
RECORDS NTS AG 2024
LC Meters-Female

10 & U	50 Free	30.49	13-Feb-09	TUKS- NT	Demi F. Lopes at 2009 NTS February Age Group	
	100 Free	1:06.03	3-Oct-14	TUKS- NT	Sune Liebenberg at Sasol National Championship 2014	
	200 Free	2:25.89	3-Oct-14	TUKS- NT	Sune Liebenberg at Sasol National Championship 2014	
	400 Free	5:08.34	15-Aug-14	TUKS- NT	Sune Liebenberg at NTS August 2014 Age Group - Combined	
	50 Back	34.53	5-Jan-00	RSA- ZZ	Karin Prinsloo at Pacific Schools	
	100 Back	1:13.33	1-May-00	RSA- ZZ	Karin Prinsloo at Pacific Schools	
	200 Back	2:42.52	17-Mar-00	TUKS- NT	Karin Prinsloo at Telkom S A Prestige	
	50 Breast	38.84	19-Mar-10	PASC- NT	Carmen Botha at Telkom SA Level 2 Regional 2 Champs 2010 EGA	
	100 Breast	1:22.94	11-Feb-11	QUEST- NT	Tyla J. da Silva at NTS 2011 February Age Group	
	200 Breast	3:01.74	27-Mar-10	CENS- NT	Ime Sinclair at Telkom SA Level 1 Regional Champs Sasolburg	
	50 Fly	33.76	13-Feb-09	TUKS- NT	Demi F. Lopes at 2009 NTS February Age Group	
	100 Fly	1:16.94	16-Dec-15	TUKS- TS	Lisa C. Kleyn at KZN Speedo Provincial Championships 2015	
	200 IM	2:42.13	1-May-00	RSA- ZZ	Karin Prinsloo at Pacific Schools	
	11-11	50 Free	28.69	24-Sep-15	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015
		100 Free	1:02.27	24-Sep-15	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015
200 Free		2:20.09	28-Mar-19	TUKS- TS	Hannah Mouton at SA Level 3 Regional Age Group Champs 2019-EG	
400 Free		4:54.97	18-Mar-11	PSC- NT	Carmen Botha at Telkom SA Level 3 National Champs Durban 2011	
50 Back		33.74	17-Mar-01	TUKS- NT	Karin Prinsloo at Telkom S A Prestige	
100 Back		1:11.42	18-Mar-11	PSC- NT	Carmen Botha at Telkom SA Level 3 National Champs Durban 2011	
200 Back		2:34.15	18-Mar-11	PSC- NT	Carmen Botha at Telkom SA Level 3 National Champs Durban 2011	
50 Breast		36.59	19-Mar-15	PAC- TSH	Lara Van Niekerk at SA Level 2 Regional Age Group Champs 2015-EGA	
100 Breast		1:18.40	19-Mar-15	PAC- TSH	Lara Van Niekerk at SA Level 2 Regional Age Group Champs 2015-EGA	
200 Breast		2:52.57	18-Mar-11	PSC- NT	Carmen Botha at Telkom SA Level 3 National Champs Durban 2011	
50 Fly		30.81	21-Mar-02	TUKS- NT	Jenna Bekker at Telkom S A Nationals	
100 Fly		1:10.56	20-Mar-14	TUKS- TSH	Duné Coetzee at SA Level 2 Regional Age Group Champs 2014-CGA	
200 IM		2:34.67	24-Sep-15	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015	
12 & U		800 Free	9:44.69	15-Mar-13	PSC- NT	Michee van Rooyen at SA Level 3 National Age Group Champs 2013-KZN
		1500 Free	20:11.86	4-Dec-14	TUKS- NT	Kaitlyn E. Albertyn at NTS Championships 2014
	400 IM	5:20.55	18-Mar-11	TUKS- NT	Samantha C. Randle at Telkom SA Level 3 National Champs Durban 2011	
12-12	50 Free	27.93	17-Mar-17	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2017-KZN	
	100 Free	59.69	23-Sep-16	TUKS- TS	Sune Liebenberg at KZN Speedo Junior Winter Championships 2016	
	200 Free	2:09.68	12-Mar-15	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2015-PE	
	400 Free	4:34.56	12-Mar-15	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2015-PE	
	50 Back	32.56	4-Mar-08	DDA- NT	Vanessa Mohr at Telkom SA National Level 3 Championship 2008	
	100 Back	1:09.95	4-Dec-19	TUKS- TSH	Hannah Mouton at NTS Championships 2019	
	200 Back	2:28.64	18-Mar-11	TUKS- NT	Samantha C. Randle at Telkom SA Level 3 National Champs Durban 2011	
	50 Breast	33.90	18-Mar-16	PAC- TSH	Lara Van Niekerk at SA Level 3 National Age Group Champs 2016-PE	
	100 Breast	1:14.08	18-Mar-16	PAC- TSH	Lara Van Niekerk at SA Level 3 National Age Group Champs 2016-PE	
	200 Breast	2:41.69	18-Mar-16	TUKS- TS	Sune Liebenberg at SA Level 3 National Age Group Champs 2016-PE	
	50 Fly	29.76	12-Mar-15	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2015-PE	
	100 Fly	1:06.45	17-Mar-17	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2017-KZN	
	200 Fly	2:28.19	12-Mar-15	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2015-PE	
	200 IM	2:29.06	18-Mar-16	TUKS- TS	Sune Liebenberg at SA Level 3 National Age Group Champs 2016-PE	
	13-13	50 Free	27.04	21-Mar-18	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2018-KZN
100 Free		58.54	21-Mar-18	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2018-KZN	
200 Free		2:07.23	26-Feb-16	TUKS- TSH	Duné Coetzee at 2016 Grand Prix Invitation Swimming Meet-CT	
400 Free		4:29.63	18-Mar-16	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2016-PE	
800 Free		9:18.40	13-Mar-14	PSC- NT	Michee van Rooyen at SA Level 3 National Age Group Champs 2014-CT	
1500 Free		18:30.37	19-Oct-12	TUKS- NT	Samantha C. Randle at 2012 NTS Oct Lev 2&O Age Grp	
50 Back	30.87	16-Apr-21	AGC- TSH	Hannah Mouton at SA Regional National Championships North		

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13-13	100	Back	1:07.80	16-Apr-21	AGC- TSH	Hannah Mouton at SA Regional National Championships North
	200	Back	2:26.42	23-Sep-17	TUKS- TS	Sune Liebenberg at CGA Level 3/SANJ gala No 1
	50	Breast	32.99	17-Mar-17	PAC- TSH	Lara Van Niekerk at SA National JNR Age Group Champs 2017-KZN
	100	Breast	1:12.13	28-Mar-17	RSA	Lara van Niekerk at African Junior Swimming Championship Egypt
	200	Breast	2:35.18	28-Mar-17	RSA- ZZ	Sune Liebenberg at African Junior Swimming Championship
	50	Fly	28.50	21-Mar-18	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2018-KZN
	100	Fly	1:03.31	10-Apr-16	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2016 Durban
	200	Fly	2:23.26	18-Mar-16	TUKS- TSH	Duné Coetzee at SA Level 3 National Age Group Champs 2016-PE
	200	IM	2:24.63	17-Mar-17	TUKS- TS	Sune Liebenberg at SA National JNR Age Group Champs 2017-KZN
	400	IM	5:14.33	18-Mar-11	TUKS- NT	Marlies Ross at Telkom SA Level 3 National Champs Durban 2011
14-14	50	Free	26.81	20-Mar-19	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2019-KZN
	100	Free	58.23	20-Mar-19	TUKS- TS	Veronique Rossouw at SA National JNR Age Group Champs 2019-KZN
	200	Free	2:03.51	3-Apr-17	RSA	Dune Coetzee at African Junior Swimming Championships 2017 Egypt
	400	Free	4:18.88	3-Apr-17	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2017 Durban
	800	Free	9:02.48	17-Mar-17	TUKS- TSH	Duné Coetzee at SA National JNR Age Group Champs 2017-KZN
	1500	Free	17:33.67	13-Apr-15	NTS- TS	Michee van Rooyen at SA National Aquatic Championship 2014 Durban
	50	Back	30.67	19-Oct-12	TUKS- NT	Rita Naudé at 2012 NTS Oct Lev 2&O Age Grp
	100	Back	1:05.54	21-Mar-18	TUKS- TS	Sune Liebenberg at SA National JNR Age Group Champs 2018-KZN
	200	Back	2:18.74	15-Mar-13	TUKS- NT	Samantha C. Randle at SA Level 3 National Age Group Champs 2013-KZN
	50	Breast	32.18	23-Apr-18	NTS- TSH	Lara Van Niekerk at Sa National Aquatic Championship 2018-PE
	100	Breast	1:11.96	21-Mar-18	PAC- TS	Lara Van Niekerk at SA National JNR Age Group Champs 2018-KZN
	200	Breast	2:34.20	18-Mar-16	TUKS- TS	Christin Mundell at SA Level 3 National Age Group Champs 2016-PE
	50	Fly	27.73	8-Jul-09	DDA- NT	Vanessa Mohr at KZN Speedo Prestige 2009
	100	Fly	1:01.04	3-Apr-17	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2017 Durban
	200	Fly	2:14.14 *	3-Apr-17	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2017 Durban
	200	Fly	2:14.14 *	3-Apr-17	NTS- TS	ionship 2017 Durban Duné Coetzee at Sa National Aquatic Championship 2017 Durban
	200	IM	2:22.17	21-Mar-18	TUKS- TS	Sune Liebenberg at SA National JNR Age Group Champs 2018-KZN
	400	IM	4:57.13	29-Mar-04	TUKS- NT	Bianca J. Meyer at Telkom SA Prestige Age Group L
15-15	50	Free	26.13	20-Mar-03	TUKS- NT	Lauren Roets at at Telkom SA Prestige
	100	Free	55.98	2-Apr-03	TUKS- NT	Lauren Roets at Telkom SA Nationals
	200	Free	2:02.24	23-Apr-18	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2018-PE
	400	Free	4:14.53	16-Dec-17	TUKS- TSH	Duné Coetzee at KZNA Premier Champs & Commonwealth Trials
	800	Free	8:53.21 *	23-Apr-18	NTS- TSH	Duné Coetzee at Sa National Aquatic Championship 2018-PE
	800	Free	8:53.21 *	23-Apr-18	NTS- TS	ic Championship 2018-PE Duné Coetzee at Sa National Aquatic Championsh
	1500	Free	17:27.30	1-May-04	RSA- ZZ	Bianca J. Meyer at 7th African Senior Championships
	50	Back	29.75	18-Jan-13	RSA- ZZ	Rita Naude at 2013 BHP Billiton Aquatic Super Series
	100	Back	1:04.69	1-Dec-05	TUKS- NT	Karin Prinsloo at Pacific Games
	200	Back	2:16.94	13-Mar-14	TUKS- NT	Samantha C. Randle at SA Level 3 National Age Group Champs 2014-CT
	50	Breast	31.04	20-Mar-19	PAC- TSH	Lara Van Niekerk at SA National JNR Age Group Champs 2019-KZN
	100	Breast	1:10.21	20-Mar-19	PAC- TSH	Lara Van Niekerk at SA National JNR Age Group Champs 2019-KZN
	200	Breast	2:31.46	3-Apr-17	NTS- TS	Christin Mundell at Sa National Aquatic Championship 2017 Durban
	50	Fly	26.91	29-Jan-11	TUKS- NT	Vanessa Mohr at SA International Invitation Swim Meet 2010 PE
	100	Fly	59.72	13-Sep-10	TUKS- NT	Vanessa Mohr at 10th African Swimming Champs 2010
	200	Fly	2:12.38	9-Apr-18	RSA- ZZ	Dune Coetzee at Gold Coast XXI Commonwealth Games 2018
	200	IM	2:16.94	28-Jul-13	RSA- ZZ	Marlies Ross at 15th Fina World Championships 2013-Barcelon
	400	IM	4:48.80	9-Jul-13	TUKS- NT	Marlies Ross at KZN Prestige 2013
16-16	50	Free	26.34	18-Mar-11	TUKS- NT	Vanessa Mohr at Telkom SA Level 3 National Champs Durban 2011
	100	Free	57.10	7-Apr-14	NTS- TS	Marlies Ross at SA National Aquatic Championship 2014 Durban
	200	Free	2:01.09	8-Apr-19	AGC- TSH	Duné Coetzee at Sa National Aquatic Championship 2019 Durban
	400	Free	4:14.27	8-Apr-19	AGC- TSH	Duné Coetzee at Sa National Aquatic Championship 2019 Durban
	800	Free	8:48.24	20-Mar-19	TUKS- TSH	Duné Coetzee at SA National JNR Age Group Champs 2019-KZN
	1500	Free	17:06.66	13-Dec-06	TUKS- NT	Karliien van Heerden at Muscle Science KZN Provincial Championships 2
	50	Back	29.98	25-Aug-06	TUKS- NT	Karin Prinsloo at 1st FINA World YouthSwimming Championship

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16-16	100	Back	1:03.45	25-Aug-06	TUKS- NT	Karin Prinsloo at 1st FINA World YouthSwimming Championship	
	200	Back	2:15.48	12-Mar-10	TUKS- NT	Natasha De Vos at Telkom SA Level 3 National Champs EL 2010	
	50	Breast	31.12	20-Aug-19	RSA	Lara Van Niekerk at 7TH FINA World Junior Swimming Champs-HUN	
	100	Breast	1:09.68	4-Dec-19	PAC- TSH	Lara Van Niekerk at NTS Championships 2019	
	200	Breast	2:29.18	7-Apr-14	NTS- TSH	Tatjana R. Schoenmaker at Sa National Aquatic Championship 2014 Durban	
	50	Fly	26.68	11-Apr-11	NTS- NT	Vanessa Mohr at Telkom Sa National Aquatic Champs 2011 PE	
	100	Fly	58.75	11-Apr-11	NTS- NT	Vanessa Mohr at Telkom SA National Aquatic Champs 2011 PE	
	200	Fly	2:10.89	8-Apr-19	AGC- TSH	Duné Coetzee at Sa National Aquatic Championship 2019 Durban	
	200	IM	2:15.17	24-Jul-14	RSA- ZZ	Marlies Ross at Commonwealth Games Swimming Championship 2014	
	400	IM	4:47.71	26-Aug-13	TUKS- TS	Marlies Ross at 4th FINA World Junior Swimming Champs-Dubai	
17-17	50	Free	26.15	11-Oct-21	RSA	Caitlin A. De Lange at 14th Africa Seniors Swimming Championship	
	100	Free	57.06	25-Mar-07	RSA- ZZ	Karin Prinsloo at 12th FINA World	
	200	Free	2:02.92	13-Apr-15	NTS- TS	Marlies Ross at SA National Aquatic Championship 2014 Durban	
	400	Free	4:14.39	12-Jul-19	RSA	Duné Coetzee at 18th FINA World Championships 2019-Korea	
	800	Free	8:47.97	12-Jul-19	RSA	Duné Coetzee at 18th FINA World Championships 2019-Korea	
	1500	Free	16:58.39	15-Dec-21	TUKS- TSH	Catherine F. Van Rensburg at NTS Championships 2021	
	50	Back	29.66	25-Mar-07	RSA- ZZ	Karin Prinsloo at 12th FINA World	
	100	Back	1:03.45	25-Aug-06	RSA- NT	Karin Prinsloo at 1st FINA World YouthSwimming Championship	
	200	Back	2:16.19	29-Jan-11	TUKS- NT	Natasha De Vos at SA International Invitation Swim Meet 2010 PE	
	50	Breast	30.64	16-Apr-21	AGC- TSH	Lara Van Niekerk at SA Regional National Championships North	
	100	Breast	1:07.39	7-Apr-21	AGC- TSH	Lara Van Niekerk at SA Invitational Aquatic Champ 2021-PE	
	200	Breast	2:25.39	15-Mar-06	RSA- ZZ	Suzaan van Biljon at FINA World Cup -Commonwealth games Melbourne	
	50	Fly	27.29	13-Dec-06	TUKS- NT	Keri Shaw at Muscle Science KZN Provincial Championships 2	
	100	Fly	59.17	21-Aug-07	RSA- ZZ	Keri Shaw at International Swim	
	200	Fly	2:11.44	21-Aug-07	RSA- ZZ	Keri Shaw at International Swim Meet 2007-Japan	
	200	IM	2:15.71	13-Apr-15	NTS- TS	Marlies Ross at SA National Aquatic Championship 2014 Durban	
	400	IM	4:51.86	25-Aug-06	TUKS- NT	Bianca J. Meyer at 1st FINA World YouthSwimming Championship	
	18-18	50	Free	26.15	6-Apr-22	AGC- TSH	Caitlin A. De Lange at SA National Aquatic SNR-JNR Champ 2022-PE
		100	Free	57.01	20-Jul-22	TUKS- TSH	Caitlin A. De Lange at Irish Summer National Championships 2022
200		Free	2:00.69	7-Apr-21	AGC- TSH	Duné Coetzee at SA Invitational Aquatic Champ 2021-PE	
400		Free	4:13.75	11-Dec-20	TUKS- TSH	Duné Coetzee at NTS Championships 2020	
800		Free	8:46.54	12-Apr-23	AGC- TSH	Catherine F. Van Rensburg at SA National Aquatic SNR-Champ 2023-PE	
1500		Free	16:48.91	12-Apr-23	AGC- TSH	Catherine F. Van Rensburg at SA National Aquatic SNR-Champ 2023-PE	
50		Back	28.73	5-Aug-23	PSC- TSH	Tayla Jonker at World Univesity Games 2023	
100		Back	1:02.54	5-Aug-23	RSA	Tayla Jonker at World Univesity Games 2023	
200		Back	2:14.75	16-Dec-17	TUKS- TS	Nathania van Niekerk at KZNA Premier Champs & Commonwealth Trials	
50		Breast	29.72	6-Apr-22	AGC- TSH	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
100		Breast	1:05.67	6-Apr-22	AGC- TSH	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
200		Breast	2:25.56	25-Mar-07	RSA- ZZ	Suzaan van Biljon at 12th FINA World Championship 2007	
50		Fly	27.01	15-Mar-13	TUKS- NT	Vanessa Mohr at SA Level 3 National Age Group Champs 2013-KZN	
100		Fly	59.97	7-Apr-21	AGC- TSH	Duné Coetzee at SA Invitational Aquatic Champ 2021-PE	
200		Fly	2:11.18	7-Apr-21	AGC- TSH	Duné Coetzee at SA Invitational Aquatic Champ 2021-PE	
200		IM	2:16.17	10-Apr-16	NTS- TS	Marlies Ross at SA National Aquatic Championship 2016 Durban	
400		IM	4:50.26	10-Apr-16	NTS- TS	Marlies Ross at SA National Aquatic Championship 2016 Durban	
19 & 0		50	Free	24.78	12-Apr-23	AGC- TSH	Emma Chelius at SA National Aquatic SNR-Champ 2023-PE
		100	Free	54.39	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
	200	Free	1:57.17	7-Jun-14	TUKS- TS	Karin Prinsloo at Mare Nostrum 2014 Monaco	
	400	Free	4:07.92	31-Jan-14	RSA- ZZ	Karin Prinsloo at 2014 BHP Billiton Aquatic Super Series	
	800	Free	8:32.88	5-Aug-23	TUKS- TSH	Duné Coetzee at World Univesity Games 2023	
	50	Back	28.79	14-Dec-23	PSC- TSH	Tayla Jonker at KZNA 2023 Championships Incorpor SSA Trials	
	100	Back	1:00.78	14-Jun-14	TUKS- NT	Karin Prinsloo at 2014 Mare Nostrum Barcelona	
	200	Back	2:10.04	28-Jul-13	RSA- ZZ	Karin Prinsloo at 15th FINA World Championships 2013-Barcelona	
	50	Breast	29.73	29-Jul-22	RSA	Lara Van Niekerk at Commonwealth Games 2022 Birmingham	

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19 & O	100 Breast	1:04.82	24-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
	200 Breast	2:18.96	24-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
	50 Fly	25.66	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
	100 Fly	57.64	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
	200 Fly	2:11.30	28-May-21	TUKS- TSH	Duné Coetzee at Grand Prix No 4 Durban May 2021
	200 IM	2:17.33	16-Dec-17	PSC- TS	Marlies Ross at KZNA Premier Champs & Commonwealth Trials
	400 IM	4:49.71	11-Apr-11	NTS- NT	Jessica E. Pengelly at Telkom Sa National Aquatic Champs 2011 PE

RECORDS NTS AG 2024

LC Meters-Male

10 & U	50 Free	29.35	9-Jul-13	CSC- TSH	Ethan R. Spieker at KZN PRESTIGE 2013
	100 Free	1:03.87	9-Jul-13	CSC- TSH	Ethan R. Spieker at KZN PRESTIGE 2013
	200 Free	2:18.69	9-Jul-13	CSC- TSH	Ethan R. Spieker at KZN PRESTIGE 2013
	400 Free	5:16.65	12-Feb-10	DDA- NT	Louw Oberholzer at NTS 2010 Feb Age Group
	50 Back	34.35	12-Dec-23	TUKS- TSH	Martin Rabie at NTS Championships 2023
	100 Back	1:13.19	12-Dec-23	TUKS- TSH	Martin Rabie at NTS Championships 2023
	200 Back	2:37.74	22-Sep-23	TUKS- TSH	Martin Rabie at NTS Level 3+ September Age Group 2023
	50 Breast	38.86	8-Jan-09	TUKS- NT	MJ Koekemoer at 6th Zone IV Invitational Swimming Champs 2009
	100 Breast	1:27.83	4-Dec-99	TUKS- NT	Werner Marneweck at NTS Champ
	200 Breast	3:09.76	17-Mar-00	TUKS- NT	Rory M Keenan at Telkom S A Prestige
	50 Fly	32.91	7-Dec-18	TUKS- TSH	HELGAARD MULLER at NTS Championships 2018
	100 Fly	1:11.64	16-Dec-22	TUKS- TSH	Regardt Schoeman at KZNA Premier Provincial Championship
	200 IM	2:43.64	9-Jul-13	CSC- TSH	Ethan R. Spieker at KZN PRESTIGE 2013
11-11	50 Free	27.12	28-Jan-05	TUKS- NT	Joshua Kriel at NTS 2005 January Age Group
	100 Free	1:02.00	13-Mar-14	CSC- TS	Ethan R. Spieker at SA Level 3 National Age Group Champs 2014-CT
	200 Free	2:13.31	28-Jan-05	TUKS- NT	Joshua Kriel at NTS 2005 January Age Group
	400 Free	4:45.97	13-Mar-14	CSC- TS	Ethan R. Spieker at SA Level 3 National Age Group Champs 2014-CT
	50 Back	33.10	13-Mar-14	CSC- TS	Ethan R. Spieker at SA Level 3 National Age Group Champs 2014-CT
	100 Back	1:11.92	9-Dec-22	TUKS- TSH	Ryan Shaw at NTS Championships 2022
	200 Back	2:33.14	13-Mar-14	CSC- TS	Ethan R. Spieker at SA Level 3 National Age Group Champs 2014-CT
	50 Breast	35.84	27-Nov-09	TUKS- NT	MJ Koekemoer at Mpumalanga Champs 2009
	100 Breast	1:20.52	29-Jun-15	HILL- TS	Zander J. Landman at Sasol National Winter Champs 2015
	200 Breast	2:50.87	17-Mar-17	TRAZ- TS	Benke Grobler at SA National JNR Age Group Champs 2017-KZN
	50 Fly	30.62	2-Dec-00	CSA- NT	Vaughan de Jager at NTS Champs
	100 Fly	1:08.09	2-Dec-00	CSA- NT	Vaughan de Jager at NTS Champs
	200 IM	2:37.04	29-Jun-15	HILL- TS	Zander J. Landman at Sasol National Winter Champs 2015
12 & U	800 Free	9:17.84	27-Jun-16	TUKS- TS	Zander J. Landman at Sasol National Championship 2016
	1500 Free	17:36.58	27-Jun-16	TUKS- TS	Zander J. Landman at Sasol National Championship 2016
	400 IM	5:02.11	13-Feb-15	HILL- NT	Ruan Breytenbach at NTS Feb 2015 Age Group Lev 2+3
12-12	50 Free	26.53	10-Dec-05	TUKS- NT	Joshua Kriel at EP Aquabear Gala 2005
	100 Free	57.43	3-Dec-05	TUKS- NT	Joshua Kriel at NTS Championships
	200 Free	2:07.33	3-Dec-05	TUKS- NT	Joshua Kriel at NTS Championships
	400 Free	4:28.99	12-Mar-15	HILL- NT	Ruan Breytenbach at SA Level 3 National Age Group Champs 2015-PE
	50 Back	31.13	3-Dec-05	TUKS- NT	Joshua Kriel at NTS Championships
	100 Back	1:05.67	24-Sep-15	TUKS- TS	Ethan Riekert at NTS Invitational Gala 2015
	200 Back	2:20.44	11-Dec-20	TUKS- TSH	HELGAARD MULLER at NTS Championships 2020
	50 Breast	33.20	6-Apr-22	AGC- TSH	Joshua C. Muller at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Breast	1:13.14	6-Apr-22	AGC- TSH	Joshua C. Muller at SA National Aquatic SNR-JNR Champ 2022-PE
	200 Breast	2:38.81	12-Mar-15	HILL- NT	Ruan Breytenbach at SA Level 3 National Age Group Champs 2015-PE
	50 Fly	28.53	3-Dec-05	TUKS- NT	Joshua Kriel at NTS Championships
	100 Fly	1:02.53	12-Mar-15	HILL- NT	Ruan Breytenbach at SA Level 3 National Age Group Champs 2015-PE
	200 Fly	2:22.84	12-Mar-15	HILL- NT	Ruan Breytenbach at SA Level 3 National Age Group Champs 2015-PE
	200 IM	2:20.42	12-Mar-15	HILL- NT	Ruan Breytenbach at SA Level 3 National Age Group Champs 2015-PE
13-13	50 Free	25.58	7-Oct-16	NTSPU- TS	Ethan Riekert at NTS Invitational Gala 2016
	100 Free	55.61	5-Jul-16	TRAZ- TS	Ethan R. Spieker at TYR PRESTIGE CHAMPIONSHIPS 2016
	200 Free	1:59.40	5-Jul-16	TRAZ- TS	Ethan R. Spieker at TYR PRESTIGE CHAMPIONSHIPS 2016
	400 Free	4:15.45	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE
	800 Free	8:43.65	10-Apr-16	NTS- TSH	Ruan Breytenbach at Sa National Aquatic Championship 2016 Durban
	1500 Free	17:02.08	3-Jul-17	TUKS- TS	Zander J. Landman at Sasol National Championship 2017
	50 Back	28.94	15-Dec-21	TUKS- TSH	Adrian R. Van Wyk at NTS Championships 2021

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13-13	100	Back	1:02.41	15-Dec-21	TUKS- TSH	HELGAARD MULLER at NTS Championships 2021	
	200	Back	2:15.63	15-Dec-21	TUKS- TSH	HELGAARD MULLER at NTS Championships 2021	
	50	Breast	31.93	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
	100	Breast	1:09.04	3-Dec-15	HILL- TS	Ruan Breytenbach at NTS Championships 2015	
	200	Breast	2:27.93	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
	50	Fly	27.23	24-Oct-15	NTS- TS	Ruan Breytenbach at VII Gala Golfinhos Sprint 2015	
	100	Fly	59.57	3-Dec-15	HILL- TS	Ruan Breytenbach at NTS Championships 2015	
	200	Fly	2:08.69	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
	200	IM	2:14.78	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
	400	IM	4:43.35	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
14-14	50	Free	24.70	18-Mar-16	GZSA- TS	Bernard Becker at SA Level 3 National Age Group Champs 2016-PE	
	100	Free	53.75	17-Mar-17	TRAZ- TS	Ethan R. Spieker at SA National JNR Age Group Champs 2017-KZN	
	200	Free	1:56.85	17-Mar-17	TRAZ- TS	Ethan R. Spieker at SA National JNR Age Group Champs 2017-KZN	
	400	Free	4:08.44	17-Mar-17	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2017-KZN	
	800	Free	8:48.23	25-Nov-16	TUKS- TS	Ruan Breytenbach at NTS November 2016 Age Group Gala Level 3+	
	1500	Free	16:19.93	28-Mar-17	RSA	Ruan Breytenbach at Afriacan Junior Championships 2017 Egypt	
	50	Back	27.83	9-Dec-22	TUKS- TSH	Adrian R. Van Wyk at NTS Championships 2022	
	100	Back	59.49	16-Dec-22	TUKS- TSH	Adrian R. Van Wyk at KZNA Premier Provincial Championship	
	200	Back	2:08.44	21-Mar-18	TUKS- TS	Zander J. Landman at SA National JNR Age Group Champs 2018-KZN	
	50	Breast	31.05	15-Mar-13	TUKS- NT	Mario A. Ervedosa at SA Level 3 National Age Group Champs 2013-KZN	
	100	Breast	1:06.79	28-Mar-17	RSA	Ruan Breytenbach at African Junior Championship 2017 Egypt	
	200	Breast	2:22.23	7-Dec-16	TUKS- TS	Ruan Breytenbach at NTS Championships 2016	
	50	Fly	26.50	17-Dec-99	PAC- NT	Carl Marais at Westville Sprnts	
	100	Fly	58.35	17-Mar-17	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2017-KZN	
	200	Fly	2:05.19	28-Mar-17	RSA	Ruan Breytenbach at African Junior Swimming Championship 2017 Egypt	
	200	IM	2:10.22	21-Mar-18	TUKS- TS	Zander J. Landman at SA National JNR Age Group Champs 2018-KZN	
	400	IM	4:35.34	17-Mar-17	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2017-KZN	
	15-15	50	Free	24.10	7-Dec-16	GZSA- TS	Bernard Becker at NTS Championships 2016
		100	Free	52.75	14-Dec-23	TUKS- TSH	Adrian R. Van Wyk at KZNA 2023 Championships Incorp SSA Trials
		200	Free	1:54.28	12-Dec-23	TUKS- TSH	Adrian R. Van Wyk at NTS Championships 2023
400		Free	4:01.78	21-Mar-18	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2018-KZN	
800		Free	8:20.19	23-Apr-18	NTS- TSH	Ruan Breytenbach at Sa National Aquatic Championship 2018-PE	
1500		Free	16:01.00	21-Mar-18	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2018-KZN	
50		Back	26.75	14-Dec-23	TUKS- TSH	Adrian R. Van Wyk at KZNA 2023 Championships Incorp SSA Trials	
100		Back	57.40	14-Dec-23	TUKS- TSH	HELGAARD MULLER at KZNA 2023 Championships Incorp SSA Trials	
200		Back	2:04.01	14-Dec-23	TUKS- TSH	HELGAARD MULLER at KZNA 2023 Championships Incorp SSA Trials	
50		Breast	30.33	7-Jun-06	TUKS- NT	Warren S. Karsten at RSA Mare Nostrum Canet 2006	
100		Breast	1:06.47	6-Dec-17	TUKS- TS	Ruan Breytenbach at NTS Championships 2017	
200		Breast	2:19.94	21-Mar-18	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2018-KZN	
50		Fly	25.76	11-Apr-11	NTS- NT	Ryan Coetzee at Telkom Sa National Aquatic Champs 2011 PE	
100		Fly	56.59	12-Mar-10	PASC- NT	Jonathan vd Merwe at Telkom SA Level 3 National Champs EL 2010	
200		Fly	2:03.35	23-Apr-18	NTS- TS	Ruan Breytenbach at Sa National Aquatic Championship 2018-PE	
200		IM	2:07.66	21-Mar-18	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2018-KZN	
400		IM	4:30.20	21-Mar-18	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2018-KZN	
16-16		50	Free	23.27	11-Dec-20	TUKS- TSH	Pieter Coetzé at NTS Championships 2020
		100	Free	51.54	4-Sep-23	RSA	Tumelo Mahan at 9th JUNIOR WORLD SWIMMING CHAMPS ISRAEL-23
		200	Free	1:51.71	6-Dec-13	TUKS- NT	Joshua Steyn at NTS Championships 2013
	400	Free	3:56.46	31-Aug-17	TUKS- TS	James S. Freeman at Commomwealth Youth Games Bahamas 2017	
	800	Free	8:14.74	21-Mar-18	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2018-KZN	
	1500	Free	15:44.91	20-Mar-19	TUKS- TS	Ruan Breytenbach at SA National JNR Age Group Champs 2019-KZN	
	50	Back	25.02	7-Apr-21	AGC- TSH	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	100	Back	53.62	7-Apr-21	RSA	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	200	Back	1:58.33	7-Apr-21	AGC- TSH	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	

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16-16	50 Breast	29.12	15-Mar-13	CSC- NT	Jarred C. Crous at SA Level 3 National Age Group Champs 2013-KZN
	100 Breast	1:03.07	15-Apr-13	NTS- NT	Jarred C. Crous at SA National Aquatic Championship 2013 PE
	200 Breast	2:18.71	10-Apr-16	NTS- TS	Duncan R. Rudolph at SA National Aquatic Championship 2016 Durban
	50 Fly	24.14	7-Apr-21	AGC- TSH	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE
	100 Fly	53.68	7-Apr-21	AGC- TSH	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE
	200 Fly	2:01.20	10-Sep-18	RSA	Ruan Breytenbach at 13th African Swimming Champs 2018-Algeria
	200 IM	2:04.09	28-Nov-13	RSA- ZZ	Joshua Steyn at 10th Africa Junior Swimming Champs2013-Lusaka
	400 IM	4:25.80	10-Sep-18	RSA	Ruan Breytenbach at 13th African Swimming Champs 2018-Algeria
17-17	50 Free	22.15	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Free	50.12	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	200 Free	1:50.28	7-Apr-14	NTS- NT	Joshua Steyn at SA National Aquatic Championship 2014 Durban
	400 Free	3:55.83	13-Mar-14	TUKS- NT	Joshua Steyn at SA Level 3 National Age Group Champs 2014 -CT
	800 Free	8:11.06	20-Aug-19	RSA	Ruan Breytenbach at 7TH FINA World Junior Swimming Champs-HUN
	1500 Free	15:38.28	20-Mar-19	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2019-KZN
	50 Back	24.74	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Back	53.96	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	200 Back	1:56.92	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	50 Breast	28.31	12-Dec-23	TRAZ- TSH	Chris F. Smith at NTS Championships 2023
	100 Breast	1:02.17	31-Jan-14	RSA- ZZ	Jarred C. Crous at 2014 BHP Billiton Aquatic Super Series
	200 Breast	2:14.54	11-Jun-14	CSC- NT	Jarred C. Crous at Mare Nostrum 2014 Canet
	50 Fly	24.14	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Fly	53.52	6-Apr-22	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE
	200 Fly	2:02.71	12-Apr-10	PASC- NT	Martin V. Vogell at Telkom SA Nationals Aquatic Champs-2010 Durba
	200 IM	2:04.72	5-Nov-21	TUKS- TSH	Pieter Coetzé at NTS Prestige Gala 2021
	400 IM	4:27.41	13-Dec-19	TUKS- TSH	Ruan Breytenbach at Amstel Cup - Amsterdam
18-18	50 Free	22.18	12-Apr-23	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
	100 Free	49.19	12-Apr-23	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
	200 Free	1:50.19	13-Apr-15	NTS- NT	Joshua Steyn at SA National Aquatic Championship 2015 Durban
	400 Free	3:53.18	8-Apr-19	AGC- TS	James S. Freeman at SA National Aquatic Championship 2019 Durban
	800 Free	8:07.67	8-Apr-19	AGC- TS	James S. Freeman at SA National Aquatic Championship 2019 Durban
	50 Back	24.36	12-Apr-23	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
	100 Back	52.78	12-Apr-23	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
	200 Back	1:56.05	30-Aug-22	RSA	Pieter Coetzé at 8th FINA JUNIOR WORLD SWIMMING CHAMPS LIMA-22
	50 Breast	27.49	25-Mar-07	RSA- ZZ	Cameron vd Burgh at 12th FINA World Championship 2007
	100 Breast	1:01.12	25-Mar-07	RSA- ZZ	Cameron vd Burgh at 12th FINA World Championship 2007
	200 Breast	2:14.32	12-Jul-07	TUKS- NT	Cameron vd Burgh at 9th All Africa Champs
	50 Fly	23.81	26-Aug-13	TUKS- NT	Ryan Coetzee at 4th FINA World Junior Swimming Champs-Dubai
	100 Fly	53.59	26-Aug-13	TUKS- NT	Ryan Coetzee at 4th FINA World Junior Swimming Champs-Dubai
	200 Fly	2:01.87	29-Mar-04	TUKS- NT	Peter Hos at Telkom SA Prestige Age Group L
	200 IM	2:03.10	4-Sep-23	RSA	Kian Keylock at 9th JUNIOR WORLD SWIMMING CHAMPS ISRAEL-23
	400 IM	4:27.59	13-Apr-15	NTS- TS	Neil Fair at SA National Aquatic Championship 2014 Durban
19 & 0	50 Free	21.67	9-Aug-08	TUKS- NT	Roland M. Schoeman at Olympic Games Beijing 2008
	100 Free	48.00	9-Aug-08	RSA- ZZ	Lyndon Ferns at Olympic Games Beijing 2008
	200 Free	1:49.59	6-Apr-22	AGC- TSH	Andrew Ross at SA National Aquatic SNR-JNR Champ 2022-PE
	400 Free	3:53.12	13-Sep-10	RSA- ZZ	Jay-Cee Thomson at 10th African Swimming Champs 2010
	800 Free	8:14.97	7-Apr-21	AGC- TSH	Henre Louw at SA Invitational Aquatic Champ 2021-PE
	1500 Free	15:12.64	9-Aug-08	RSA- ZZ	Troyden Prinsloo at Olympic Games Beijing 2008
	50 Back	24.34	26-Jul-09	RSA- ZZ	Gerhard J. Zandberg at 13th FINA World Championships 2009-Roma
	100 Back	53.00	12-Nov-06	DDA- NT	Gerhard J. Zandberg at Rsa Italy Grand Prix-Travagliato
	200 Back	1:55.75	26-Jul-09	RSA- ZZ	George du Rand at 13th FINA World Championships 2009-Roma
	50 Breast	26.62	24-Jul-15	TUKS- TS	Cameron vd Burgh at 16th FINA World Championship Kazan
	100 Breast	58.46	26-Jul-09	RSA- ZZ	Cameron vd Burgh at London Olympics 2012
	200 Breast	2:10.13	10-Apr-16	NTS- TS	Cameron vd Burgh at Sa National Aquatic Championship 2016 Durban

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19 & O	50 Fly	22.96	24-Jul-05	RSA- ZZ	Roland M. Schoeman at RSA 11th FINA World Swimming Championships
	100 Fly	51.69	8-Jul-09	PASC- NT	Lyndon Ferns at KZN Speedo Prestige 2009
	200 Fly	2:00.10	11-Oct-21	RSA	Ross M. Hartigan at 14th Africa Seniors Swimming Championship
	200 IM	2:01.88	12-Apr-23	AGC- TSH	Andrew Ross at SA National Aquatic SNR-Champ 2023-PE
	400 IM	4:21.06	13-Sep-10	RSA- ZZ	Jay-Cee Thomson at 10th African Swimming Champs 2010

RECORDS NTS Senior Records
LC Meters-Female

50 Free	24.78	29-Jul-22	RSA	Emma Chelius at Commonwealth Games 2022 Birmingham
100 Free	54.39	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
200 Free	1:57.17	7-Jun-14	TUKS- NT	Karin Prinsloo at Mare Nostrum 2014 Monaco
400 Free	4:07.92	31-Jan-14	RSA- ZZ	Karin Prinsloo at 2014 BHP Billiton Aquatic Super Series
800 Free	8:32.88	5-Aug-23	TUKS- TSH	Duné Coetzee at World Univesity Games 2023
1500 Free	16:32.91	12-Apr-23	AGC- TSH	Duné Coetzee at SA National Aquatic SNR-Champ 2023-PE
50 Back	28.73	5-Aug-23	PSC- TSH	Tayla Jonker at World Univesity Games 2023
100 Back	1:00.78	14-Jun-14	TUKS- NT	Karin Prinsloo at 2014 Mare Nostrum Barcelona
200 Back	2:10.04	28-Jul-13	RSA- ZZ	Karin Prinsloo at 15th FINA World Championships 2013-Barcelon
50 Breast	29.72	6-Apr-22	AGC- TSH	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE
100 Breast	1:04.82	24-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
200 Breast	2:18.96	24-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
50 Fly	25.66	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
100 Fly	57.64	5-Aug-23	TUKS- TSH	Erin Gallagher at World Univesity Games 2023
200 Fly	2:10.89	8-Apr-19	AGC- TS	Dune Coetzee at Sa National Aquatic Championship 2019 Durban
200 IM	2:15.17	24-Jul-14	RSA- ZZ	Marlies Ross at Commonwealth Games Swimming Championship 2014
400 IM	4:47.71	26-Aug-13	RSA- NT	Marlies Ross at 4th FINA World Junior Swimming Champs-Dubai

RECORDS NTS Senior Records
LC Meters-Male

50 Free	21.67	16-Aug-08	RSA- ZZ	Roland M. Schoeman at the 2008 Beijing Olympics
100 Free	48.00	9-Aug-08	RSA- ZZ	Lyndon Ferns at the 2008 Beijing Olympics
200 Free	1:49.59	6-Apr-22	AGC- TSH	Andrew Ross at SA National Aquatic SNR-JNR Champ 2022-PE
400 Free	3:53.12	13-Sep-10	RSA- ZZ	Jay-Cee Thompson at 10th African Swimming Champs 2010
800 Free	8:07.67	8-Apr-19	AGC- TS	James S. Freeman at Sa National Aquatic Championship 2019 Durban
1500 Free	15:29.93	1-May-04	RSA- ZZ	Stephan Ackermann at 7th African Senior Championships
50 Back	24.34	26-Jul-09	RSA- ZZ	Gerhard J. Zandberg at 13th FINS World Championships 2009 - Rome
100 Back	52.78	12-Apr-23	AGC- TSH	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
200 Back	1:55.75	26-Jul-09	RSA- ZZ	George du Rand at 13th FINA World Championships 2009 - Rome
50 Breast	26.62	24-Jul-15	RSA- ZZ	Cameron vd Burgh at 16th FINA World Championship Kazan
100 Breast	58.46	25-Jul-12	RSA- ZZ	Cameron vd Burgh at the London Olympics 2012
200 Breast	2:10.13	10-Apr-16	NTS- TS	Cameron vd Burgh at Sa National Aquatic Championship 2016 Durban
50 Fly	22.96	24-Jul-05	RSA- ZZ	Roland M. Schoeman at RSA 11th FINA World Swimming Championships
100 Fly	51.69	8-Jul-09	PASC- NT	Lyndon Ferns at KZN Speedo Prestige 2009
200 Fly	2:00.10	11-Oct-21	RSA	Ross M. Hartigan at 14th Africa Seniors Swimming Championship
200 IM	2:01.88	12-Apr-23	AGC- TSH	Andrew Ross at SA National Aquatic SNR-Champ 2023-PE
400 IM	4:21.06	13-Sep-10	RSA- ZZ	Jay-Cee Thompson at 10th African Swimming Champs 2010