30 | L | F | Erin Mayoss | 16 | KLOO | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 30 | 37.43 | L | F | Mari Zanne Nortje | 16 | LP | CCD | 19/04/2024 | SA Schools Swimming Championship |
| 31 | 37.45 | L | F | Nanette Jordaan | 16 | BLOT | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 32 | 37.64 | L | F | Carleigh Palmer | 16 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 33 | 37.70 | L | P | Tanè Putter | 16 | TYGE | CPT | 15/03/2024 | SA National Junior Age Group |
| 34 | 37.77 | L | F | Monique Oosthuizen | 16 | BLOT | MAN | 19/08/2023 | Super Seals Prestige Gala |
| 35 | 37.79 | L | P | Simone Theron | 16 | LP | CCD | 19/04/2024 | SA Schools Swimming Championship |
| 36 | 37.90 | L | F | Georgoulla Kambanis | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 37 | 37.94 | L | F | Nikha Lambden | 16 | EXP | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 38 | 38.31 | L | F | Gemma Allchin | 16 | KZNA | ETH | 19/04/2024 | SA Schools Swimming Championship |
| 39 | 38.36 | L | F | Shani Olivier | 16 | WELL | CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 40 | 38.52 | L | P | Xanthe Nagel | 16 | HREF | BP | 15/03/2024 | SA National Junior Age Group |
| 41 | 38.59 | L | P | Tatum Cabral | 16 | ELEC | FSH | 12/12/2023 | NTS Championships 2023 |
| 42 | 38.67 | L | F | Hannah Rigby | 16 | ELEC | FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 43 | 38.74 | L | F | Gemma Harris | 16 | MARL | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 44 | 38.77 | L | F | Simone Henning | 16 | RHS | BP | 23/02/2024 | NW School Championships 2024 |
| 45 | 38.83 | L | F | Colby Cochrane | 16 | CRSC | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 46 | 38.84 | L | F | Erin Burke | 16 | SFSC | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 47 | 38.86 | L | F | Kye-Ann Fowler | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 48 | 38.87 | L | F | Neema Banza | 16 | UNI | EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 49* | 38.93 | L | F | Abigail Phillips | 16 | SASE | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 49* | 38.93 | L | F | Chanel Baenhoff | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 51 | 38.94 | L | F | Cara Corrigan | 16 | EDA | ED | 13/01/2024 | BCA Inter-District Championship Gala |
| 52* | 38.98 | L | F | Aruli Fick | 16 | USH | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 52* | 38.98 | L | F | Jasmine Pillay | 16 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 54 | 39.08 | L | F | Carmi Schoeman | 16 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 55 | 39.22 | L | F | Amelia Vincent | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 56 | 39.26 | L | F | Cherise Coetzer | 16 | STSC | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 57 | 39.27 | L | F | Emily Walker | 16 | PEAS | NMA | 21/10/2023 | 4th A League Gala 2023 |
| 58 | 39.42 | L | P | Jani Borman | 16 | SWAR | WCD | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 59 | 39.43 | L | F | Emma Roberts | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 60 | 39.61 | L | P | Clarise Coetzer | 16 | STSC | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 61 | 39.64 | L | F | Acacia-Cailyn Abell | 16 | MDOL | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 62 | 39.65 | L | P | Fallon Tweedie | 16 | PEAS | NMA | 09/02/2024 | Infinity Gala 2024 |
| 63 | 39.66 | L | F | Yusrah Du Toit | 16 | UWCA | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 64* | 39.75 | L | F | Mmathabo Marite | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 64* | 39.75 | L S | F | Kaitlynn Horne | 16 | BEST | NMA | 26/01/2024 | 6th A League Gala 2024 |
| 66 | 39.93 | L | P | Tiffany Marshall | 16 | UNI | EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 67 | 39.97 | L S | P | Candice Myers | 16 | TCA | EKU | 07/12/2023 | EGA Summer Championships |
| 68 | 40.10 | L | F | Jannae De Villiers | 16 | PRKA | PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 69 | 40.13 | L | P | Kanak Rajput | 16 | AAS | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 70 | 40.25 | L | F | Madelé Harding | 16 | PGIM | KK | 23/02/2024 | NW School Championships 2024 |
| 71 | 40.27 | L | F | Josslyn Gaudie | 16 | RFA | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 72 | 40.43 | L | F | Isabel Vorster | 16 | BLNE | MAN | 06/12/2023 | Free State Champs 2023 |
| 73 | 40.53 | L | F | Lois Fourie | 16 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 74 | 40.62 | L | F | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 75 | 40.72 | L | P | Isabella Desfontaines | 16 | RSA | | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 76 | 40.90 | L | F | Eunice Fourie | 16 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 77 | 41.03 | L | F | Holley Jacoby | 16 | VIKI | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 78 | 41.22 | L | F | Cameron Landman | 16 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 79 | 41.30 | L | F | Cara Crichton | 16 | TUKS | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 80 | 41.34 | L | F | Gabriella Douglas | 16 | BAS | EKU | 15/09/2023 | EGA Summer 1 |
| 81 | 41.35 | L | F | Hannah Witten | 16 | AQDO | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 82 | 41.39 | L | F | Thurayya Moodley | 16 | LEGC | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 83 | 41.84 | L | P | Tamsyn Kotzè | 16 | BLMA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-------|-------|------|---------------------------|----|-----------|---|
| 84 | 41.86 | L | F | Beane Swanepoel | 16 | VRC FSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 85 | 41.87 | L | F | Jana Helmand | 16 | BLOT MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 86 | 41.89 | L | F | Riley Hattingh-Steyn | 16 | SOUL EKU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 87 | 41.95 | L | F | Charissa Volschenk | 16 | AQU ADJ | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 88 | 41.98 | L | F | Esmari Weitsz | 16 | NHS EZD | 21/02/2024 EHLANZENI INTER HIGH GALA 21 |
| 89 | 42.12 | L | P | Hannah Prince | 16 | OLDE JHB | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 90 | 42.14 | L | F | Kendra Beukes | 16 | PGAC EKU | 15/09/2023 EGA Summer 1 |
| 91 | 42.15 | L | F | Melissa Kuun | 16 | FISH EDD | 21/10/2023 EDEN 2nd A-League Gala 2023 |
| 92 | 42.24 | L | F | Lerato Molobye | 16 | HREF BP | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 93 | 42.27 | L | F | Alexia Adreani | 16 | CA EKU | 11/11/2023 EGA Summer 3 |
| 94 | 42.30 | L | F | Erin Glover | 16 | TYGE CPT | 11/11/2023 Winelands SL4 |
| 95* | 42.38 | L | P | Emma Atkinson | 16 | AZON ETH | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 95* | 42.38 | L | F | Alexandra Houniet | 16 | CA EKU | 11/11/2023 EGA Summer 3 |
| 95* | 42.38 | L | F | Francis Whelan | 16 | BLOT MAN | 26/08/2023 kovsie Sprint Gala |
| 98 | 42.44 | L | P | Rene Sauerman | 16 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 99 | 42.47 | L | F | Hayley Beling | 16 | BAS EKU | 15/09/2023 EGA Summer 1 |
| 100 | 42.51 | L | F | Jorja Da Cunha | 16 | BON EKU | 26/01/2024 EGA Last Chance 2024 |
| 101 | 42.69 | L S | F | Tatum Borrill | 16 | CA EKU | 07/12/2023 EGA Summer Championships |
| 102 | 42.71 | L | F | Emma Wentzel | 16 | AA JHB | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 103 | 42.96 | L | P | Kayla Botha | 16 | AFIN JHB | 30/11/2023 CGA Championships 2023 |
| 104 | 43.05 | L | F | Hannah Liebenberg | 16 | PAC FSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 105 | 43.06 | L | P | Kayla-Jade Van Heerden | 16 | WSTV ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 106 | 43.08 | L | F | Michaela Van Rooyen | 16 | BLSS MAN | 15/09/2023 Bull Sharks Annual Gala |
| 107 | 43.11 | L | F | Marilee Coetzee | 16 | DOLFI MPD | 01/12/2023 Limpopo Champs |
| 108 | 43.38 | L | F | Carla Pienaar | 16 | STSC KCD | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 109 | 43.46 | L | P | Aarya Morar | 16 | ATLA JHB | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 110 | 43.80 | L | F | Skye Schoeman | 16 | KZNA ETH | 24/11/2023 Westville-Seals LC Championships |
| 111 | 43.82 | L | F | Hanrike Barnard | 16 | WAGH BP | 23/02/2024 NW School Championships 2024 |
| 112* | 43.85 | L | F | Jamilah Tshiyoyo | 16 | TUKS FSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 112* | 43.85 | L | P | Caitlin Kennedy | 16 | AFIN JHB | 30/11/2023 CGA Championships 2023 |
| 114 | 43.92 | L | F | Michaela Mitchley | 16 | KTS | 24/11/2023 AGE GROUP 2 KATHU 2023 |
| 115 | 43.93 | L | F | Jenna Du Plessis | 16 | BLSS MAN | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 116 | 44.10 | L | F | Alexa Louw | 16 | BLMA CPT | 11/11/2023 Swartland Prestige Gala 2023 |
| 117 | 44.13 | L | F | Lianka Du Toit | 16 | HPP BUF | 14/10/2023 Limpopo Top 8 - High Schools |
| 118 | 44.20 | L | F | Ellené Van der Westhuyzen | 16 | HSBV SKD | 14/10/2023 Limpopo Top 8 - High Schools |
| 119 | 44.21 | L | F | Lize Burness | 16 | TUKS FSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 120 | 44.22 | L | F | Mignon Smit | 16 | SS MPD | 21/10/2023 Limpopo Age Group 4 |
| 121 | 44.77 | L | F | Jean Marie Swartz | 16 | TONAU CCD | 27/01/2024 Limpopo School Champs |
| 122 | 44.94 | L | P | Alienne van Rensburg | 16 | NC FB | 19/04/2024 SA Schools Swimming Championship |
| 123 | 45.02 | L | F | Miana Fourie | 16 | BLSS MAN | 27/10/2023 Neptune Prestige Gala |
| 124 | 45.10 | L | P | Lume Louw | 16 | USC BUF | 24/06/2023 PEA Winter Gala 2023 |
| 125 | 45.29 | L | P | Catherine Jones | 16 | RFA FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 126 | 45.36 | L | F | Jenna-Mae Lally | 16 | BEAV ETH | 27/01/2024 Ushaka Champs 2024 |
| 127 | 45.39 | L | P | Cara Fourie | 16 | NC FB | 19/04/2024 SA Schools Swimming Championship |
| 128 | 45.70 | L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 129 | 46.03 | L | F | Tianel Van Der Merwe | 16 | MSC NGD | 01/12/2023 Mpumalanga Championships 2023 |
| 130 | 46.09 | L | F | Isabella Afonso | 16 | QUIC CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 131 | 46.14 | L | F | Johane Viljoen | 16 | BLNE MAN | 16/02/2024 Neptunes Last chance Gala |
| 132 | 46.49 | L | F | Clara van Rooyen | 16 | PGAC EKU | 11/11/2023 EGA Summer 3 |
| 133 | 46.57 | L | F | Caitlin Watson | 16 | BLMA CPT | 11/11/2023 Swartland Prestige Gala 2023 |
| 134 | 46.72 | L | F | Tyra Kasonkomona | 16 | MATL KKD | 11/11/2023 NWS Age Group 3 + 4 |
| 135 | 46.76 | L | F | Amonique Lourens | 16 | NHS EZD | 21/02/2024 EHLANZENI INTER HIGH GALA 21 |
| 136 | 46.77 | L S | P | Cameron Morel | 16 | SWIFT EKU | 07/12/2023 EGA Summer Championships |
| 137 | 46.80 | L | F | Megan Kemp | 16 | TINC FSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 138 | 46.92 | L | F | Olivia Darley | 16 | HASC JHB | 30/11/2023 CGA Championships 2023 |
| 139 | 47.00 | L | F | Gia Hoadley | 16 | HBV MP | 14/10/2023 Limpopo Top 8 - High Schools |
| 140 | 47.05 | L | F | Imani Magotsi | 16 | VINE CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 141 | 47.06 | L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 Giochi Del Tricolore Swim |
| 142 | 47.12 | L | F | Suzanne Pretorius | 16 | AGAQ OBD | 17/02/2024 Swartland Invitational Gala 2024 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|----------------------------|--------|-----------|------------|---|
| 143 | 47.55 L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 144 | 47.66 L | F | Amy Clayton | 16 | CUHE OBD | 03/02/2024 | Winelands SL final |
| 145 | 47.71 L | F | Maya Lockitch | 16 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 146 | 47.72 L | F | Kayleigh Jansen Van Vuuren | 16 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 147 | 47.83 L | F | Gabrielle Mare' | 16 | PAC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 148 | 47.90 L | F | Kimberley Strong | 16 | KTS | 03/11/2023 | UPINGTON 2023 |
| 149 | 47.92 L | F | Pippa Wood | 16 | HSTAN MP | 27/01/2024 | Limpopo School Champs |
| 150 | 47.99 L | F | Madelein Bronkhorst | 16 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 151 | 48.12 L | F | Nthanki Kumalo | 16 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 152 | 48.18 L | F | Muneerah Khan | 16 | SWIM1 JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 153 | 48.31 L | F | Daniëlle Le Roux | 16 | SS MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 154 | 48.91 L | F | Isabella Vicente | 16 | SOUL EKU | 15/09/2023 | EGA Summer 1 |
| 155 | 49.32 L | F | Leandrè Burger | 16 | QSAW CED | 03/02/2024 | Winelands SL final |
| 156 | 49.58 L S | P | Makayla Lombard | 16 | JAQ EKU | 07/12/2023 | EGA Summer Championships |
| 157 | 49.60 L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 158 | 50.01 L | F | Zani Van Rensburg | 16 | PGAC EKU | 15/09/2023 | EGA Summer 1 |
| 159 | 50.28 L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 160* | 50.65 L | F | Riley Zulch | 16 | ONYX EKU | 15/09/2023 | EGA Summer 1 |
| 160* | 50.65 L S | P | Yana Van Schoor | 16 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 162 | 50.95 L | F | Mia Pretorius | 16 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 163 | 51.09 L | F | Nika Snyman | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 164 | 51.45 L | P | Carmen Botha | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 165 | 51.95 L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 166 | 52.18 L | F | Shannon Coetzee | 16 | PGAC EKU | 11/11/2023 | EGA Summer 3 |
| 167 | 53.31 L | F | Tyler Lowe | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 168 | 53.39 L | F | Ella Smith | 16 | SAAW CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 169 | 53.52 L | F | Tamilyn Straub | 16 | HMER MP | 27/01/2024 | Limpopo School Champs |
| 170 | 53.72 L | P | Christn Engelbrecht | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 171 | 54.19 L | F | Amore Duvenage | 16 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 172 | 54.79 L | F | Deidré Grobler | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 173 | 54.95 L | F | Neo Cele | 16 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 174 | 55.53 L | F | Maya Mabe | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 175 | 56.94 L | F | Skylar Lambert | 16 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 |
| 176 | 57.02 L | F | Leané Jacobs | 16 | STEL RM | 23/02/2024 | NW School Championships 2024 |
| 177 | 57.04 L | P | Bea-Mari Ackerman | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 178 | 58.59 L | F | Lauren Gerber | 16 | PRIO NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 179 | 59.25 L | F | Maryke Gerber | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 180 | 1:00.98 L | F | Mia Putter | 16 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 181 | 1:02.35 L | F | Madison Isaacs | 16 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 182 | 1:02.79 L | F | Kelsi Oelofse | 16 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 183 | 1:13.69 L | F | Owethu Mokwena | 16 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 184 | 1:20.14 L | F | Georgia Papamichael | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 185 | 1:21.20 L | F | Denaycha Oosthuizen | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |

Women 16-16 100 Breast

| | | | | | | | |
|----|-------------|---|--------------------------|----|----------|------------|---------------------------------------|
| 1 | 1:11.83 L | F | Keira Van Heerden | 16 | RSA | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 2 | 1:13.11 L | F | Daena Robinson | 16 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorpor SSA |
| 3 | 1:13.79 L S | F | Cassandra Sikiotis | 16 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 4 | 1:15.07 L | F | Myra Viduya | 16 | INFA NMA | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 5 | 1:15.29 L | F | Myra Viduya | 16 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 6 | 1:16.38 L S | P | Kayla Petersen | 16 | ECA BUF | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 7 | 1:16.63 L | F | Mianique Lombard | 16 | WELA LLD | 19/04/2024 | SA Schools Swimming Championship |
| 8 | 1:16.75 L | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 9 | 1:16.82 L | F | Kirstin Brady | 16 | RAV EKU | 24/11/2023 | EGA Summer 4 |
| 10 | 1:16.88 L | F | Loghan Gray | 16 | MDOL JHB | 15/03/2024 | SA National Junior Age Group |
| 11 | 1:17.41 L | F | Jordyn Collett | 16 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 12 | 1:18.44 L | F | Dane De Klerk | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 13 | 1:19.28 L | T | Erin Beyers | 16 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 14 | 1:19.56 L S | P | Alex-Zandre' Labuschagne | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 15 | 1:19.81 L | F | Tatum Lauf | 16 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|-----------------------|----|-------|---|
| 16 | 1:19.90 | L | F | Rebecca Kuhn | 16 | PER | JHB 15/03/2024 SA National Junior Age Group |
| 17 | 1:19.95 | L | F | Kanishka Rajput | 16 | GAU | JHB 19/04/2024 SA Schools Swimming Championship |
| 18 | 1:20.59 | L | F | Erin Hudson | 16 | AA | JHB 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 19 | 1:20.75 | L | F | Kaitlynn Horne | 16 | BEST | NMA 23/09/2023 3rd A League Gala 2023 |
| 20 | 1:20.95 | L S | F | Tazmin Suliman | 16 | TUKS | FSH 12/12/2023 NTS Championships 2023 |
| 21 | 1:21.09 | L | P | Nikha Lambden | 16 | EXP | FSH 20/03/2024 SA Level 3 Regional Age Group |
| 22 | 1:21.24 | L | P | Tamryn Kunneke | 16 | RFA | FSH 20/03/2024 SA Level 3 Regional Age Group |
| 23 | 1:21.29 | L | F | Farhah Valli | 16 | CA | EKU 24/11/2023 EGA Summer 4 |
| 24 | 1:21.33 | L | F | Hannah Rigby | 16 | RSA | 03/05/2023 CANA Zone IV Swimming Champions |
| 25 | 1:21.49 | L | F | Monique Oosthuizen | 16 | BLOT | MAN 26/08/2023 kovsie Sprint Gala |
| 26 | 1:21.79 | L | F | Madison Fourie | 16 | INFA | NMA 24/06/2023 PEA Winter Gala 2023 |
| 27 | 1:22.09 | L | F | Shani Olivier | 16 | WELL | GED 03/02/2024 Winelands SL final |
| 28 | 1:22.53 | L | F | Gemma Allchin | 16 | BLUO | UGD 24/11/2023 Westville-Seals LC Championships |
| 29 | 1:22.56 | L | F | Nanette Jordaan | 16 | BLOT | MAN 21/03/2024 SA Level 3 Regional Age Group |
| 30 | 1:22.89 | L | F | Abigayle Otto | 16 | CA | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 31 | 1:23.12 | L | F | Taylor Hemphill | 16 | SEALE | ETH 21/03/2024 SA Level 3 Regional Age Group |
| 32 | 1:23.46 | L | F | Jani Borman | 16 | SWAR | WCD 21/03/2024 SA Level 3 Regional Age Group |
| 33 | 1:24.02 | L | F | Zara Jeftha | 16 | MARL | CPT 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 34 | 1:24.14 | L | F | Tanè Putter | 16 | TYGE | CPT 17/02/2024 Swartland Invitational Gala 2024 |
| 35 | 1:24.19 | L | F | Amelia Vincent | 16 | BLSS | MAN 16/02/2024 Neptunes Last chance Gala |
| 36 | 1:24.23 | L | F | Georgoulla Kambanis | 16 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 37 | 1:24.27 | L | F | Marony Jacobs | 16 | INFA | NMA 26/08/2023 2nd A League Gala 2023 |
| 38 | 1:24.60 | L | F | Kye-Ann Fowler | 16 | UNI | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 39 | 1:24.81 | L | F | Erin Mayoss | 16 | KLOO | ETH 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 40* | 1:24.84 | L | P | Acacia- Cailyn Abell | 16 | MDOL | JHB 30/11/2023 CGA Championships 2023 |
| 40* | 1:24.84 | L | P | Tatum Cabral | 16 | ELEC | FSH 20/03/2024 SA Level 3 Regional Age Group |
| 42 | 1:24.88 | L | F | Kanak Rajput | 16 | AAS | JHB 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 43 | 1:24.93 | L | F | Hannah Witten | 16 | AQDO | CPT 21/03/2024 SA Level 3 Regional Age Group |
| 44 | 1:25.29 | L | F | Nicole Beling | 16 | BAS | EKU 07/12/2023 EGA Summer Championships |
| 45 | 1:25.44 | L | F | Carleigh Palmer | 16 | AA | JHB 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 46 | 1:25.54 | L | F | Mathilda Liebenberg | 16 | NWS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 47 | 1:25.67 | L | F | Aruli Fick | 16 | USH | KCD 20/03/2024 SA Level 3 Regional Age Group |
| 48 | 1:26.47 | L | F | Cara Corrigan | 16 | EDA | ED 13/01/2024 BCA Inter-District Championship Gala |
| 49 | 1:26.96 | L | F | Emma Roberts | 16 | UNI | EZD 02/02/2024 MP AGE GROUP 5 GALA |
| 50 | 1:27.26 | L | F | Cherise Coetzer | 16 | STSC | KCD 20/03/2024 SA Level 3 Regional Age Group |
| 51 | 1:27.63 | L | F | Yusrah Du Toit | 16 | UWCA | CPT 20/01/2024 CTA A MEET 4 |
| 52 | 1:27.73 | L | F | Tiffany Marshall | 16 | UNI | EZD 20/03/2024 SA Level 3 Regional Age Group |
| 53 | 1:27.74 | L | F | Fallon Tweedie | 16 | PEAS | NMA 15/12/2023 NMBA Championships 2023 |
| 54 | 1:27.89 | L | F | Mmathabo Marite | 16 | CRSC | JHB 27/01/2024 CGA Level 2+ Gala 27 Jan 2024 |
| 55 | 1:28.05 | L | P | Jasmine Pillay | 16 | SEAL | UMD 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 56 | 1:28.26 | L | F | Mari Zanne Nortje | 16 | TKS | WBD 01/12/2023 Limpopo Champs |
| 57 | 1:28.34 | L | F | Carmi Schoeman | 16 | TKS | WBD 01/12/2023 Limpopo Champs |
| 58 | 1:28.40 | L | F | Abigail Phillips | 16 | SASE | JHB 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 59 | 1:28.51 | L | P | Isabella Desfontaines | 16 | RSA | 18/10/2023 BRICS Games Swimming 2023-KZN |
| 60 | 1:28.69 | L | P | Clarise Coetzer | 16 | STSC | KCD 20/03/2024 SA Level 3 Regional Age Group |
| 61 | 1:28.84 | L | P | Kendra Beukes | 16 | PGAC | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 62 | 1:29.09 | L | P | Hayley Beling | 16 | BAS | EKU 07/12/2023 EGA Summer Championships |
| 63 | 1:29.23 | L | F | Candice Myers | 16 | TCA | EKU 07/12/2023 EGA Summer Championships |
| 64 | 1:29.78 | L | F | Lois Fourie | 16 | BLSS | MAN 16/02/2024 Neptunes Last chance Gala |
| 65 | 1:29.79 | L S | F | Erin Burke | 16 | SFSC | CPT 05/10/2023 42nd Freda Barnard Invitational Gala |
| 66 | 1:29.85 | L | F | Gemma Harris | 16 | MARL | CPT 10/02/2024 WCA-B Champs - 2024 |
| 67 | 1:30.03 | L | F | Tyla Skelton | 16 | WATR | JHB 30/11/2023 CGA Championships 2023 |
| 68 | 1:30.18 | L | P | Cara Crichton | 16 | TUKS | FSH 24/03/2024 SA Level 2 Regional Age Group Champs |
| 69 | 1:30.21 | L | F | Simone Theron | 16 | HSBV | SKD 27/01/2024 Limpopo School Champs |
| 70* | 1:30.29 | L | F | Eunice Fourie | 16 | BLSS | MAN 16/02/2024 Neptunes Last chance Gala |
| 70* | 1:30.29 | L | F | Riley Hattingh-Steyn | 16 | SOUL | EKU 24/03/2024 SA Level 2 Regional Age Group Champs |
| 72 | 1:30.81 | L | F | Jannae De Villiers | 16 | NC | FB 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 73 | 1:30.92 | L | F | Katie-Peta Marcelino | 16 | KLOO | ETH 24/11/2023 Westville-Seals LC Championships |
| 74 | 1:31.05 | L | F | Colby Cochrane | 16 | CRSC | JHB 24/03/2024 SA Level 2 Regional Age Group Champs |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|---------|-------|------|---------------------------|----|-------|-----|------------|--------------------------------------|
| 75 | 1:31.58 | L | F | Isabel Vorster | 16 | BLNE | MAN | 06/12/2023 | Free State Champs 2023 |
| 76* | 1:32.05 | L | F | Alexa Louw | 16 | BLMA | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 76* | 1:32.05 | L | F | Lerato Molobyse | 16 | NWS | | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 78 | 1:32.08 | L | F | Esmari Weitsz | 16 | UNI | EZD | 13/10/2023 | MP AGE GROUP 2 |
| 79 | 1:32.76 | L | F | Sally-Louise Ingwe | 16 | RAV | EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 80 | 1:32.78 | L | P | Jorja Da Cunha | 16 | BON | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 81 | 1:32.95 | L S | F | Erin Glover | 16 | TYGE | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 82 | 1:33.00 | L S | F | Veneske Steenkamp | 16 | ROA | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 83 | 1:33.59 | L | F | Thurayya Moodley | 16 | LEGC | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 84 | 1:33.61 | L | F | Hannah Prince | 16 | OLDE | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 85* | 1:33.77 | L | F | Josslyn Gaudie | 16 | RFA | TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 85* | 1:33.77 | L | F | Alexia Adreani | 16 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 87 | 1:33.80 | L | F | Francis Whelan | 16 | BLOT | MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 88 | 1:33.94 | L | F | Tamsyn Kotzè | 16 | BLMA | CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 89 | 1:34.16 | L | F | Mignon Smit | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 90 | 1:34.25 | L | F | Alexandra Houniet | 16 | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 91 | 1:34.37 | L | F | Tatum Borrill | 16 | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 92 | 1:34.60 | L | F | Michaela Van Rooyen | 16 | BLSS | MAN | 16/02/2024 | Neptunes Last chance Gala |
| 93 | 1:34.85 | L | F | Cameron Landman | 16 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 94 | 1:35.25 | L | P | Xanthe Nagel | 16 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 95 | 1:35.70 | L | P | Clara van Rooyen | 16 | PGAC | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 96 | 1:35.72 | L S | F | Jenna Loubser | 16 | SFSC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 97 | 1:35.81 | L | F | Emma Wentzel | 16 | AA | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 98 | 1:36.23 | L | F | Charissa Volschenk | 16 | KZNA | ETH | 27/01/2024 | Ushaka Champs 2024 |
| 99 | 1:36.60 | L | F | Skye Schoeman | 16 | KZNA | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 100 | 1:37.08 | L | F | Thobile Mtshali | 16 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 101 | 1:37.14 | L | P | Rene Sauerman | 16 | SEAL | UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 102 | 1:37.25 | L | P | Jaiden Funnell | 16 | SWIM1 | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 103 | 1:37.26 | L | F | Kayla Botha | 16 | AFIN | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 104 | 1:37.28 | L | P | Danielle Walker | 16 | FLOD | JHB | 30/11/2023 | CGA Championships 2023 |
| 105 | 1:37.32 | L | F | Carla Pienaar | 16 | STSC | KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 106 | 1:37.92 | L | F | Jenna-Mae Lally | 16 | BEAV | ETH | 27/01/2024 | Ushaka Champs 2024 |
| 107 | 1:38.01 | L | F | Jenna Du Plessis | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 108 | 1:38.12 | L | F | Catherine Jones | 16 | RFA | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 109 | 1:38.18 | L | F | Hanrike Barnard | 16 | WAGH | BP | 23/02/2024 | NW School Championships 2024 |
| 110 | 1:38.33 | L | P | Jamilah Tshiyoyo | 16 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 111 | 1:40.56 | L | P | Alienne van Rensburg | 16 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 112 | 1:40.91 | L | F | Zaibaa Bawa | 16 | WATR | JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 113 | 1:41.15 | L | F | Marilee Coetzee | 16 | HFDT | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 114 | 1:41.43 | L | F | Lianne Labuschagne | 16 | NWUC | KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 115 | 1:41.74 | L | F | Emma Atkinson | 16 | AZON | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 116 | 1:42.51 | L | F | Michaela Mitchley | 16 | KTS | | 03/11/2023 | UPINGTON 2023 |
| 117 | 1:42.56 | L | F | Maya Lockitch | 16 | CYBE | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 118 | 1:42.57 | L | F | Lianka Du Toit | 16 | HPP | BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 119 | 1:42.75 | L | F | Cara Fourie | 16 | UPSK | ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 120 | 1:42.78 | L | F | Imani Magotsi | 16 | VINE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 121 | 1:43.06 | L | F | Tyra Kasonkomona | 16 | CKDP | KK | 23/02/2024 | NW School Championships 2024 |
| 122 | 1:43.08 | L | F | Kayla-Jade Van Heerden | 16 | PEAS | NMA | 01/10/2023 | Curro AquaElite Gala |
| 123 | 1:43.53 | L | F | Johane Viljoen | 16 | BLNE | MAN | 16/02/2024 | Neptunes Last chance Gala |
| 124 | 1:44.25 | L | P | Cameron Morel | 16 | SWIFT | EKU | 07/12/2023 | EGA Summer Championships |
| 125 | 1:44.28 | L | F | Amy Clayton | 16 | CUHE | QBD | 03/02/2024 | Winelands SL final |
| 126 | 1:44.38 | L | F | Isabella Afonso | 16 | QUIC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 127 | 1:44.43 | L | F | Suzanne Pretorius | 16 | AGAQ | QBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 128 | 1:45.45 | L | F | Jessica Davids | 16 | GREY | CPT | 11/11/2023 | Winelands SL4 |
| 129 | 1:45.64 | L | P | Amy Lazarou | 16 | AWSC | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 130 | 1:45.92 | L | F | Olivia Darley | 16 | HASC | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 131 | 1:45.96 | L | F | Pippa Wood | 16 | HSTAN | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 132 | 1:46.04 | L | F | Ellené Van der Westhuyzen | 16 | HSBV | SKD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 133 | 1:46.25 | L | F | Muneerah Khan | 16 | SWIM1 | JHB | 02/03/2024 | AG Level 1 Regional Age Group |

Individual Top Times

Times since: 01-May-23

Times until: 30-Apr-24

Number of Top Times: All

Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|-------------------------------|---------|-------|------|----------------------------|----|----------|------------|---|
| 134* | 1:46.55 | L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 134* | 1:46.55 | L | F | Madelein Bronkhorst | 16 | SS MPD | 01/12/2023 | Limpopo Champs |
| 136 | 1:47.08 | L | F | Kimberley Strong | 16 | KTS | 03/11/2023 | UPINGTON 2023 |
| 137 | 1:47.21 | L | F | Nthanki Kumalo | 16 | ELEC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 138 | 1:47.53 | L | F | Makayla Lombard | 16 | JAQ EKV | 26/01/2024 | EGA Last Chance 2024 |
| 139 | 1:47.59 | L | F | Neo Cele | 16 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 140 | 1:49.21 | L | F | Ami-Leigh Immerman | 16 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 141 | 1:50.56 | L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 142 | 1:50.65 | L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 143 | 1:51.43 | L | F | Jané Auret | 16 | HMER MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 144 | 1:51.44 | L | P | Yana Van Schoor | 16 | PGAC EKV | 07/12/2023 | EGA Summer Championships |
| 145 | 1:51.47 | L | F | Carmen Botha | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 146 | 1:52.09 | L | F | Liandi Strydom | 16 | NAE EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 147 | 1:53.15 | L | F | Izra Gameeldien | 16 | MANT CPT | 20/01/2024 | CTA A MEET 4 |
| 148 | 1:53.65 | L | F | Riley Zulch | 16 | ONYX EKV | 02/03/2024 | AG Level 1 Regional Age Group |
| 149 | 1:54.18 | L | F | Nika Snyman | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 150 | 1:54.63 | L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 151 | 1:55.68 | L | F | Daniëlle Le Roux | 16 | HFDT MP | 27/01/2024 | Limpopo School Champs |
| 152 | 1:56.51 | L | F | Keira Schroll | 16 | NWUC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 153 | 1:57.18 | L | F | Esona Botile | 16 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 154 | 1:57.35 | L | F | Nkenda Baghana | 16 | CPSC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 155 | 1:59.74 | L | F | Deidré Grobler | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 156 | 1:59.96 | L | F | Ahara-Anne Maherry | 16 | BEAV ETH | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 157 | 2:00.48 | L | F | Tyler Lowe | 16 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 158 | 2:02.73 | L | F | Ella Smith | 16 | SAAW CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 159 | 2:04.99 | L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 160 | 2:05.11 | L | F | Amore Duvenage | 16 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 161 | 2:05.49 | L | F | Elanza Oosthuizen | 16 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 162 | 2:07.58 | L | F | Tamilyn Straub | 16 | HMER MP | 27/01/2024 | Limpopo School Champs |
| 163 | 2:08.60 | L | F | Caylin Bach | 16 | AASC EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 164 | 2:12.15 | L | F | Bea-Mari Ackerman | 16 | MATL KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 165 | 2:14.59 | L | F | Zandri Odendaal | 16 | TRAZ TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 166 | 2:54.68 | L | F | Owethu Mokwena | 16 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| Women 16-16 200 Breast | | | | | | | | |
| 1 | 2:35.41 | L | F | Keira Van Heerden | 16 | RSA | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 2 | 2:41.65 | L | P | Cassandra Sikiotis | 16 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 2:42.13 | L S | F | Loghan Gray | 16 | MDOL JHB | 15/03/2024 | SA National Junior Age Group |
| 4 | 2:46.18 | L | P | Myra Viduya | 16 | RSA | 04/09/2023 | 9th JUNIOR WORLD SWIMMING |
| 5 | 2:46.54 | L | P | Myra Viduya | 16 | ECA BUF | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 6 | 2:47.72 | L S | F | Kayla Petersen | 16 | USC BUF | 15/03/2024 | SA National Junior Age Group |
| 7 | 2:48.93 | L | F | Rebecca Fury | 16 | VINE CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 8 | 2:51.62 | L | F | Hannah Rigby | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 9* | 2:51.74 | L S | F | Farhah Valli | 16 | CA EKV | 15/03/2024 | SA National Junior Age Group |
| 9* | 2:51.74 | L | F | Kirstin Brady | 16 | RAV EKV | 07/12/2023 | EGA Summer Championships |
| 11 | 2:51.82 | L S | P | Mianique Lombard | 16 | WELA LLD | 15/03/2024 | SA National Junior Age Group |
| 12 | 2:52.66 | L | F | Monique Oosthuizen | 16 | BLOT MAN | 01/09/2023 | Seals Gala |
| 13 | 2:53.11 | L S | P | Tatum Lauf | 16 | MDOL JHB | 15/03/2024 | SA National Junior Age Group |
| 14 | 2:53.34 | L S | P | Kanishka Rajput | 16 | SMTG JHB | 15/03/2024 | SA National Junior Age Group |
| 15 | 2:56.17 | L | P | Rebecca Kuhn | 16 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 16 | 2:57.45 | L | F | Nanette Jordaan | 16 | BLOT MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 17 | 2:57.56 | L | F | Shani Olivier | 16 | WELL CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 18 | 2:57.62 | L | F | Jani Borman | 16 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group |
| 19 | 2:57.80 | L | F | Hannah Witten | 16 | AQDO CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 20 | 2:57.83 | L | F | Gemma Allchin | 16 | BLUO UGD | 24/11/2023 | Westville-Seals LC Championships |
| 21 | 2:58.70 | L | F | Nikha Lambden | 16 | EXP TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 22 | 2:59.53 | L | F | Erin Beyers | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 23 | 2:59.55 | L | F | Tazmin Suliman | 16 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 24 | 2:59.56 | L | F | Kye-Ann Fowler | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 25 | 2:59.64 | L | F | Erin Hudson | 16 | AA JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|----------------------|----|-----------|---|
| 26 | 3:00.04 | L S | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 SA National Junior Age Group |
| 27 | 3:00.26 | L | F | Acacia- Cailyn Abell | 16 | MDOL JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 28 | 3:00.53 | L | F | Jordyn Collett | 16 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 29 | 3:00.97 | L | F | Madison Fourie | 16 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 30 | 3:01.14 | L S | F | Mathilda Liebenberg | 16 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 31 | 3:02.72 | L | P | Daena Robinson | 16 | KZNA ETH | 19/04/2024 SA Schools Swimming Championship |
| 32 | 3:02.75 | L | P | Tamryn Kunneke | 16 | RFA TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 33 | 3:03.15 | L S | P | Nicole Beling | 16 | BAS ECU | 15/03/2024 SA National Junior Age Group |
| 34 | 3:03.76 | L | F | Taylor Hemphill | 16 | SEALE ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 35 | 3:03.92 | L | F | Kanak Rajput | 16 | AAS JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 36 | 3:04.76 | L S | F | Kaitlynn Horne | 16 | BEST NMA | 26/01/2024 6th A League Gala 2024 |
| 37 | 3:05.61 | L | F | Amelia Vincent | 16 | BLSS MAN | 16/02/2024 Neptunes Last chance Gala |
| 38 | 3:05.88 | L | P | Abigail Phillips | 16 | SASE JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 39 | 3:06.06 | L | F | Kendra Beukes | 16 | PGAC ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 40 | 3:06.26 | L | F | Aruli Fick | 16 | USH KCD | 21/10/2023 Froggies Championships 2023 |
| 41 | 3:06.27 | L | F | Candice Myers | 16 | TCA ECU | 11/11/2023 EGA Summer 3 |
| 42 | 3:08.06 | L | F | Zara Jeftha | 16 | MARL CPT | 24/06/2023 PEA Winter Gala 2023 |
| 43 | 3:09.30 | L | P | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 44 | 3:10.10 | L | F | Emma Roberts | 16 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 45 | 3:10.85 | L | F | Hayley Beling | 16 | BAS ECU | 11/11/2023 EGA Summer 3 |
| 46 | 3:11.20 | L | F | Carmi Schoeman | 16 | TKS WBD | 01/12/2023 Limpopo Champs |
| 47 | 3:12.54 | L | F | Georgoulla Kambanis | 16 | BLSS MAN | 11/11/2023 Bull Sharks Gala |
| 48 | 3:13.00 | L | F | Hannah Prince | 16 | OLDE JHB | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 49 | 3:13.45 | L | F | Tyla Skelton | 16 | WATR JHB | 30/11/2023 CGA Championships 2023 |
| 50 | 3:13.69 | L | F | Yusrah Du Toit | 16 | UWCA CPT | 10/02/2024 WCA-B Champs - 2024 |
| 51 | 3:13.78 | L | F | Erin Glover | 16 | TYGE CPT | 24/06/2023 PEA Winter Gala 2024 |
| 52 | 3:14.21 | L | F | Cherise Coetzer | 16 | STSC KCD | 27/01/2024 Ushaka Champs 2024 |
| 53 | 3:14.72 | L | F | Fallon Tweedie | 16 | PEAS NMA | 15/12/2023 NMBA Championships 2023 |
| 54 | 3:15.62 | L | P | Clarise Coetzer | 16 | STSC KCD | 20/03/2024 SA Level 3 Regional Age Group |
| 55 | 3:16.87 | L | F | Carleigh Palmer | 16 | AA JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 56 | 3:17.05 | L | F | Cara Crichton | 16 | TUKS TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 57 | 3:17.47 | L | F | Lois Fourie | 16 | BLSS MAN | 16/02/2024 Neptunes Last chance Gala |
| 58 | 3:17.82 | L | F | Jorja Da Cunha | 16 | BON ECU | 26/01/2024 EGA Last Chance 2024 |
| 59 | 3:17.94 | L S | F | Eunice Fourie | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 60 | 3:18.45 | L | F | Lerato Moloby | 16 | NWS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 61 | 3:18.57 | L | P | Danielle Walker | 16 | FLOD JHB | 30/11/2023 CGA Championships 2023 |
| 62* | 3:18.87 | L | F | Mari Zanne Nortje | 16 | TKS WBD | 11/11/2023 Limpopo Age Group 5 |
| 62* | 3:18.87 | L | F | Riley Hattingh-Steyn | 16 | SOUL ECU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 64 | 3:19.45 | L | F | Jannae De Villiers | 16 | PRKA PSD | 03/02/2024 NCASA SPRINTS 2024 |
| 65 | 3:19.69 | L | F | Thurayya Moodley | 16 | LEGC ETH | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 66 | 3:20.12 | L | F | Alexia Adreani | 16 | CA ECU | 07/12/2023 EGA Summer Championships |
| 67 | 3:21.65 | L | F | Gemma Harris | 16 | MARL CPT | 10/02/2024 WCA-B Champs - 2024 |
| 68 | 3:22.24 | L | F | Michaela Van Rooyen | 16 | BLSS MAN | 16/02/2024 Neptunes Last chance Gala |
| 69 | 3:22.92 | L | F | Josslyn Gauldie | 16 | RFA TSH | 02/02/2024 NTS Level 1+2 February Age Group |
| 70 | 3:24.46 | L | F | Cara Corrigan | 16 | FISH EDD | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 71 | 3:25.76 | L | F | Cameron Landman | 16 | BETH FDD | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 72 | 3:26.38 | L | F | Alexandra Houniet | 16 | CA ECU | 26/01/2024 EGA Last Chance 2024 |
| 73 | 3:26.41 | L | F | Sally-Louise Ingwe | 16 | GWP JHB | 27/10/2023 BSSA LC Distance Gala 2023 |
| 74 | 3:26.42 | L | F | Tatum Borrill | 16 | CA ECU | 11/11/2023 EGA Summer 3 |
| 75 | 3:27.13 | L | F | Jenna Loubser | 16 | SFSC CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 76 | 3:27.21 | L | P | Emma Wentzel | 16 | AA JHB | 30/11/2023 CGA Championships 2023 |
| 77 | 3:27.36 | L | F | Clara van Rooyen | 16 | PGAC ECU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 78 | 3:28.06 | L | F | Hanrike Barnard | 16 | WAGH BP | 23/02/2024 NW School Championships 2024 |
| 79 | 3:29.18 | L | F | Jenna Du Plessis | 16 | BLSS MAN | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 80 | 3:30.15 | L | F | Esmari Weitsz | 16 | UNI EZD | 13/10/2023 MP AGE GROUP 2 |
| 81 | 3:30.27 | L | F | Isabel Vorster | 16 | BLNE MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 82 | 3:30.58 | L | P | Kayla Botha | 16 | AFIN JHB | 30/11/2023 CGA Championships 2023 |
| 83 | 3:31.52 | L | F | Skye Schoeman | 16 | KZNA ETH | 24/11/2023 Westville-Seals LC Championships |
| 84 | 3:33.58 | L | F | Thobile Mtshali | 16 | TUKS TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------------|-------------|-------|----------------------------|--------|-----------|------------|--------------------------------------|
| 85 | 3:34.52 L | F | Jaiden Funnell | 16 | SWIM1 JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 86 | 3:36.99 L | F | Marilee Coetzee | 16 | DOLFI MPD | 21/10/2023 | Limpopo Age Group 4 |
| 87 | 3:37.23 L | F | Maya Lockitch | 16 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 88 | 3:37.35 L | F | Lianne Labuschagne | 16 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 89 | 3:38.92 L | F | Emma Atkinson | 16 | AZON ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 90 | 3:40.94 L | F | Carla Pienaar | 16 | STSC KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 91 | 3:42.59 L | F | Suzanne Pretorius | 16 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 92 | 3:43.56 L | P | Cameron Morel | 16 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 93 | 3:44.24 L | F | Isabella Afonso | 16 | QUIC CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 94 | 3:45.04 L | F | Cara Fourie | 16 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 95 | 3:45.39 L S | F | Tyra Kasonkomona | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 96 | 3:46.28 L | F | Jessica Davids | 16 | GREY CPT | 11/11/2023 | Winelands SL4 |
| 97 | 3:47.05 L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 98 | 3:51.30 L | F | Nthanki Kumalo | 16 | ELEC FSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 99 | 3:52.93 L | F | Michaela Mitchley | 16 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 100 | 3:53.78 L | F | Lianka Du Toit | 16 | HPP BUF | 27/01/2024 | Limpopo School Champs |
| 101 | 3:53.80 L | P | Makayla Lombard | 16 | JAQ EKU | 07/12/2023 | EGA Summer Championships |
| 102 | 3:53.98 L | F | Jamilah Tshiyoyo | 16 | TUKS FSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 103 | 3:54.21 L | F | Madelein Bronkhorst | 16 | SS MPD | 01/12/2023 | Limpopo Champs |
| 104 | 3:54.31 L | P | Yana Van Schoor | 16 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 105 | 3:58.01 L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 106 | 4:02.51 L | F | Olivia Darley | 16 | HASC JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 107 | 4:23.15 L | F | Nkenda Baghana | 16 | CPSC FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 108 | 4:30.13 L | F | Eshle Gceba | 16 | LINR JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 109 | 4:38.40 L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| Women 16-16 50 Fly | | | | | | | |
| 1 | 28.62 L | P | Keira Van Heerden | 16 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 2 | 28.71 L | F | Isabella Desfontaines | 16 | RAV EKU | 15/03/2024 | SA National Junior Age Group |
| 3 | 28.89 L | F | Cassidy Burgess | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 4 | 28.99 L | F | Rebecca Fury | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 5 | 29.13 L | P | Hannah Mouton | 16 | RSA | 18/10/2023 | BRICS Games Swimming 2023-KZN |
| 6 | 29.25 L | F | Myra Viduya | 16 | NMBA NM | 19/04/2024 | SA Schools Swimming Championship |
| 7 | 29.33 L | F | Myra Viduya | 16 | INFA NMA | 11/11/2023 | 5th A League Gala 2023 |
| 8 | 29.47 L | F | Dane De Klerk | 16 | BLSS MAN | 19/04/2024 | SA Schools Swimming Championship |
| 9 | 29.53 L S | F | Grace Morris | 16 | ELEC FSH | 12/12/2023 | NTS Championships 2023 |
| 10 | 29.54 L | F | Jana Lombard | 16 | LALE CED | 15/03/2024 | SA National Junior Age Group |
| 11 | 29.59 L | P | Emma De Wet | 16 | RSA | 20/10/2023 | World Aqua -Swimming World Cup Oct |
| 12 | 29.89 L | F | Daena Robinson | 16 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 13* | 29.95 L | F | Christina Gennarakis | 16 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 13* | 29.95 L | P | Erin Hudson | 16 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 13* | 29.95 L | P | Melissa Kuun | 16 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 16 | 29.97 L | F | Mikayla Makwabarara | 16 | HRE MS | 24/06/2023 | PEA Winter Gala 2023 |
| 17 | 30.15 L | F | Keira Duncan | 16 | SGUL ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 18 | 30.23 L S | F | Beane Swanepoel | 16 | VRC FSH | 12/12/2023 | NTS Championships 2023 |
| 19 | 30.40 L | F | Chanel Baenhoff | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 20 | 30.49 L | P | Alex-Zandre' Labuschagne | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 21 | 30.62 L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |
| 22* | 30.69 L | P | Ella Mills | 16 | UNI EZD | 15/03/2024 | SA National Junior Age Group |
| 22* | 30.69 L | F | Hayley Hoy | 16 | SWLAB CPT | 03/05/2023 | CANA Zone IV |
| 24 | 30.72 L | P | Isabella Webber | 16 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 25 | 30.73 L | F | Xanthe Nagel | 16 | MCS BP | 23/02/2024 | NW School Championships 2024 |
| 26 | 30.99 L | F | Jessica Carmody | 16 | AZON ETH | 24/11/2023 | Westville-Seals LC Championships |
| 27 | 31.00 L | F | Mari Zanne Nortje | 16 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 28* | 31.21 L | F | Marony Jacobs | 16 | INFA NMA | 11/11/2023 | 5th A League Gala 2023 |
| 28* | 31.21 L | F | Carleigh Palmer | 16 | AA JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 30 | 31.30 L | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 31 | 31.31 L | F | Nanette Jordaan | 16 | BLOT MAN | 16/02/2024 | Neptunes Last chance Gala |
| 32 | 31.35 L S | F | Jordyn Collett | 16 | TUKS FSH | 12/12/2023 | NTS Championships 2023 |
| 33 | 31.40 L | F | Loghan Gray | 16 | CA EKU | 28/10/2023 | EGA Summer 2 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-----------|-------|----------------------|--------|-----------|------------|---|
| 34 | 31.42 L | T | Anshee Khanna | 16 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 35 | 31.43 L | F | Mianique Lombard | 16 | WELA LLD | 18/11/2023 | Valsrivier Gala |
| 36 | 31.46 L | F | Kaitlyne Horne | 16 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 37 | 31.59 L | F | Morgan Rabie | 16 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 38 | 31.65 L | F | Bailey Held | 16 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 39 | 31.70 L | F | Simone Henning | 16 | RHS BP | 23/02/2024 | NW School Championships 2024 |
| 40 | 31.73 L | F | Ava Fourie | 16 | TRAZ TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 41* | 31.74 L | P | Caitlin Watson | 16 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 41* | 31.74 L | P | Veneske Steenkamp | 16 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 43 | 31.81 L | P | Nicole Beling | 16 | BAS ECU | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet |
| 44 | 31.86 L | F | Charnè Van Tonder | 16 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 45 | 31.88 L | F | Hayley Beling | 16 | BAS ECU | 20/03/2024 | SA Level 3 Regional Age Group |
| 46 | 31.92 L | P | Carmi Schoeman | 16 | TKS WBD | 15/03/2024 | SA National Junior Age Group |
| 47 | 31.95 L | F | Emily Walker | 16 | PEAS NMA | 21/10/2023 | 4th A League Gala 2023 |
| 48 | 31.97 L | F | Emily Lott | 16 | ASA HLD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 49 | 32.01 L | P | Keira Leask | 16 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 50 | 32.07 L S | F | Tatum Cabral | 16 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 51 | x32.08 L | F | Emma La Grange | 16 | PLAY CED | 10/02/2024 | WCA-B Champs - 2024 |
| 52 | 32.14 L | F | Grace George | 16 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 53 | 32.21 L | P | Kayla Petersen | 16 | USC BUF | 24/06/2023 | PEA Winter Gala 2023 |
| 54 | 32.22 L | F | Georgoulla Kambanis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 55* | 32.25 L | F | Erin Beyers | 16 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 55* | 32.25 L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 | Westville-Seals LC Championships |
| 57 | 32.28 L | P | Simone Theron | 16 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 58 | 32.36 L | F | Francis Whelan | 16 | BLOT MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 59 | 32.37 L | P | Gemma Jones | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 60 | 32.44 L | F | Jasmine Pillay | 16 | SEAL UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 61 | 32.47 L | F | Cassidy Sinclair | 16 | DRGN ECU | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 62 | 32.50 L | F | Kirstin Brady | 16 | RAV ECU | 07/12/2023 | EGA Summer Championships |
| 63 | 32.51 L S | F | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 64 | 32.66 L | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 | SA National Junior Age Group |
| 65* | 32.81 L | P | Michaela Labuschagne | 16 | SSISA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 65* | 32.81 L | F | Anri De Beer | 16 | INFA NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 67 | 32.88 L | F | Candice Myers | 16 | TCA ECU | 07/12/2023 | EGA Summer Championships |
| 68 | 32.90 L | F | Isla Thomas | 16 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 69 | 32.91 L | F | Deidré Olivier | 16 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 |
| 70 | 32.97 L | F | Sinesipho Sibiya | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 71 | 32.98 L | F | Tatum Lauf | 16 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 72 | 33.00 L | P | Mathilda Liebenberg | 16 | NWS | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 73 | 33.02 L | F | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 74 | 33.03 L | P | Holly Allison | 16 | AZON ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 75 | 33.04 L | F | Alexia Adreani | 16 | CA ECU | 07/12/2023 | EGA Summer Championships |
| 76 | 33.10 L | P | Nikha Lambden | 16 | EXP TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 77* | 33.13 L | F | Lume Louw | 16 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 77* | 33.13 L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 79 | 33.16 L | P | Madison Fourie | 16 | INFA NMA | 09/02/2024 | Infinity Gala 2024 |
| 80* | 33.27 L | P | Monize Wingard | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 80* | 33.27 L | F | Holley Jacoby | 16 | BCA BUF | 13/01/2024 | BCA Inter-District Championship Gala |
| 82 | 33.44 L | P | Clarise Coetzer | 16 | STSC KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 83 | 33.46 L | F | Cara Corrigan | 16 | FISH EDD | 10/02/2024 | WCA-B Champs - 2024 |
| 84 | 33.52 L | F | Simone Vd Merwe | 16 | GSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 85 | 33.66 L | F | Aarya Morar | 16 | ATLA JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 86 | 33.67 L | P | Rebecca Kuhn | 16 | PER JHB | 30/11/2023 | CGA Championships 2023 |
| 87 | 33.68 L | F | Kye-Ann Fowler | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 88 | 33.76 L | F | Madelé Harding | 16 | PGIM KK | 23/02/2024 | NW School Championships 2024 |
| 89 | 33.82 L | F | Mia Pienaar | 16 | STSC KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 90 | 33.83 L | F | Alexia Luz | 16 | SOUL ECU | 07/12/2023 | EGA Summer Championships |
| 91 | 33.84 L | F | Taylor Hemphill | 16 | SEALE ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 92 | 33.88 L | F | Neema Banza | 16 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|-------|-------|------|------------------------|----|-------|-----|------------|--------------------------------------|
| 93 | 33.90 | L | F | Danelle Mody | 16 | CRSC | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 94 | 33.94 | L | F | Bay-Linn Oelofse | 16 | TNDER | FDD | 11/11/2023 | Bull Sharks Gala |
| 95 | 33.98 | L S | P | Tamryn Kunneke | 16 | RFA | FSH | 12/12/2023 | NTS Championships 2023 |
| 96 | 34.00 | L | P | Tyla Skelton | 16 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 97 | 34.09 | L | F | Cassandra Sikiotis | 16 | MDOL | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 98 | 34.12 | L | F | Joy Vd Westhuizen | 16 | AQDO | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 99 | 34.21 | L | P | Erin Glover | 16 | TYGE | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 100 | 34.24 | L | F | Cara Crichton | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 101* | 34.25 | L | F | Kate Truter | 16 | BEAV | ETH | 21/10/2023 | Froggies Championships 2023 |
| 101* | 34.25 | L | F | Mmathabo Marite | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 103 | 34.31 | L | P | Une Van den Berg | 16 | AA | JHB | 30/11/2023 | CGA Championships 2023 |
| 104 | 34.43 | L | P | Kanishka Rajput | 16 | SMTG | JHB | 15/03/2024 | SA National Junior Age Group |
| 105 | 34.45 | L | F | Yusrah Du Toit | 16 | UWCA | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 106 | 34.49 | L | F | Megan Kemp | 16 | TINC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 107 | 34.60 | L | F | Lize Burness | 16 | TUKS | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 108 | 34.67 | L S | F | Fallon Tweedie | 16 | PEAS | NMA | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 109 | 34.70 | L | F | Aruli Fick | 16 | USH | KCD | 21/10/2023 | Froggies Championships 2023 |
| 110 | 34.72 | L | F | Jhoanè Voges | 16 | QUIC | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 111 | 34.82 | L | F | Colby Cochrane | 16 | CRSC | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 112 | 34.99 | L | F | Abigayle Otto | 16 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 113* | 35.00 | L | F | Kaylin Stieger | 16 | RHS | BP | 23/02/2024 | NW School Championships 2024 |
| 113* | 35.00 | L | P | Nazneen Mohamed | 16 | GAU | JHB | 19/04/2024 | SA Schools Swimming Championship |
| 115 | 35.18 | L | F | Kayla-Jade Van Heerden | 16 | PEAS | NMA | 01/10/2023 | Curro AquaElite Gala |
| 116 | 35.33 | L | F | Catherine Jones | 16 | RFA | FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 117 | 35.57 | L | F | Zaibaa Bawa | 16 | WATR | JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 118 | 35.60 | L | F | Jaiden Funnell | 16 | SWIM1 | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 119 | 35.61 | L | F | Emma Roberts | 16 | UNI | EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 120 | 35.81 | L | P | Makayla Lombard | 16 | JAQ | EKU | 07/12/2023 | EGA Summer Championships |
| 121 | 35.83 | L | P | Kendra Beukes | 16 | PGAC | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 122 | 35.84 | L | F | Catherine Wentzel | 16 | FRA | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 123 | 35.90 | L | F | Lois Fourie | 16 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 124 | 36.00 | L | F | Imani Magotsi | 16 | VINE | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 125 | 36.03 | L | P | Kanak Rajput | 16 | AAS | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 126 | 36.07 | L | F | Zara Jeftha | 16 | MARL | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 127 | 36.18 | L | F | Isabella Afonso | 16 | QUIC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 128 | 36.33 | L | F | Esmari Weitsz | 16 | NHS | EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 129 | 36.39 | L | P | Neo Cele | 16 | ELEC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 130* | 36.56 | L | F | Miana Fourie | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 130* | 36.56 | L S | F | Alexa Louw | 16 | BLMA | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 132 | 36.58 | L | P | Gabby Mc Hugh | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 133 | 36.69 | L | P | Alexandra Houniet | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 134 | 36.74 | L | F | Acacia- Cailyn Abell | 16 | MDOL | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 135 | 36.75 | L | F | Mignon Smit | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 136 | 36.82 | L | F | Mia Barnard | 16 | BLOT | MAN | 06/12/2023 | Free State Champs 2023 |
| 137 | 36.85 | L | F | Rene Sauerman | 16 | SEAL | UMD | 24/11/2023 | Westville-Seals LC Championships |
| 138* | 36.87 | L | P | Jamilah Tshiyoyo | 16 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 138* | 36.87 | L S | F | Jenna Loubser | 16 | SFSC | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 140 | 36.89 | L | F | Lisa Ferreira | 16 | RFA | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 141 | 36.99 | L | F | Callan-Cate Bouwer | 16 | HARL | BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 142 | 37.14 | L | P | Cameron Morel | 16 | SWIFT | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 143 | 37.21 | L | F | Hannah Prince | 16 | OLDE | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 144 | 37.24 | L | F | Jenna Du Plessis | 16 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 145 | 37.35 | L | F | Gail Polman | 16 | CASC | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 146 | 37.44 | L | F | Kayla Miller | 16 | CRSC | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 147 | 37.49 | L | F | Johane Viljoen | 16 | BLNE | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 37.56 | L | F | Josslyn Gaudie | 16 | RFA | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 149 | 37.59 | L | F | Cherise Coetzer | 16 | STSC | KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 150 | 37.61 | L | P | Jorja Da Cunha | 16 | BON | EKU | 07/12/2023 | EGA Summer Championships |
| 151 | 37.76 | L | F | Charissa Volschenk | 16 | KZNA | ETH | 27/01/2024 | Ushaka Champs 2024 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------|-------------|-------|----------------------------|--------|-----------|------------|--------------------------------------|
| 152* | 37.78 L | F | Ciska Ferreira | 16 | UNI EZD | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 152* | 37.78 L | F | Eunice Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 154 | 37.82 L | F | Chloe Geldenhuys | 16 | SEALE ETH | 24/11/2023 | Westville-Seals LC Championships |
| 155 | 37.92 L | F | Michaela Van Rooyen | 16 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 156 | 38.10 L | F | Jannae De Villiers | 16 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 157 | 38.15 L | F | Cameron Landman | 16 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 158 | 38.31 L | F | Cara Fourie | 16 | UPSK ZMD | 11/11/2023 | AGE GROUP 1 UPT |
| 159 | 38.34 L | F | Leané Jacobs | 16 | STELL RMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 160 | 38.36 L | F | Christn Engelbrecht | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 161 | 38.37 L | F | Carmen Botha | 16 | WES KK | 23/02/2024 | NW School Championships 2024 |
| 162 | 38.68 L | P | Gabriella Smith | 16 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 163 | 38.70 L | F | Marilee Coetzee | 16 | DOLFI MPD | 11/11/2023 | Limpopo Age Group 5 |
| 164 | 38.72 L | F | Hanrike Barnard | 16 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 165 | 38.87 L | F | Ame Quinn | 16 | ROB EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 166 | 38.89 L | F | Tatum Borrill | 16 | CA EKU | 28/10/2023 | EGA Summer 2 2023 |
| 167 | 38.99 L | P | Daniëlle Le Roux | 16 | SS MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 168 | 39.03 L | F | Taaliah Rinquest | 16 | MARL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 169 | 39.09 L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/10/2023 | Froggies Championships 2023 |
| 170 | 39.26 L | F | Keira Schroll | 16 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 171 | 39.42 L | F | Isabella Le Roux | 16 | QSAW CED | 11/11/2023 | Swartland Prestige Gala 2023 |
| 172 | 39.50 L | F | Lianne Labuschagne | 16 | NWUC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 173 | 39.51 L | F | Alienne van Rensburg | 16 | KTS | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 174 | 39.63 L | P | Olivia Darley | 16 | HASC JHB | 30/11/2023 | CGA Championships 2023 |
| 175 | 39.70 L | F | Carla Pienaar | 16 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 176 | 39.72 L | F | Amy Clayton | 16 | CUHE OBD | 03/02/2024 | Winelands SL final |
| 177 | 39.95 L | F | Lerato Molobye | 16 | HREF BP | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 178 | 40.10 L | F | Leandrè Burger | 16 | QSAW CED | 10/02/2024 | WCA-B Champs - 2024 |
| 179 | 40.42 L | F | Tyra Kasonkomona | 16 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 180 | 40.60 L | F | Nthanki Kumalo | 16 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 181 | 40.72 L | F | Michelle Van Rooyen | 16 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 182 | 40.88 L | F | Marinique Lamprecht | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 183 | 41.37 L | F | Kimberley Strong | 16 | KTS | 03/11/2023 | UPINGTON 2023 |
| 184 | 42.00 L | P | Isabella Vicente | 16 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 185 | 42.43 L | F | Skye Schoeman | 16 | AQUA BUF | 18/11/2023 | Uthukela District Age Group Gala |
| 186 | 42.47 L | F | Eshle Gceba | 16 | LINR JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 187 | 42.61 L | F | Amonique Lourens | 16 | NHS EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 188 | 42.75 L | P | Clara van Rooyen | 16 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 189 | 42.99 L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 190 | 43.36 L | F | Ella Smith | 16 | SAAW CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 191 | 43.70 L | P | Deidré Grobler | 16 | KSC EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 192 | 43.91 L | F | Madelein Bronkhorst | 16 | HBV MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 193 | 44.87 L | P | Shannon Coetzee | 16 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 194 | 44.92 L | P | Sckylar Lambert | 16 | ESP EKU | 07/12/2023 | EGA Summer Championships |
| 195 | 46.38 L | F | Keletso Mbimba | 16 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 196 | 46.51 L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 197 | 47.06 L | F | Amy Kelly | 16 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 198 | 48.15 L | F | Elizabeth Swanevelder | 16 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 199 | 48.49 L | F | Maya Lockitch | 16 | CYBE CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 200 | 50.41 L | F | Bea-Mari Ackerman | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 201* | 50.85 L | F | Muneerah Khan | 16 | SWIM1 JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 201* | 50.85 L | F | Yana Van Schoor | 16 | PGAC EKU | 24/11/2023 | EGA Summer 4 |
| 203 | 51.45 L | F | Nkenda Baghana | 16 | CPSC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 204 | 53.59 L | F | Kelly-Grace Luyt | 16 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 205 | 55.20 L | F | Caylin Bach | 16 | AASC EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| Women 16-16 100 Fly | | | | | | | |
| 1 | 1:02.17 L S | F | Hannah Mouton | 16 | AGC TSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 2 | 1:03.09 L S | F | Cassidy Burgess | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 3 | 1:03.83 L S | F | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 4 | 1:04.26 L | F | Keira Van Heerden | 16 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----|----------|-------|------|-----------------------|----|-----------|---|
| 5* | 1:04.37 | L | F | Myra Viduya | 16 | INFA NMA | 24/06/2023 PEA Winter Gala 2023 |
| 5* | 1:04.37 | L | F | Myra Viduya | 16 | INFA NMA | 24/06/2023 PEA Winter Gala 2023 |
| 7 | 1:05.12 | L | F | Isabella Desfontaines | 16 | RAV EKU | 07/12/2023 EGA Summer Championships |
| 8 | 1:07.01 | L | F | Kaitlynn Horne | 16 | BEST NMA | 12/01/2024 2024 Grand Prix Invitation Swimming |
| 9 | 1:07.14 | L S | F | Jana Lombard | 16 | LALE CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 10 | 1:07.18 | L S | F | Daena Robinson | 16 | SEAL UMD | 15/03/2024 SA National Junior Age Group |
| 11 | 1:07.32 | L S | F | Chanel Baenhoff | 16 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 12 | 1:07.68 | L | F | Marony Jacobs | 16 | INFA NMA | 23/09/2023 3rd A League Gala 2023 |
| 13 | 1:08.07 | L S | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 14 | 1:08.09 | L | F | Hayley Hoy | 16 | SWLAB CPT | 01/12/2023 Mpumalanga Championships 2023 |
| 15 | 1:08.25 | L S | F | Isabella Webber | 16 | VINE CPT | 15/03/2024 SA National Junior Age Group |
| 16 | 1:08.29 | L | F | Ella Mills | 16 | UNI EZD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 17 | 1:08.61 | L S | P | Erin Hudson | 16 | AGB JHB | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 18 | 1:08.74 | L S | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 Free State Champs 2023 |
| 19 | 1:09.21 | L | F | Mikayla Makwabarara | 16 | HRE MS | 24/06/2023 PEA Winter Gala 2023 |
| 20 | 1:09.24 | L | F | Nanette Jordaan | 16 | BLOT MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 21 | 1:09.52 | L | F | Loghan Gray | 16 | MDOL JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 22 | 1:10.03 | L | F | Veneske Steenkamp | 16 | ROA EDD | 12/08/2023 Madibaz Swim Meet 2023 |
| 23 | 1:10.06 | L | F | Tayler Morton | 16 | LALE CED | 03/02/2024 Winelands SL final |
| 24 | 1:10.75 | L | P | Melissa Kuun | 16 | WCA CPT | 19/04/2024 SA Schools Swimming Championship |
| 25 | 1:11.24 | L | F | Tatum Cabral | 16 | ELEC TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 26 | 1:11.43 | L S | P | Christina Gennarakis | 16 | CASC CPT | 15/03/2024 SA National Junior Age Group |
| 27 | 1:11.71 | L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 24/11/2023 Westville-Seals LC Championships |
| 28 | 1:11.75 | L | P | Anshee Khanna | 16 | PEAS NMA | 24/06/2023 PEA Winter Gala 2023 |
| 29 | 1:12.03 | L | F | Carmi Schoeman | 16 | TKS WBD | 01/12/2023 Limpopo Champs |
| 30 | 1:12.32 | L S | P | Xanthe Nagel | 16 | HREF BP | 15/03/2024 SA National Junior Age Group |
| 31 | 1:12.87 | L S | P | Nicole Beling | 16 | BAS EKU | 15/03/2024 SA National Junior Age Group |
| 32 | x1:12.94 | L | F | Emma La Grange | 16 | PLAY CED | 10/02/2024 WCA-B Champs - 2024 |
| 33 | 1:13.91 | L | F | Hayley Beling | 16 | BAS EKU | 07/12/2023 EGA Summer Championships |
| 34 | 1:14.21 | L | P | Nikha Lambden | 16 | EXP TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 35 | 1:14.50 | L | F | Ava Fourie | 16 | TRAZ TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 36 | 1:14.51 | L | F | Gemma Allchin | 16 | KZNA ETH | 19/04/2024 SA Schools Swimming Championship |
| 37 | 1:14.66 | L | F | Simone Theron | 16 | HSBV SKD | 14/10/2023 Limpopo Top 8 - High Schools |
| 38 | 1:14.74 | L | F | Francis Whelan | 16 | BLOT MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 39 | 1:14.77 | L | F | Simone Henning | 16 | RHS BP | 23/02/2024 NW School Championships 2024 |
| 40 | 1:15.12 | L | F | Hannah Rigby | 16 | RSA | 03/05/2023 CANA Zone IV Swimming Champions |
| 41 | 1:15.19 | L | P | Candice Myers | 16 | TCA EKU | 07/12/2023 EGA Summer Championships |
| 42 | 1:15.45 | L | F | Erin Beyers | 16 | UNI EZD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 43 | 1:15.91 | L | F | Monize Wingard | 16 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 44 | 1:16.13 | L S | P | Keira Leask | 16 | AA JHB | 15/03/2024 SA National Junior Age Group |
| 45 | 1:16.18 | L | F | Anri De Beer | 16 | INFA NMA | 21/10/2023 4th A League Gala 2023 |
| 46 | 1:16.35 | L | F | Catherine Jones | 16 | RFA TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 47 | 1:16.71 | L S | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 SA National Junior Age Group |
| 48 | 1:16.98 | L | F | Carleigh Palmer | 16 | AA JHB | 30/11/2023 CGA Championships 2023 |
| 49 | 1:17.31 | L | P | Grace George | 16 | KZNA ETH | 19/04/2024 SA Schools Swimming Championship |
| 50 | 1:17.32 | L | F | Mmathabo Marite | 16 | CRSC JHB | 12/01/2024 2024 Grand Prix Invitation Swimming |
| 51 | 1:17.38 | L | F | Clarise Coetzer | 16 | STSC KCD | 27/01/2024 Ushaka Champs 2024 |
| 52 | 1:17.39 | L | F | Kirstin Brady | 16 | RAV EKU | 07/12/2023 EGA Summer Championships |
| 53 | 1:18.08 | L | P | Sinesipho Sibiya | 16 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 54 | 1:18.15 | L | P | Joy Vd Westhuizen | 16 | WCA CPT | 19/04/2024 SA Schools Swimming Championship |
| 55 | 1:18.35 | L | P | Aarya Morar | 16 | ATLA JHB | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 56 | 1:18.62 | L | F | Jhoanè Voges | 16 | QUIC CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 57 | 1:18.73 | L | F | Tanè Putter | 16 | TYGE CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 58 | 1:18.84 | L | F | Jordyn Collett | 16 | PEAS NMA | 01/10/2023 Curro AquaElite Gala |
| 59 | 1:19.37 | L | F | Cassidy Sinclair | 16 | DRGN EKU | 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 60 | 1:19.70 | L | P | Kendra Beukes | 16 | PGAC EKU | 07/12/2023 EGA Summer Championships |
| 61 | 1:19.78 | L | F | Kate Truter | 16 | BEAV ETH | 24/11/2023 Westville-Seals LC Championships |
| 62 | 1:19.82 | L | P | Stella Reinecke | 16 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 63 | 1:19.88 | L | P | Tyla Skelton | 16 | WATR JHB | 30/11/2023 CGA Championships 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|----------------------------|---------|-------|------|------------------------|----|-------|-----|------------|---|
| 64 | 1:20.00 | L | P | Aruli Fick | 16 | USH | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 65 | 1:20.08 | L | F | Mari Zanne Nortje | 16 | HSBV | SKD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 66 | 1:20.81 | L | F | Gabby Mc Hugh | 16 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 67 | 1:20.99 | L S | F | Deidré Olivier | 16 | RBOT | BPD | 06/12/2023 | NWS Championships 2023/24 |
| 68 | 1:21.33 | L | P | Catherine Wentzel | 16 | FRA | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 69 | 1:21.50 | L | F | Zaibaa Bawa | 16 | WATR | JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 70 | 1:22.22 | L | F | Neema Banza | 16 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 71 | 1:22.95 | L S | F | Elmarie De Witt | 16 | QUIC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 72 | 1:23.92 | L | P | Makayla Lombard | 16 | JAQ | EKU | 07/12/2023 | EGA Summer Championships |
| 73 | 1:24.31 | L S | F | Yusrah Du Toit | 16 | UWCA | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 74 | 1:25.04 | L | F | Callan-Cate Bouwer | 16 | BCA | BUF | 13/01/2024 | BCA Inter-District Championship Gala |
| 75 | 1:25.90 | L | P | Alexandra Houniet | 16 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 76 | 1:26.96 | L | P | Johane Viljoen | 16 | BLNE | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 77 | 1:27.22 | L | F | Kayla-Jade Van Heerden | 16 | PEAS | NMA | 01/10/2023 | Curro AquaElite Gala |
| 78 | 1:27.37 | L | F | Imani Magotsi | 16 | VINE | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 79 | 1:28.41 | L | F | Neo Cele | 16 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 80 | 1:28.82 | L S | F | Sally-Louise Ingwe | 16 | RAV | EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 81 | 1:30.03 | L | F | Gail Polman | 16 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 82 | 1:30.49 | L | P | Cameron Morel | 16 | SWIFT | EKU | 07/12/2023 | EGA Summer Championships |
| 83 | 1:30.62 | L | F | Mignon Smit | 16 | HMER | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 84 | 1:30.83 | L | F | Tamryn Kunneke | 16 | RFA | TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 85 | 1:30.89 | L | F | Chloe Geldenhuys | 16 | SEALE | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 86 | 1:30.98 | L | F | Carmen Botha | 16 | WES | KK | 23/02/2024 | NW School Championships 2024 |
| 87 | 1:31.77 | L S | F | Keira Schroll | 16 | NWUC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 88 | 1:32.35 | L | F | Lianne Labuschagne | 16 | NWUC | KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 89 | 1:33.96 | L | P | Marilee Coetzee | 16 | DOLFI | MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 90 | 1:34.81 | L | P | Cara Fourie | 16 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 91 | 1:35.66 | L | F | Ciska Ferreira | 16 | UNI | EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 92 | 1:35.84 | L | F | Michelle Van Rooyen | 16 | TYGE | CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 93 | 1:36.41 | L | F | Jannae De Villiers | 16 | PRKA | PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 94 | 1:36.49 | L S | F | Lerato Molobye | 16 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 95 | 1:36.75 | L | F | Michaela Van Rooyen | 16 | BLSS | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 96 | 1:38.21 | L | F | Daniëlle Le Roux | 16 | SS | MPD | 01/12/2023 | Limpopo Champs |
| 97 | 1:40.58 | L | F | Josslyn Gaudie | 16 | RFA | TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 98 | 1:40.75 | L | F | Christn Engelbrecht | 16 | KSC | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 99 | 1:41.80 | L | F | Jenna Du Plessis | 16 | BLSS | MAN | 27/10/2023 | Neptune Prestige Gala |
| 100 | 1:42.28 | L | F | Tyra Kasonkomona | 16 | MATL | KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 101 | 1:51.70 | L | F | Madelein Bronkhorst | 16 | HBV | MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 102 | 1:52.40 | L | F | Bea-Mari Ackerman | 16 | MATL | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 103 | 1:59.33 | L | F | Elizabeth Swanevelder | 16 | HE | CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| Women 16-16 200 Fly | | | | | | | | | |
| 1 | 2:20.03 | L | F | Dane De Klerk | 16 | BLSS | MAN | 15/03/2024 | SA National Junior Age Group |
| 2 | 2:23.55 | L | F | Kaitlyne Horne | 16 | BEST | NMA | 15/12/2023 | NMBA Championships 2023 |
| 3 | 2:25.02 | L | F | Marony Jacobs | 16 | ECA | BUF | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 4 | 2:26.49 | L | P | Myra Viduya | 16 | RSA | | 04/09/2023 | 9th JUNIOR WORLD SWIMMING |
| 5 | 2:30.50 | L | F | Myra Viduya | 16 | INFA | NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 6 | 2:36.88 | L | F | Nanette Jordaan | 16 | BLOT | MAN | 14/12/2023 | KZNA 2023 Championships Incorporate SSA |
| 7 | 2:38.55 | L | F | Veneske Steenkamp | 16 | ROA | EDD | 24/06/2023 | PEA Winter Gala 2023 |
| 8 | 2:39.95 | L | F | Hayley Hoy | 16 | SWLAB | CPT | 01/12/2023 | Mpumalanga Championships 2023 |
| 9 | 2:48.34 | L | F | Carmi Schoeman | 16 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 10 | 2:56.29 | L | F | Isabel Vorster | 16 | BLNE | MAN | 06/12/2023 | Free State Champs 2023 |
| 11 | 2:56.60 | L | F | Joy Vd Westhuizen | 16 | AQDO | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 12 | 3:08.52 | L | F | Catherine Wentzel | 16 | FRA | KCD | 21/10/2023 | Froggies Championships 2023 |
| 13 | 3:09.71 | L | F | Kendra Beukes | 16 | PGAC | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 14 | 3:14.19 | L | F | Mmathabo Marite | 16 | RSA | | 03/05/2023 | CANA Zone IV SwimmingChampions |
| 15 | 3:17.55 | L | F | Makayla Lombard | 16 | JAQ | EKU | 07/12/2023 | EGA Summer Championships |
| 16 | 3:20.07 | L | F | Clarise Coetzer | 16 | STSC | KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 17 | 3:23.21 | L | F | Imani Magotsi | 16 | VINE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 18 | 3:31.90 | L | F | Keira Schroll | 16 | NWUC | KKD | 06/12/2023 | NWS Championships 2023/24 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|---------------------------|-------------|-------|--------------------------|--------|-----------|------------|--------------------------------------|--|
| 19 | 3:45.13 L | F | Cara Fourie | 16 | UPSK ZMD | 02/12/2023 | UPT GROUP 3 2023 | |
| Women 16-16 200 IM | | | | | | | | |
| 1 | 2:23.31 L | F | Keira Van Heerden | 16 | INFA NMA | 15/03/2024 | SA National Junior Age Group | |
| 2 | 2:23.76 L | P | Myra Viduya | 16 | RSA | 04/09/2023 | 9th JUNIOR WORLD SWIMMING | |
| 3 | 2:24.40 L | F | Kaitlynn Horne | 16 | BEST NMA | 19/04/2024 | SA Schools Swimming Championship | |
| 4 | 2:24.94 L S | F | Grace Morris | 16 | ELEC TSH | 12/12/2023 | NTS Championships 2023 | |
| 5 | 2:26.52 L S | P | Myra Viduya | 16 | ECA BUF | 08/04/2024 | SA National Aquatic Champ 2024-PE | |
| 6 | 2:27.04 L | F | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group | |
| 7 | 2:28.03 L | F | Rebecca Fury | 16 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 8 | 2:28.64 L | F | Loghan Gray | 16 | MDOL JHB | 15/03/2024 | SA National Junior Age Group | |
| 9 | 2:29.37 L S | P | Erin Hudson | 16 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE | |
| 10 | 2:30.60 L | F | Marony Jacobs | 16 | INFA NMA | 15/12/2023 | NMBA Championships 2023 | |
| 11 | 2:30.98 L | F | Daena Robinson | 16 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 12 | 2:31.49 L | F | Hannah Rigby | 16 | RSA | 03/05/2023 | CANA Zone IV SwimmingChampions | |
| 13 | 2:33.61 L | F | Katie-Peta Marcelino | 16 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 14 | 2:33.92 L | P | Chanel Baenhoff | 16 | BLSS MAN | 15/03/2024 | SA National Junior Age Group | |
| 15 | 2:35.09 L S | P | Alex-Zandre' Labuschagne | 16 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE | |
| 16 | 2:35.63 L | F | Jessica Carmody | 16 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala | |
| 17 | 2:36.42 L | P | Tatum Cabral | 16 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group | |
| 18 | 2:36.46 L | P | Nicole Beling | 16 | BAS EKV | 15/03/2024 | SA National Junior Age Group | |
| 19 | 2:36.90 L | P | Emily Lott | 16 | ASA ILD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 20 | 2:37.25 L | F | Taylor Morton | 16 | LAL CED | 03/02/2024 | Winelands SL final | |
| 21 | 2:37.30 L | F | Hayley Beling | 16 | BAS EKV | 20/03/2024 | SA Level 3 Regional Age Group | |
| 22 | 2:37.62 L | F | Michaela Labuschagne | 16 | SSISA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 23 | 2:38.55 L | F | Cassandra Sikiotis | 16 | MDOL JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming | |
| 24 | 2:39.20 L | P | Tanè Putter | 16 | TYGE CPT | 15/03/2024 | SA National Junior Age Group | |
| 25 | 2:39.21 L | P | Tatum Lauf | 16 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship | |
| 26 | 2:39.66 L | P | Cassidey Rae Doubell | 16 | AA JHB | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 27 | 2:40.05 L | P | Jordyn Collett | 16 | TUKS TSH | 15/03/2024 | SA National Junior Age Group | |
| 28 | 2:40.12 L | F | Erin Beyers | 16 | UNI EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER | |
| 29 | 2:40.17 L | F | Mianique Lombard | 16 | WELA ILL | 18/11/2023 | Valsrivier Gala | |
| 30 | 2:40.23 L | F | Melissa Kuun | 16 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 | |
| 31 | 2:40.50 L | F | Veneske Steenkamp | 16 | ROA EDD | 24/06/2023 | PEA Winter Gala 2023 | |
| 32 | 2:40.79 L | P | Isabella Desfontaines | 16 | RAV EKV | 07/12/2023 | EGA Summer Championships | |
| 33 | 2:40.96 L | P | Simone Theron | 16 | LP CCD | 19/04/2024 | SA Schools Swimming Championship | |
| 34 | 2:41.09 L | F | Hayley Hoy | 16 | SWLAB CPT | 01/12/2023 | Mpumalanga Championships 2023 | |
| 35 | 2:41.16 L | F | Nanette Jordaan | 16 | BLOT MAN | 21/03/2024 | SA Level 3 Regional Age Group | |
| 36 | 2:41.20 L | F | Tiffany Marshall | 16 | UNI EZD | 20/03/2024 | SA Level 3 Regional Age Group | |
| 37 | 2:41.29 L | P | Kanishka Rajput | 16 | SMTK JHB | 15/03/2024 | SA National Junior Age Group | |
| 38 | 2:41.58 L | F | Candice Myers | 16 | TCA EKV | 07/12/2023 | EGA Summer Championships | |
| 39 | 2:41.74 L | F | Holley Jacoby | 16 | BCA BUF | 13/01/2024 | BCA Inter-District Championship Gala | |
| 40 | 2:41.95 L | F | Kayla Petersen | 16 | USC BUF | 24/06/2023 | PEA Winter Gala 2023 | |
| 41 | 2:42.10 L | F | Keira Leask | 16 | AA JHB | 30/11/2023 | CGA Championships 2023 | |
| 42 | 2:42.97 L | F | Madison Fourie | 16 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 | |
| 43 | 2:43.22 L | F | Jani Borman | 16 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group | |
| 44 | 2:43.23 L | P | Carmi Schoeman | 16 | TKS WBD | 15/03/2024 | SA National Junior Age Group | |
| 45 | 2:43.31 L S | F | Hannah Liebenberg | 16 | PAC TSH | 12/12/2023 | NTS Championships 2023 | |
| 46 | 2:43.41 L | F | Bay-Linn Oelofse | 16 | TNDER FDD | 06/12/2023 | Free State Champs 2023 | |
| 47 | 2:43.58 L S | P | Nikha Lambden | 16 | EXP TSH | 12/12/2023 | NTS Championships 2023 | |
| 48 | 2:44.29 L | F | Rebecca Kuhn | 16 | PER JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 | |
| 49 | 2:44.59 L | F | Carleigh Palmer | 16 | AA JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 | |
| 50 | 2:44.86 L | P | Christina Gennarakis | 16 | CASC CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 51 | 2:45.04 L | F | Alexia Luz | 16 | SOUL EKV | 20/03/2024 | SA Level 3 Regional Age Group | |
| 52 | 2:45.78 L | F | Erin Glover | 16 | TYGE CPT | 24/06/2023 | PEA Winter Gala 2023 | |
| 53 | 2:46.23 L | F | Neema Banza | 16 | PENC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 | |
| 54 | 2:46.84 L | F | Isla Thomas | 16 | AA JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 55 | 2:47.05 L | P | Gemma Allchin | 16 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship | |
| 56 | 2:47.11 L | F | Kate Truter | 16 | BEAV ETH | 27/01/2024 | Ushaka Champs 2024 | |
| 57 | 2:47.46 L | F | Mathilda Liebenberg | 16 | POTC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 | |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-------------|-------|----------------------|--------|-----------|------------|---|
| 58 | 2:47.63 L | F | Xanthe Nagel | 16 | MCS BP | 23/02/2024 | NW School Championships 2024 |
| 59 | 2:47.70 L | P | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 | SA National Junior Age Group |
| 60 | 2:47.73 L | F | Jana Helmand | 16 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 61 | 2:47.75 L | F | Francis Whelan | 16 | BLOT MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 62 | 2:47.76 L | F | Hannah Witten | 16 | AQDO CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 63 | 2:48.17 L | F | Kendra Beukes | 16 | PGAC EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 64 | 2:48.20 L | F | Emily Walker | 16 | PEAS NMA | 21/10/2023 | 4th A League Gala 2023 |
| 65 | 2:48.27 L | F | Amelia Vincent | 16 | BLSS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 66 | 2:48.45 L | P | Kirstin Brady | 16 | RAV EKU | 07/12/2023 | EGA Summer Championships |
| 67 | 2:49.10 L | F | Anri De Beer | 16 | INFA NMA | 21/10/2023 | 4th A League Gala 2023 |
| 68 | 2:49.14 L | F | Emma La Grange | 16 | PLAY CED | 17/02/2024 | Swartland Invitational Gala 2024 |
| 69 | 2:49.18 L | F | Ella Mills | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 70 | 2:49.52 L | F | Danielle Walker | 16 | FLOD JHB | 30/11/2023 | CGA Championships 2023 |
| 71 | 2:49.54 L | F | Tyla Skelton | 16 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 72 | 2:49.88 L | F | Farhah Valli | 16 | RSA | 03/05/2023 | CANA Zone IV Swimming Champions |
| 73 | 2:50.09 L | P | Taylor Hemphill | 16 | SEALE ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 74 | 2:50.28 L S | P | Tamryn Kunneke | 16 | RFA TSH | 12/12/2023 | NTS Championships 2023 |
| 75 | 2:50.65 L | P | Grace George | 16 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 76 | 2:50.75 L | F | Jana Lombard | 16 | LALE CED | 11/11/2023 | Winelands SL4 |
| 77 | 2:51.14 L | F | Mari Zanne Nortje | 16 | HSBV SKD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 78 | 2:51.60 L | F | Acacia- Cailyn Abell | 16 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 79 | 2:51.63 L | F | Emma Roberts | 16 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 80 | 2:51.96 L | F | Isabel Vorster | 16 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |
| 81 | 2:52.28 L | F | Kye-Ann Fowler | 16 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 82 | 2:52.57 L | F | Jenna Loubser | 16 | SFSC CPT | 03/02/2024 | Winelands SL final |
| 83 | 2:53.29 L S | F | Sally-Louise Ingwe | 16 | RAV EKU | 22/02/2024 | 18th Botswana Swimming Nationals |
| 84 | 2:53.42 L | F | Ciska Ferreira | 16 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 85 | 2:53.44 L | P | Kanak Rajput | 16 | AAS JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 86 | 2:54.10 L | F | Jenna-Mae Lally | 16 | BEAV ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 87 | 2:54.20 L | F | Aruli Fick | 16 | USH KCD | 27/01/2024 | Ushaka Champs 2024 |
| 88 | 2:54.42 L | F | Monique Oosthuizen | 16 | BLOT MAN | 19/08/2023 | Super Seals Prestige Gala |
| 89 | 2:54.59 L | F | Cherise Coetzer | 16 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 90 | 2:54.94 L | F | Lume Louw | 16 | BCA BUF | 13/01/2024 | BCA Inter-District Championship Gala |
| 91 | 2:55.64 L | F | Lize Burness | 16 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 92 | 2:56.01 L S | F | Riley Hattingh-Steyn | 16 | SOUL EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 93 | 2:56.07 L | F | Mmathabo Marite | 16 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 94 | 2:56.36 L | P | Aarya Morar | 16 | ATLA JHB | 14/12/2023 | KZNA 2023 Championships Incorporating SSA |
| 95 | 2:56.74 L | F | Lois Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 96 | 2:57.01 L | P | Abigail Phillips | 16 | SASE JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 97 | 2:57.39 L | F | Yusrah Du Toit | 16 | UWCA CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 98 | 2:57.46 L | F | Georgoulla Kambanis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 99 | 2:57.76 L | F | Alexa Louw | 16 | BLMA CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 100 | 2:57.78 L | F | Esmari Weitsz | 16 | UNI EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 101 | 2:58.01 L | F | Simone Vd Merwe | 16 | GSA CPT | 16/09/2023 | CTA A MEET 3 |
| 102 | 2:58.04 L | P | Jorja Da Cunha | 16 | BON EKU | 07/12/2023 | EGA Summer Championships |
| 103 | 2:58.13 L S | F | Hannah Prince | 16 | OLDE JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 104 | 2:58.49 L | F | Eunice Fourie | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 105 | 2:58.87 L | F | Gabby Mc Hugh | 16 | CRSC JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 106 | 2:59.49 L | F | Jhoanè Voges | 16 | QUIC CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 107 | 2:59.64 L S | F | Cara Crichton | 16 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 108 | 2:59.97 L | F | Catherine Jones | 16 | RFA TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 109 | 3:00.14 L | F | Alexia Adreani | 16 | CA EKU | 26/01/2024 | EGA Last Chance 2024 |
| 110 | 3:00.15 L | F | Abigayle Otto | 16 | CA EKU | 28/10/2023 | EGA Summer 2 2023 |
| 111 | 3:00.35 L | F | Gabriella Smith | 16 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 112 | 3:00.57 L | P | Alexandra Houniet | 16 | CA EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 113 | 3:01.04 L | P | Nazneen Mohamed | 16 | ATLA JHB | 30/11/2023 | CGA Championships 2023 |
| 114 | 3:01.40 L S | F | Clara van Rooyen | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 115 | 3:01.41 L | F | Chloe Geldenhuys | 16 | SEALE ETH | 24/11/2023 | Westville-Seals LC Championships |
| 116 | 3:01.81 L | F | Elmarie De Witt | 16 | QUIC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----|---------|-------|------|----------------------------|----|-----------|------------|--------------------------------------|
| 117 | 3:02.15 | L | F | Taaliah Rinquest | 16 | MARL CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 118 | 3:02.46 | L S | F | Jaiden Funnell | 16 | SWIM1 JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 119 | 3:02.56 | L | F | Tatum Borrill | 16 | CA EKU | 26/01/2024 | EGA Last Chance 2024 |
| 120 | 3:02.67 | L | F | Cara Corrigan | 16 | FISH EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 121 | 3:02.72 | L | F | Beane Swanepoel | 16 | VRC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 122 | 3:02.77 | L | F | Kayla-Jade Van Heerden | 16 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala |
| 123 | 3:02.83 | L | F | Fallon Tweedie | 16 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 124 | 3:04.89 | L | P | Lerato Molobye | 16 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 125 | 3:04.97 | L | F | Deidré Olivier | 16 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 |
| 126 | 3:05.26 | L | F | Morgan Rabie | 16 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 127 | 3:05.56 | L | F | Ammara Jagger | 16 | AQDO CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 128 | 3:06.01 | L | F | Mignon Smit | 16 | HMER MP | 27/01/2024 | Limpopo School Champs |
| 129 | 3:07.07 | L | P | Johane Viljoen | 16 | BLNE MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 130 | 3:07.99 | L S | F | Marilee Coetzee | 16 | DOLFI MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 131 | 3:08.29 | L | F | Michelle Van Rooyen | 16 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 132 | 3:08.39 | L | F | Zaibaa Bawa | 16 | WATR JHB | 26/07/2023 | Giochi Del Tricolore Swim |
| 133 | 3:09.65 | L S | F | Milla Delpport | 16 | PEAS NMA | 26/01/2024 | 6th A League Gala 2024 |
| 134 | 3:10.08 | L | F | Jenna Du Plessis | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 135 | 3:10.16 | L | F | Isabella Afonso | 16 | QUIC CPT | 17/09/2023 | CTA BMEET 3 |
| 136 | 3:10.19 | L | F | Grace Bothma | 16 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 137 | 3:10.34 | L | F | Imani Magotsi | 16 | VINE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 138 | 3:10.42 | L | F | Samantha Maritz | 16 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 139 | 3:10.72 | L | F | Miana Fourie | 16 | BLSS MAN | 27/10/2023 | Neptune Prestige Gala |
| 140 | 3:11.54 | L | F | Leandrè Burger | 16 | QSAW CED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 141 | 3:11.82 | L | F | Danelle Mody | 16 | CRSC JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 142 | 3:12.06 | L | F | Alienne van Rensburg | 16 | KTS | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 143 | 3:12.45 | L | F | Marinique Lamprecht | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 144 | 3:12.59 | L | F | Amelie Botha | 16 | RFA TSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 145 | 3:12.68 | L | P | Cameron Morel | 16 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 146 | 3:12.90 | L | F | Zara Jefftha | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 147 | 3:13.53 | L | F | Keira Schroll | 16 | NWUC KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 148 | 3:13.67 | L | F | Jannae De Villiers | 16 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 149 | 3:13.98 | L | F | Caitlin Kennedy | 16 | AFIN JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 150 | 3:14.35 | L | F | Thurayya Moodley | 16 | LEGC ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 151 | 3:15.11 | L | F | Tyra Kasonkomona | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 152 | 3:15.16 | L | F | Cara Fourie | 16 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 153 | 3:15.41 | L | F | Lianne Labuschagne | 16 | NWUC KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 154 | 3:15.56 | L | F | Catherine Wentzel | 16 | FRA KCD | 21/10/2023 | Froggies Championships 2023 |
| 155 | 3:15.82 | L | P | Isabella Vicente | 16 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 156 | 3:16.49 | L S | F | Shannon Coetzee | 16 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 157 | 3:16.73 | L S | F | Danelle Du Toit | 16 | TASC MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 158 | 3:17.04 | L | F | Josslyn Gauldie | 16 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 159 | 3:17.59 | L S | F | Makayla Lombard | 16 | JAQ EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 160 | 3:18.87 | L | F | Carmen Botha | 16 | MATL KKD | 06/12/2023 | NWS Championships 2023/24 |
| 161 | 3:18.96 | L | F | Neo Cele | 16 | ELEC TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 162 | 3:19.02 | L S | F | Gabrielle Mare' | 16 | PAC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 163 | 3:19.16 | L | F | Mia Barnard | 16 | BLOT MAN | 27/10/2023 | Neptune Prestige Gala |
| 164 | 3:19.28 | L | F | Maya Lockitch | 16 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 165 | 3:20.97 | L | F | Marita Lackey | 16 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 166 | 3:21.80 | L | F | Kimberley Strong | 16 | KTS | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 167 | 3:21.88 | L | F | Cameron Landman | 16 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 168 | 3:22.26 | L | F | Michaela Van Rooyen | 16 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 169 | 3:22.42 | L | F | Kayla Botha | 16 | AFIN JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 170 | 3:23.46 | L | F | Ava Fourie | 16 | TRAZ TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 171 | 3:24.92 | L | F | Amy Clayton | 16 | CUHE QBD | 20/01/2024 | CTA A MEET 4 |
| 172 | 3:26.42 | L | F | Gemma Harris | 16 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 173 | 3:28.14 | L | F | Olivia Darley | 16 | HASC JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 174 | 3:29.82 | L | F | Jamilah Tshiyoyo | 16 | TUKS TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 175 | 3:30.11 | L | F | Kayleigh Jansen Van Vuuren | 16 | CSA EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------------|---------|-------|------|----------------------|----|-----------|---|
| 176 | 3:30.40 | L | F | Daniëlle Le Roux | 16 | SS MPD | 21/10/2023 Limpopo Age Group 4 |
| 177 | 3:30.41 | L | F | Emma Atkinson | 16 | PEAS NMA | 01/10/2023 Curro AquaElite Gala |
| 178 | 3:30.47 | L | F | Madelein Bronkhorst | 16 | SS MPD | 01/12/2023 Limpopo Champs |
| 179 | 3:30.60 | L | F | Lisa Bloem | 16 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 180 | 3:31.19 | L | F | Megan Kemp | 16 | TINC TSH | 02/02/2024 NTS Level 1+2 February Age Group |
| 181 | 3:32.75 | L | F | Christn Engelbrecht | 16 | KSC EZD | 02/02/2024 MP AGE GROUP 5 GALA |
| 182 | 3:34.38 | L | F | Skye Schoeman | 16 | AQUA BUF | 21/10/2023 Uthukela District Age Group Gala |
| 183 | 3:34.65 | L | F | Nthanki Kumalo | 16 | ELEC TSH | 19/01/2024 NTS Level 1+2 January Age Group 2024 |
| 184 | 3:35.02 | L | F | Thobile Mtshali | 16 | TUKS TSH | 02/02/2024 NTS Level 1+2 February Age Group |
| 185 | 3:36.97 | L | F | Suzanne Pretorius | 16 | AGAQ OBD | 11/11/2023 Swartland Prestige Gala 2023 |
| 186 | 3:37.46 | L | F | Leané Jacobs | 16 | STELL RMD | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 187 | 3:39.95 | L | F | Izra Gameeldien | 16 | MANT CPT | 20/01/2024 CTA A MEET 4 |
| 188 | 3:40.09 | L | F | Esihle Gceba | 16 | LINR JHB | 24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb |
| 189 | 3:42.91 | L | F | Isabella Le Roux | 16 | QSAW GED | 11/11/2023 Swartland Prestige Gala 2023 |
| 190 | 3:43.73 | L | F | Michaela Mitchley | 16 | KTS | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 191 | 3:43.91 | L | P | Bea-Mari Ackerman | 16 | MATL KKD | 06/12/2023 NWS Championships 2023/24 |
| 192 | 3:45.26 | L | P | Yana Van Schoor | 16 | PGAC EKU | 07/12/2023 EGA Summer Championships |
| 193 | 3:47.15 | L | F | Nkenda Baghana | 16 | CPSC TSH | 02/03/2024 AG Level 1 Regional Age Group |
| 194 | 3:50.03 | L | F | Mienke Uys | 16 | FROS TMD | 18/11/2023 Valsrivier Gala |
| 195 | 4:04.86 | L | F | Morgan Van Wyk | 16 | XCEL CPT | 17/09/2023 CTA BMEET 3 |
| 196 | 4:13.80 | L | F | Onalenna Tsholwe | 16 | MATL KKD | 11/11/2023 NWS Age Group 3 + 4 |
| 197 | 4:14.51 | L | F | Zandri Odendaal | 16 | TRAZ TSH | 19/01/2024 NTS Level 1+2 January Age Group 2024 |
| Women 16-16 400 IM | | | | | | | |
| 1 | 5:00.71 | L | F | Kaitlyne Horne | 16 | ECA BUF | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 2 | 5:05.50 | L | F | Dane De Klerk | 16 | BLSS MAN | 15/03/2024 SA National Junior Age Group |
| 3 | 5:12.24 | L | F | Loghan Gray | 16 | AGB JHB | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 4 | 5:17.89 | L | F | Myra Viduya | 16 | NMBA NM | 19/04/2024 SA Schools Swimming Championship |
| 5 | 5:18.28 | L | F | Hannah Rigby | 16 | AGC TSH | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 6 | 5:19.97 | L | F | Marony Jacobs | 16 | RSA | 06/12/2023 15th African Junior Championships 2023 |
| 7 | 5:25.35 | L | F | Katie-Peta Marcelino | 16 | KZNA ETH | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 8 | 5:41.91 | L | F | Hayley Beling | 16 | BAS EKU | 07/12/2023 EGA Summer Championships |
| 9 | 5:50.01 | L | F | Tamsyn Kotzè | 16 | BLMA CPT | 15/03/2024 SA National Junior Age Group |
| 10 | 5:51.45 | L | F | Nikha Lambden | 16 | EXP TSH | 12/12/2023 NTS Championships 2023 |
| 11 | 5:53.36 | L | F | Keira Leask | 16 | AA JHB | 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 12 | 5:53.46 | L | F | Erin Glover | 16 | TYGE CPT | 24/06/2023 PEA Winter Gala 2023 |
| 13 | 5:54.13 | L | F | Veneske Steenkamp | 16 | ROA EDD | 21/10/2023 EDEN 2nd A-League Gala 2023 |
| 14 | 5:55.27 | L | F | Nicole Beling | 16 | BAS EKU | 28/10/2023 EGA Summer 2 2023 |
| 15 | 6:02.00 | L | F | Hannah Liebenberg | 16 | PAC TSH | 22/09/2023 NTS Level 3+ September Age Group |
| 16 | 6:04.24 | L | F | Nanette Jordaan | 16 | BLOT MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 17 | 6:08.73 | L | F | Joy Vd Westhuizen | 16 | AQDO CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 18 | 6:09.99 | L | F | Kendra Beukes | 16 | PGAC EKU | 24/11/2023 EGA Summer 4 |
| 19 | 6:17.31 | L | F | Alexandra Houniet | 16 | CA EKU | 26/01/2024 EGA Last Chance 2024 |
| 20 | 6:30.11 | L | F | Gabby Mc Hugh | 16 | CRSC JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 21 | 6:46.88 | L | F | Cameron Morel | 16 | SWIFT EKU | 07/12/2023 EGA Summer Championships |
| 22 | 6:49.18 | L | F | Keira Schroll | 16 | NWUC KKD | 06/12/2023 NWS Championships 2023/24 |
| 23 | 6:55.46 | L | F | Cara Fourie | 16 | UPSK ZMD | 25/11/2023 UPT AGE GROUP 2 2023 |
| 24 | 6:59.23 | L | F | Lianne Labuschagne | 16 | NWUC KKD | 21/10/2023 NWS Age Group 1 & 2 2023 |