
RECORDS SA-Long Course
LC Meters-Women

50 Free	24.64	24-Jul-21	RSA	Emma A. Chelius at 2021 Tokyo Olympic Games
100 Free	54.23	9-Apr-18	RSA	Erin P. Gallagher at - Commonwealth Games Gold Coast
200 Free	1:57.17	7-Jun-14	RSA	KARIN PRINSLOO at Mare Nostrum 2014 Monaco
400 Free	4:07.92	31-Jan-14	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
800 Free	8:25.71	14-Jun-12	VINE- WP	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	24-Jul-11	RSA	WENDY A. TROTT at 14th Fina World Championships 2011
50 Back	28.39	12-Apr-23	WCA- CP	Olivia Nel at SA National Aquatic SNR-Champ 2023-PE
100 Back	1:00.78	14-Jun-14	TUKS- NT	KARIN PRINSLOO at 2014 Mare Nostrum Barcelona
200 Back	2:10.03	1-Apr-08	RSA	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
50 Breast	29.72	6-Apr-22	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE
100 Breast	1:04.82	25-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
200 Breast	2:18.95	30-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
50 Fly	26.05 *	29-Jul-22	RSA	Erin Gallagher at Commonwealth Games 2022 Birmingham
50 Fly	26.05 *	28-Jul-22	RSA	Erin Gallagher at Commonwealth Games 2022 Birmingham
100 Fly	57.67	10-Apr-19	RSA	Erin Gallagher-Sa National Durban-2019
200 Fly	2:09.41	12-Aug-08	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:11.39	12-Apr-23	KZNA- ET	Rebecca A. Meder at SA National Aquatic SNR-Champ 2023-PE
400 IM	4:37.11	10-Aug-08	RSA	Katthryn Meaklim-Olympic Games-Beijing
200 Free Relay	1:45.66	10-Apr-14	TUKS- NT	Sa Nationals-L Kemp,K Ross,A Peens,V Mohr
400 Free Relay	3:43.35	21-Jul-19	RSA	World Champs-Gwangju-E Gallagher-T Lovemore-E Chelius-R Meder
800 Free Relay	8:01.56	28-Jul-14	RSA	2014 Tokyo Olympic Games - A Canny-R Meder-D Coetzee-E Gallagher
400 Medley Relay	4:03.62	6-Apr-08	RSA	M Corfe-S Van Bilion-M lLoots-Lize-Marie Retief

RECORDS SA-Long Course
LC Meters-Men

50 Free	21.67	16-Aug-08	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	29-Jul-09	RSA	LYNDON FERNS at World Championships
200 Free	1:45.20	8-Aug-16	RSA	Chad G. Le Clos at 2016 Rio Olympic
400 Free	3:45.92	6-Aug-16	RSA	Myles Brown at 2016 Rio Olympic
800 Free	7:53.97	13-Apr-15	KZN	Myles Brown at-Sa National Champs 2015 Durban
1500 Free	14:57.88	10-Dec-10	MATI	Heerden Herman-WP Sasko Champs
50 Back	24.34	2-Aug-09	RSA	Gerhard Zandberg at World Championship
100 Back	52.78	12-Apr-23	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
200 Back	1:55.75	30-Jul-06	RSA	George Du Rand at World Championship
50 Breast	25.58	5-Apr-18	RSA	Cameron Vd Burgh at XXI -Commonwealth games Gold Coast
100 Breast	58.46	29-Jul-12	PSC	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	30-Jul-09	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.90	26-Jul-09	RSA	ROLAND M. SCHOEMAN at World Championships
100 Fly	50.56	8-Aug-15	RSA	Chad G. Le Clos at Fina -World Champs-Kazan
200 Fly	1:52.96	31-Jul-12	RSA	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	25-Apr-09	RSA	Darian R. Townsend- French Nationals
400 IM	4:11.11	30-Jul-13	RSA	SEBASTIEN D. ROUSSEAU at US Open Swimming Championships
200 Free Relay	1:28.78	2-Apr-03	RSA	RSA L Ferns, R Schoeman, J Zandberg, R Neethling
400 Free Relay	3:11.93	26-Jul-09	RSA	RSA-G Moore-E Scheman-D Townsend-L fetns-World Champs Rome Italy
800 Free Relay	7:08.01	31-Jul-09	RSA	RSA-Roma Fian World Champs J Basson-D Townsend--S Rousseau-Jan Ven
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-G DuRand C vd Burgh-L Ferns-G Moore-13th Fina W/Champs-Rome

RECORDS SA-Long Course**LC Meters-Mixed**

400 Free Relay	3:31.24	23-Aug-19	RSA	Team RSA-African Games-MorpccoD ERASMUS-R COETZEE-E CHELIUS-E G/
400 Medley Relay	3:49.90	20-Oct-16	RSA	Team RSA-18th FINA World ChampC REID-T SCHOENMAKER-R COETZEE-E