

RECORDS FB

LC Meters-Women

8 & U	50 Free	36.27	29-Nov-04	KASA- EP	Jessica Liss at Freda Barnard Gala 2004	
	100 Free	1:21.11	3-Nov-17	PEAS- EP	Chloe L. Watson at 36th Freda Barnard Gala Invitational Gala	
	200 Free	3:13.72	4-Nov-16	PEAS- EP	Chloe L. Watson at Freda Barnard Gala 35	
	400 Free	7:28.30	2-Nov-18	PEAS- EP	Sienna R. Gous at 37th Freda Barnard Gala Invitational Gala	
	800 Free	10:40:39.99	30-Apr-06		Dummy	
	1500 Free	10:40:39.99	30-Apr-06		Dummy	
	50 Back	44.88	29-Oct-04	KASA- EP	Jessica Liss at Freda Barnard Gala 2004	
	100 Back	1:38.78	3-Nov-17	PEAS- EP	Chloe L. Watson at 36th Freda Barnard Gala Invitational Gala	
	200 Back	3:47.96	2-Nov-18	QUIC- CP	Tatiana C. Thomatos at 37th Freda Barnard Gala Invitational Gala	
	50 Breast	44.43	29-Oct-04	KASA- EP	Jessica Liss at Freda Barnard Gala 2004	
	100 Breast	1:50.03	3-Nov-17	PEAS- EP	Chloe L. Watson at 36th Freda Barnard Gala Invitational Gala	
	200 Breast	4:05.22	2-Nov-18	BARR- CP	Demi Putter at 37th Freda Barnard Gala Invitational Gala	
	50 Fly	44.19	1-Nov-13	TYGE- CP	Marnè Campbell at 32nd Freda Barnard Invitational Gala	
	100 Fly	1:57.78	3-Nov-17	BLMA- CP	Hannah Burke at 36th Freda Barnard Gala Invitational Gala	
	200 Fly	10:40:39.99	30-Apr-06		Dummy	
	200 IM	3:33.24	3-Nov-17	PEAS- EP	Chloe L. Watson at 36th Freda Barnard Gala Invitational Gala	
	400 IM	10:40:39.99	30-Apr-06		Dummy	
	9-9	50 Free	33.92	1-Nov-13	KNYS- SW	Aimee L. Canny at 32nd Freda Barnard Invitational Gala
		100 Free	1:15.88	1-Nov-13	KNYS- SW	Aimee L. Canny at 32nd Freda Barnard Invitational Gala
		200 Free	2:54.71	7-Oct-22	PAQU- CE	Georgia Sabbagha at 41st Freda Barnard Invitational Gala
400 Free		6:12.28	3-Nov-17	BEST- EP	Marony Jacobs at 36th Freda Barnard Gala Invitational Gala	
800 Free		10:40:39.99	16-Jan-10		Dummy	
1500 Free		10:40:39.99	30-Apr-06		Dummy	
50 Back		41.27	8-Oct-21	BLMA- CP	Ava E. Lorenzen at 40th Freda Barnard Invitational Gala	
100 Back		1:29.67	2-Nov-18	QUIC- CP	Naledi Thobeha at 37th Freda Barnard Gala Invitational Gala	
200 Back		3:16.34	2-Nov-18	BLMA- CP	Shi Han A. Huang at 37th Freda Barnard Gala Invitational Gala	
50 Breast		47.37	1-Nov-13	KNYS- SW	Aimee L. Canny at 32nd Freda Barnard Invitational Gala	
100 Breast		1:45.80	1-Nov-13	KNYS- SW	Aimee L. Canny at 32nd Freda Barnard Invitational Gala	
200 Breast		3:42.96	8-Oct-21	GSA- CP	Erin R. Neumann at 40th Freda Barnard Invitational Gala	
50 Fly		38.38	31-Oct-14	AQWO- WP	Marnè Campbell at Freda Barnard Gala	
100 Fly		1:26.98	31-Oct-14	AQWO- WP	Marnè Campbell at Freda Barnard Gala	
200 Fly		10:40:39.99	30-Apr-06		Dummy	
200 IM		3:17.45	31-Oct-14	AQWO- WP	Marnè Campbell at Freda Barnard Gala	
400 IM		10:40:39.99	21-Nov-09		Dummy	
10-10		50 Free	29.12	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala
		100 Free	1:08.55	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala
		200 Free	2:30.30	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala
	400 Free	5:35.41	6-Nov-15	PEAS- EP	Britney K. Brown at Freda Barnard Gala 34	
	800 Free	11:53.71	7-Oct-22	GSA- CP	Erin R. Neumann at 41st Freda Barnard Invitational Gala	
	1500 Free	10:40:39.99	26-Jan-13		Dummy	
	50 Back	35.57	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala	
	100 Back	1:18.09	1-Nov-13	CADO- WP	Honey L. Osrin at 32nd Freda Barnard Invitational Gala	
	200 Back	2:55.42	6-Nov-15	PEAS- EP	Britney K. Brown at Freda Barnard Gala 34	
	50 Breast	40.72	3-Nov-12	CADO- WP	Hànim Abrahams at 31st Freda Barnard Gala	
	100 Breast	1:28.88	3-Nov-12	CADO- WP	Hànim Abrahams at 31st Freda Barnard Gala	
	200 Breast	3:27.19	1-Nov-13	BARR- CP	Jana Botha at 32nd Freda Barnard Invitational Gala	
	50 Fly	34.88	31-Oct-14	KNYS- SW	Aimee L. Canny at Freda Barnard Gala	
	100 Fly	1:23.96	6-Nov-15	PEAS- EP	Britney K. Brown at Freda Barnard Gala 34	
	200 Fly	3:45.36	2-Nov-18	BARR- CP	Mieke Vd Wal at 37th Freda Barnard Gala Invitational Gala	
	200 IM	2:52.73	31-Oct-14	KNYS- SW	Aimee L. Canny at Freda Barnard Gala	
	400 IM	6:42.30	3-Nov-17	BARR- CP	Emma M. De Wet at 36th Freda Barnard Gala Invitational Gala	

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11-11	50	Free	29.22	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	100	Free	1:02.05	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	200	Free	2:23.36	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	400	Free	5:15.74	4-Nov-16	WSAA- CP	Hannah E. Cromhout at Freda Barnard Gala 35	
	800	Free	10:40.61	5-Oct-23	BLMA- CPT	Ava E. Lorenzen at 42nd Freda Barnard Invitational Gala	
	1500	Free	10:40:39.99	22-Feb-14		Dummy	
	50	Back	32.59	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	100	Back	1:10.94	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	200	Back	2:51.75	7-Oct-22	BS- LL	Leandi Prinsloo at 41st Freda Barnard Invitational Gala	
	50	Breast	37.62	1-Nov-13	CADO- WP	Hanim Abrahams at 32nd Freda Barnard Invitational Gala	
	100	Breast	1:21.47	1-Nov-13	CADO- WP	Hanim Abrahams at 32nd Freda Barnard Invitational Gala	
	200	Breast	2:56.15	1-Nov-13	CADO- WP	Hanim Abrahams at 32nd Freda Barnard Invitational Gala	
	50	Fly	32.52	5-Oct-23	INFA- NM	Gemma T. Spies at 42nd Freda Barnard Invitational Gala	
	100	Fly	1:14.34	7-Oct-22	INFA- NM	Morgan A. Gous at 41st Freda Barnard Invitational Gala	
	200	Fly	3:04.66	7-Oct-22	CYBE- CP	Pei-Chi Tsai-Rieb at 41st Freda Barnard Invitational Gala	
	200	IM	2:43.94	7-Oct-22	INFA- NM	Morgan A. Gous at 41st Freda Barnard Invitational Gala	
	400	IM	6:19.10	2-Nov-18	BARR- CP	Emma M. De Wet at 37th Freda Barnard Gala Invitational Gala	
	12-12	50	Free	29.16	3-Nov-12	PEAS- EP	Kaley Gouws at 31st Freda Barnard Gala
		100	Free	1:03.25	3-Nov-12	PEAS- EP	Kaley Gouws at 31st Freda Barnard Gala
		200	Free	2:15.46	3-Nov-12	PEAS- EP	Kaley Gouws at 31st Freda Barnard Gala
400		Free	4:55.31	1-Nov-13	PEAS- EP	Jessica R. Beukes at 32nd Freda Barnard Invitational Gala	
800		Free	10:15.78	7-Oct-22	INFA- NM	Sienna R. Gous at 41st Freda Barnard Invitational Gala	
1500		Free	10:40:39.99	22-Nov-14		Dummy	
50		Back	34.22	6-Nov-10	AQUB- EP	Megan van Wyk at Freda Barnard Gala 2010	
100		Back	1:11.72	10-Nov-06	AQUB- EP	Megan van Wyk at Freda Barnard Gala 2010	
200		Back	2:40.10	6-Nov-15	VINE- CP	Hannah C. Pearse at Freda Barnard Gala 34	
50		Breast	35.54	4-Nov-16	KNYD- ED	Aimee Canny at Freda Barnard Gala 35	
100		Breast	1:18.94	4-Nov-16	KNYD- ED	Aimee Canny at Freda Barnard Gala 35	
200		Breast	2:56.07	7-Oct-22	TYGE- CP	Caitlin N. Evans at 41st Freda Barnard Invitational Gala	
50		Fly	30.92	5-Oct-23	INFA- NM	Jemmah A. Roman at 42nd Freda Barnard Invitational Gala	
100		Fly	1:11.87	7-Nov-09	PEA- EP	Tarryn Els at Freda Barnard Gala 2009	
200		Fly	2:46.94	3-Nov-17	TYGE- CP	Marnè Campbell at 36th Freda Barnard Gala Invitational Gala	
200		IM	2:35.85	3-Nov-12	PEAS- EP	Kaley Gouws at 31st Freda Barnard Invitational Gala	
400		IM	5:45.92	7-Oct-22	INFA- NM	Sienna R. Gous at 41st Freda Barnard Invitational Gala	
13-13		50	Free	28.55	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala
		100	Free	1:00.76	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala
		200	Free	2:12.76	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala
	400	Free	4:45.19	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala	
	800	Free	9:47.39	5-Oct-23	INFA- NM	Sienna R. Gous at 42nd Freda Barnard Invitational Gala	
	1500	Free	10:40:39.99	14-Jun-19		Dummy	
	50	Back	33.03	30-Oct-20	BARR- CP	Emma M. De Wet at 39th Freda Barnard Invitational Gala	
	100	Back	1:09.00	31-Oct-14	PEAS- EP	Jessica R. Beukes at Freda Barnard Gala	
	200	Back	2:36.59	30-Oct-20	BARR- CP	Emma M. De Wet at 39th Freda Barnard Invitational Gala	
	50	Breast	34.70	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala	
	100	Breast	1:16.75	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala	
	200	Breast	2:47.01	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala	
	50	Fly	30.97	1-Nov-13	BARR- CP	Kristen C. Straszacker at 32nd Freda Barnard Invitational Gala	
	100	Fly	1:08.75	7-Nov-09	AQUB- EP	Michaela Barnes at Freda Barnard Gala 2009	
	200	Fly	2:40.10	30-Oct-20	BARR- CP	Emma M. De Wet at 39th Freda Barnard Invitational Gala	
	200	IM	2:29.97	1-Nov-13	PEAS- EP	Kaley Gouws at 32nd Freda Barnard Invitational Gala	
	400	IM	5:34.88	30-Oct-20	BARR- CP	Emma M. De Wet at 39th Freda Barnard Invitational Gala	
	14-14	50	Free	28.05	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
		100	Free	1:00.17	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala

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14-14	200	Free	2:12.71	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	400	Free	4:40.22	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	800	Free	9:52.33	8-Oct-21	BEST- EP	Katie Horne at 40th Freda Barnard Invitational Gala
	1500	Free	10:40:39.99	9-Nov-19		Dummy
	50	Back	32.38	6-Nov-10	WH&FC- WP	Janet Vlok at Freda Barnard Gala 2010
	100	Back	1:09.03	10-Nov-06	AQUB- EP	Michaela Barnes Freda Barnard Gala 2009
	200	Back	2:34.63	8-Oct-21	BARR- CP	Emma M. De Wet at 40th Freda Barnard Invitational Gala
	50	Breast	35.49	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	100	Breast	1:17.56	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	200	Breast	2:47.52	1-Nov-13	TWSA- EP	Kaylene Corbett at 32nd Freda Barnard Invitational Gala
	50	Fly	30.00	8-Oct-21	PEAS- EP	Keira Van Heerden at 40th Freda Barnard Invitational Gala
	100	Fly	1:06.91	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	200	Fly	2:35.13	4-Nov-11	PEAS- EP	Tarryn C. Els at Freda Barnard Gala
	200	IM	2:29.68	31-Oct-14	PEAS- EP	Kaley Gouws at Freda Barnard Gala
	400	IM	5:31.58	8-Oct-21	BEST- EP	Katie Horne at 40th Freda Barnard Invitational Gala
15-15	50	Free	28.49	6-Nov-10	INFA- NM	Tammy Price at Freda Barnard 2010
	100	Free	1:02.51	31-Oct-14	PEAS- EP	Jessica A. Canter at Freda Barnard Gala
	200	Free	2:15.12	1-Nov-19	ROA- ED	Hannah Murray at 38th Freda Barnard Invitational Gala
	400	Free	4:45.77	31-Oct-14	PEAS- EP	Jessica A. Canter at Freda Barnard Gala
	800	Free	9:52.58	1-Nov-19	ROA- ED	Hannah Murray at 38th Freda Barnard Invitational Gala
	1500	Free	20:30.01	3-Nov-17	VINE- CP	Hannah Elvidge at 36th Freda Barnard Gala Invitational Gala
	50	Back	31.51	7-Oct-22	FISH- ED	Melissa Kuun at 41st Freda Barnard Invitational Gala
	100	Back	1:09.16	31-Oct-14	BARR- CP	Roseline L. Loubser at Freda Barnard Gala
	200	Back	2:34.31	3-Nov-12	FISH- ED	Emma J. Kiely at 31st Freda Barnard Gala
	50	Breast	34.16	31-Oct-14	TWSA- EP	Kaylene Corbett at Freda Barnard Gala
	100	Breast	1:13.31	31-Oct-14	TWSA- EP	Kaylene Corbett at Freda Barnard Gala
	200	Breast	2:58.27	1-Nov-19	FISH- ED	Arianne Bauer at 38th Freda Barnard Invitational Gala
	50	Fly	30.06	3-Nov-12	AQUB- EP	Kirstyn N. Fourie at 31st Freda Barnard Gala
	100	Fly	1:08.20	6-Nov-10	AQUB- EP	Michaela Barnes at Freda Barnard Gala 2010
	200	Fly	2:29.97	4-Nov-11	TWSA- EP	Kaleigh L. Graham at Freda Barnard Gala
	200	IM	2:30.41	6-Nov-10	AQUB- EP	Michaela Barnes at Freda Barnard Gala 2010
	400	IM	5:41.45	8-Oct-21	PAQU- CE	Anika S. Hugo at 40th Freda Barnard Invitational Gala
16-16	50	Free	27.90	4-Nov-11	AQUB- EP	Tammy Price at Freda Barnard Gala
	100	Free	1:00.82	4-Nov-11	WHFC- WP	Janneke Malan at Freda Barnard Gala
	200	Free	2:14.32	4-Nov-11	TWSA- EP	Michaela Barnes at Freda Barnard Gala
	400	Free	4:44.22	31-Oct-14	TYGE- CP	Nasha Van Rensburg at Freda Barnard Gala
	800	Free	9:50.49	8-Oct-21	MATI- CE	Hannah K. Neilson at 40th Freda Barnard Invitational Gala
	1500	Free	10:40:39.99	21-Nov-20		Dummy
	50	Back	30.84	4-Nov-11	WHFC- WP	Janneke Malan at Freda Barnard Gala
	100	Back	1:06.87	4-Nov-11	WHFC- WP	Janneke Malan at Freda Barnard Gala
	200	Back	2:35.06	8-Oct-21	BLMA- CP	Liya E. Venter at 40th Freda Barnard Invitational Gala
	50	Breast	34.88	1-Nov-13	AQUB- EP	Kirstyn N. Fourie at 32nd Freda Barnard Invitational Gala
	100	Breast	1:19.46	1-Nov-13	AQUB- EP	Kirstyn N. Fourie at 32nd Freda Barnard Invitational Gala
	200	Breast	2:53.17	7-Oct-22	CYBE- CP	Mia Nortjè at 41st Freda Barnard Invitational Gala
	50	Fly	29.81	4-Nov-11	AQUB- EP	Tammy Price at Freda Barnard Gala
	100	Fly	1:08.85	8-Oct-21	BLMA- CP	Liya E. Venter at 40th Freda Barnard Invitational Gala
	200	Fly	2:41.47	7-Oct-22	PEAS- EP	Teegan Pio at 41st Freda Barnard Invitational Gala
	200	IM	2:27.59	4-Nov-11	WHFC- WP	Janneke Malan at Freda Barnard Gala
	400	IM	5:39.80	8-Oct-21	PEAS- EP	Robyn S. Hough at 40th Freda Barnard Invitational Gala
17 & 0	50	Free	28.65	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala
	100	Free	1:01.41	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala
	200	Free	2:12.79	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala
	400	Free	4:43.63	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala

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17 & O	800 Free	9:42.01	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala
	1500 Free	19:59.43	3-Nov-17	ROA- ED	Frances Herholdt at 36th Freda Barnard Gala Invitational Gala
	50 Back	31.38	5-Oct-23	PAC- TS	Natalie Landmann at 42nd Freda Barnard Invitational Gala
	100 Back	1:11.20	7-Oct-22	BLMA- CP	Liya E. Venter at 41st Freda Barnard Invitational Gala
	200 Back	2:37.60	7-Oct-22	BLMA- CP	Liya E. Venter at 41st Freda Barnard Invitational Gala
	50 Breast	34.66	4-Nov-11	AQUB- EP	Cheri Knoesen at Freda Barnard Gala
	100 Breast	1:19.13	1-Nov-13	KNYS- SW	Anola Walk at 32nd Freda Barnard Invitational Gala
	200 Breast	2:59.57	7-Oct-22	QSAW- CE	Kara K. Cilliers at 41st Freda Barnard Invitational Gala
	50 Fly	30.21	7-Oct-22	BLMA- CP	Liya E. Venter at 41st Freda Barnard Invitational Gala
	100 Fly	1:06.92	1-Nov-13	TWSA- EP	Joaquina Salgado at 32nd Freda Barnard Invitational Gala
	200 Fly	2:40.19	8-Oct-21	INFA- NM	Abi Swanepoel at 40th Freda Barnard Invitational Gala
	200 IM	2:31.94	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala
	400 IM	5:29.34	8-Oct-21	ROA- ED	Hannah Murray at 40th Freda Barnard Invitational Gala

RECORDS FB

LC Meters-Men

8 & U	50 Free	34.90	6-Nov-10	PEA- EP	Christopher Engelbrecht at Freda Barnard Gala 2010
	100 Free	1:20.76	30-Oct-20	ROJ- ED	Kyle Hahn at 39th Freda Barnard Invitational Gala
	200 Free	3:07.79	7-Oct-22	GREY- CP	Harry Steyn at 41st Freda Barnard Invitational Gala
	400 Free	6:30.10	6-Nov-15	BLMA- CP	Liam Ellis at Freda Barnard Gala 34
	800 Free	10:40:39.99	16-Jan-12		Dummy
	1500 Free	10:40:39.99	16-Nov-13		Dummy
	50 Back	40.90	3-Nov-12	PEAS- EP	Dennis N. De Villiers at 31st Freda Barnard Invitational Gala
	100 Back	1:31.77	1-Nov-13	AQUB- EP	Kian N. Claassen at 32nd Freda Barnard Invitational Gala
	200 Back	3:23.84	7-Oct-22	GREY- CP	Harry Steyn at 41st Freda Barnard Invitational Gala
	50 Breast	48.75	5-Nov-10	PEA- EP	Christopher Engelbrecht at Freda Barnard Gala 2010
	100 Breast	1:53.37	4-Nov-11	AQUB- EP	Jack D. Milne at Freda Barnard Gala
	200 Breast	4:34.32	2-Nov-18	BLMA- CP	Finlay H. Ferguson at 37th Freda Barnard Gala Invitational Gala
	50 Fly	40.18	6-Nov-10	FLIP- SW	Eugene vd Merwe at Freda Barnard Gala 2010
	100 Fly	1:48.99	6-Nov-15	CYBE- CP	Ruben J. Engelbrecht at Freda Barnard Gala 34
	200 Fly	10:40:39.99	16-Nov-13		Dummy
	200 IM	3:28.77	7-Oct-22	GREY- CP	Harry Steyn at 41st Freda Barnard Invitational Gala
	400 IM	10:40:39.99	30-Apr-06		Dummy
9-9	50 Free	33.18	4-Nov-11	PEAS- EP	Damon W. Royle at Freda Barnard Gala
	100 Free	1:13.03	5-Oct-23	GREY- CPT	Harry Steyn at 42nd Freda Barnard Invitational Gala
	200 Free	2:49.27	4-Nov-16	PEAS- EP	Bryce Minderon at Freda Barnard Gala 35
	400 Free	6:00.37	31-Oct-14	BARR- CP	Tiago T. Coelho at Freda Barnard Gala
	800 Free	10:40:39.99	20-Feb-21		Dummy
	1500 Free	10:40:39.99	20-Feb-21		Dummy
	50 Back	38.27	1-Nov-13	PEAS- EP	Dennis N. De Villiers at 32nd Freda Barnard Invitational Gala
	100 Back	1:25.46	5-Oct-23	GREY- CPT	Harry Steyn at 42nd Freda Barnard Invitational Gala
	200 Back	3:17.54	7-Oct-22	ROA- ED	Rhoderick M. Simpson at 41st Freda Barnard Invitational Gala
	50 Breast	43.55	6-Nov-15	PEAS- EP	Carlo Britz at Freda Barnard Gala 34
	100 Breast	1:37.50	6-Nov-15	ROA- ED	Luca Potgieter at Freda Barnard Gala 34
	200 Breast	3:39.84	1-Nov-13	VINE- CP	Jonty Couves at 32nd Freda Barnard Invitational Gala
	50 Fly	36.40	6-Nov-15	PEAS- EP	Carlo Britz at Freda Barnard Gala 34
	100 Fly	1:28.99	1-Nov-13	PEAS- EP	Dennis N. De Villiers at 32nd Freda Barnard Invitational Gala
	200 Fly	10:40:39.99	30-Apr-06		Dummy
	200 IM	3:07.34	31-Oct-14	AQUB- EP	Kian N. Claassen at Freda Barnard Gala
	400 IM	10:40:39.99	24-Nov-12		Dummy
10-10	50 Free	31.69	4-Nov-16	PEAS- EP	Carlo Britz at Freda Barnard Gala 35
	100 Free	1:08.66	3-Nov-12	BARR- CP	Luan E. Grobbelaar at 31st Freda Barnard Gala
	200 Free	2:31.85	3-Nov-17	PEAS- EP	Bryce Minderon at 36th Freda Barnard Gala Invitational Gala
	400 Free	5:27.62	3-Nov-12	PEAS- EP	Christopher Engelbrecht at 31st Freda Barnard Invitational Gala
	800 Free	11:40.85	3-Nov-17	TYGE- CP	Liam Ellis at 36th Freda Barnard Gala Invitational Gala
	1500 Free	10:40:39.99	20-Feb-21		Dummy
	50 Back	36.05	31-Oct-14	PEAS- EP	Dennis N. De Villiers at Freda Barnard Gala
	100 Back	1:19.99	3-Nov-12	BARR- CP	Luan E. Grobbelaar at 31st Freda Barnard Gala
	200 Back	2:54.49	7-Oct-22	ROA- ED	Kyle Hahn at 41st Freda Barnard Invitational Gala
	50 Breast	40.02	4-Nov-16	PEAS- EP	Carlo Britz at Freda Barnard Gala 35
	100 Breast	1:31.87	4-Nov-16	PEAS- EP	Carlo Britz at Freda Barnard Gala 35
	200 Breast	3:17.61	4-Nov-16	PEAS- EP	Carlo Britz at Freda Barnard Gala 35
	50 Fly	33.59	3-Nov-17	PEAS- EP	Bryce Minderon at 36th Freda Barnard Gala Invitational Gala
	100 Fly	1:16.93	3-Nov-17	PEAS- EP	Bryce Minderon at 36th Freda Barnard Gala Invitational Gala
	200 Fly	4:38.31	5-Oct-23	BARR- CPT	Erigh E. Egen at 42nd Freda Barnard Invitational Gala
	200 IM	2:48.19	3-Nov-12	BARR- CP	Luan E. Grobbelaar at 31st Freda Barnard Invitational Gala
	400 IM	7:23.69	2-Nov-18	BARR- CP	Kyle M. Lombard at 37th Freda Barnard Gala Invitational Gala

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11-11	50	Free	30.37	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	100	Free	1:04.58	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	200	Free	2:18.93	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	400	Free	4:59.06	8-Oct-21	INFA- NM	Danny Baxter at 40th Freda Barnard Invitational Gala	
	800	Free	10:41.49	5-Oct-23	ROA- EDD	Kyle Hahn at 42nd Freda Barnard Invitational Gala	
	1500	Free	10:40:39.99	22-Oct-22		Dummy	
	50	Back	33.77	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	100	Back	1:12.23	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	200	Back	2:39.73	6-Nov-15	AQUB- EP	Dennis N. De Villiers at Freda Barnard Gala 34	
	50	Breast	36.20	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	100	Breast	1:19.52	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	200	Breast	2:52.55	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	50	Fly	31.94	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	100	Fly	1:11.70	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	200	Fly	2:58.63	7-Oct-22	CYBE- CP	Rourke Oaten at 41st Freda Barnard Invitational Gala	
	200	IM	2:33.23	1-Nov-13	BARR- CP	Luan E. Grobbelaar at 32nd Freda Barnard Invitational Gala	
	400	IM	6:22.58	7-Oct-22	KNYA- ED	Llewelyn Viljoen at 41st Freda Barnard Invitational Gala	
	12-12	50	Free	28.05	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala
		100	Free	59.35	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala
		200	Free	2:09.24	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala
400		Free	4:28.56	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala	
800		Free	9:50.19	8-Oct-21	TYGE- CP	Nic Trower at 40th Freda Barnard Invitational Gala	
1500		Free	10:40:39.99	21-Nov-20		Dummy	
50		Back	31.48	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala	
100		Back	1:08.66	8-Oct-21	QUIC- CP	Conrad M. Strydom at 40th Freda Barnard Invitational Gala	
200		Back	2:31.99	5-Oct-23	CSC- TS	Anton Harrop-Allin at 42nd Freda Barnard Invitational Gala	
50		Breast	34.73	1-Nov-19	FISH- ED	RENIER VAN GREUNEN at 38th Freda Barnard Invitational Gala	
100		Breast	1:16.28	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala	
200		Breast	2:53.93	1-Nov-13	PEAS- EP	Ricky King at 32nd Freda Barnard Invitational Gala	
50		Fly	29.13	8-Oct-21	QUIC- CP	Conrad M. Strydom at 40th Freda Barnard Invitational Gala	
100		Fly	1:04.55	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala	
200		Fly	2:31.87	8-Oct-21	QUIC- CP	Conrad M. Strydom at 40th Freda Barnard Invitational Gala	
200		IM	2:20.95	31-Oct-14	BARR- CP	Luan E. Grobbelaar at Freda Barnard Gala	
400		IM	5:31.79	8-Oct-21	TYGE- CP	Nic Trower at 40th Freda Barnard Invitational Gala	
13-13		50	Free	27.18	7-Oct-22	PEAS- EP	Nicholas J. Pretorius at 41st Freda Barnard Invitational Gala
		100	Free	59.69	3-Nov-12	PLAY- CE	Pierre J. Pretorius at 31st Freda Barnard Gala
		200	Free	2:10.39	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala
	400	Free	4:33.52	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	800	Free	9:17.53	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	1500	Free	18:33.49	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	50	Back	31.27	7-Oct-22	QUIC- CP	Conrad M. Strydom at 41st Freda Barnard Invitational Gala	
	100	Back	1:06.48	7-Oct-22	PEAS- EP	Will Beatt at 41st Freda Barnard Invitational Gala	
	200	Back	2:27.39	7-Oct-22	PEAS- EP	Will Beatt at 41st Freda Barnard Invitational Gala	
	50	Breast	32.04	30-Oct-20	FISH- ED	RENIER VAN GREUNEN at 39th Freda Barnard Invitational Gala	
	100	Breast	1:13.70	30-Oct-20	FISH- ED	RENIER VAN GREUNEN at 39th Freda Barnard Invitational Gala	
	200	Breast	2:45.81	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	50	Fly	28.02	7-Oct-22	QUIC- CP	Conrad M. Strydom at 41st Freda Barnard Invitational Gala	
	100	Fly	1:02.76	7-Oct-22	QUIC- CP	Conrad M. Strydom at 41st Freda Barnard Invitational Gala	
	200	Fly	2:28.88	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	200	IM	2:27.25	1-Nov-19	ROA- ED	STEFAN A. STEYN at 38th Freda Barnard Invitational Gala	
	400	IM	5:14.73	3-Nov-17	MATI- CE	Mitchel Engelke at 36th Freda Barnard Gala Invitational Gala	
	14-14	50	Free	25.85	7-Oct-22	CYBE- CP	Alexander J. Yates at 41st Freda Barnard Invitational Gala
		100	Free	55.17	5-Oct-23	TYGE- CPT	Nic Trower at 42nd Freda Barnard Invitational Gala

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14-14	200 Free	2:04.18	5-Oct-23	PEAS- NM	Will Beatt at 42nd Freda Barnard Invitational Gala
	400 Free	4:23.60	8-Oct-21	PEAS- EP	Bryce Minderon at 40th Freda Barnard Invitational Gala
	800 Free	9:14.28	6-Nov-10	AQUB- EP	Andrew Fisher at Freda Barnard 2010
	1500 Free	10:40:39.99	31-Jan-20		Dummy
	50 Back	30.32	6-Nov-10	MATIE- WP	Pieter Loubser at Freda Barnard Gala 2010
	100 Back	1:03.10	5-Oct-23	TYGE- CPT	Nic Trower at 42nd Freda Barnard Invitational Gala
	200 Back	2:20.70	8-Oct-21	PEAS- EP	Bryce Minderon at 40th Freda Barnard Invitational Gala
	50 Breast	32.34	7-Oct-22	CYBE- CP	Alexander J. Yates at 41st Freda Barnard Invitational Gala
	100 Breast	1:12.54	7-Oct-22	CYBE- CP	Alexander J. Yates at 41st Freda Barnard Invitational Gala
	200 Breast	2:39.10	4-Nov-16	PLAY- CE	Bob Fick at Freda Barnard Gala 35
	50 Fly	26.91	8-Oct-21	PLAY- CE	Ruben J. Engelbrecht at 40th Freda Barnard Invitational Gala
	100 Fly	1:02.03	8-Oct-21	PLAY- CE	Ruben J. Engelbrecht at 40th Freda Barnard Invitational Gala
	200 Fly	2:20.63	2-Nov-18	KNYD- ED	Thomas C. Ferguson at 37th Freda Barnard Gala Invitational Gala
	200 IM	2:19.59	7-Oct-22	CYBE- CP	Alexander J. Yates at 41st Freda Barnard Invitational Gala
	400 IM	5:08.11	7-Oct-22	CYBE- CP	Alexander J. Yates at 41st Freda Barnard Invitational Gala
15-15	50 Free	25.56	3-Nov-17	FISH- ED	Eugene VD Merwe at 36th Freda Barnard Gala Invitational Gala
	100 Free	56.36	8-Oct-21	KNYA- ED	STEFAN A. STEYN at 40th Freda Barnard Invitational Gala
	200 Free	2:01.84	8-Oct-21	KNYA- ED	STEFAN A. STEYN at 40th Freda Barnard Invitational Gala
	400 Free	4:23.95	8-Oct-21	KNYA- ED	STEFAN A. STEYN at 40th Freda Barnard Invitational Gala
	800 Free	9:14.69	7-Oct-22	AACTA- CP	Liam Ellis at 41st Freda Barnard Invitational Gala
	1500 Free	10:40:39.99	14-Apr-21		Dummy
	50 Back	29.44	8-Oct-21	CLSC- WC	Adriaan B. Louw at 40th Freda Barnard Invitational Gala
	100 Back	1:03.12	8-Oct-21	CLSC- WC	Adriaan B. Louw at 40th Freda Barnard Invitational Gala
	200 Back	2:19.84	8-Oct-21	INFA- NM	Carlo Britz at 40th Freda Barnard Invitational Gala
	50 Breast	31.18	7-Oct-22	FISH- ED	RENIER VAN GREUNEN at 41st Freda Barnard Invitational Gala
	100 Breast	1:10.13	7-Oct-22	QSAW- CE	Francois A. Bester at 41st Freda Barnard Invitational Gala
	200 Breast	2:34.26	7-Oct-22	QSAW- CE	Francois A. Bester at 41st Freda Barnard Invitational Gala
	50 Fly	27.29	3-Nov-17	FISH- ED	Eugene VD Merwe at 36th Freda Barnard Gala Invitational Gala
	100 Fly	58.40	3-Nov-17	PLAY- CE	Bob Fick at 36th Freda Barnard Gala Invitational Gala
	200 Fly	2:12.71	3-Nov-17	PLAY- CE	Bob Fick at 36th Freda Barnard Gala Invitational Gala
	200 IM	2:20.08	7-Oct-22	QSAW- CE	Francois A. Bester at 41st Freda Barnard Invitational Gala
	400 IM	5:05.91	30-Oct-20	BARR- CP	Juan C. Boshoff at 39th Freda Barnard Invitational Gala
16-16	50 Free	25.59	5-Oct-23	PEAS- NM	Bryce Minderon at 42nd Freda Barnard Invitational Gala
	100 Free	54.08	1-Nov-08	AQUB- EP	Frank Greeff at Freda Barnard 2008
	200 Free	1:58.29	31-Oct-08	AQUB- EP	Frank Greeff at Freda Barnard 2008
	400 Free	4:20.42	31-Oct-14	PLAY- CE	Franco Van Niekerk at Freda Barnard Gala
	800 Free	9:15.76	5-Oct-23	PEAS- NM	Bryce Minderon at 42nd Freda Barnard Invitational Gala
	1500 Free	17:27.47	3-Nov-17	TYGE- CP	Nicholas E. Campbell at 36th Freda Barnard Gala Invitational Gala
	50 Back	28.88	4-Nov-11	FISH- ED	Liam Fourie at Freda Barnard Gala
	100 Back	1:02.13	4-Nov-11	FISH- ED	Liam Fourie at Freda Barnard Gala
	200 Back	2:18.87	8-Oct-21	BARR- CP	Juan C. Boshoff at 40th Freda Barnard Invitational Gala
	50 Breast	31.10	7-Oct-22	FISH- ED	Wido Rudolph at 41st Freda Barnard Invitational Gala
	100 Breast	1:10.57	1-Nov-08	PEA- EP	Justin Fisher at Freda Barnard 2008
	200 Breast	2:35.82	8-Oct-21	BARR- CP	Juan C. Boshoff at 40th Freda Barnard Invitational Gala
	50 Fly	26.31	8-Oct-21	PLAY- CE	Liam Coetzee at 40th Freda Barnard Invitational Gala
	100 Fly	58.11	8-Oct-21	PLAY- CE	Liam Coetzee at 40th Freda Barnard Invitational Gala
	200 Fly	2:15.55	8-Oct-21	PLAY- CE	Liam Coetzee at 40th Freda Barnard Invitational Gala
	200 IM	2:15.19	1-Nov-08	AQUB- EP	Frank Greeff at Freda Barnard 2008
	400 IM	5:02.66	8-Oct-21	BARR- CP	Juan C. Boshoff at 40th Freda Barnard Invitational Gala
17 & 0	50 Free	23.97	1-Nov-08	AQUB- EP	Greg Kieck at Freda Barnard 2008
	100 Free	53.46	1-Nov-08	AQUB- EP	Greg Kieck at Freda Barnard 2008
	200 Free	1:56.58	6-Nov-09	AQUB- EP	Greg Kieck at Freda Barnard 2009
	400 Free	4:15.32	7-Oct-22	AQDO- CP	Ethan J. Bailey at 41st Freda Barnard Invitational Gala

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17 & O	800 Free	9:00.95	8-Oct-21	AQDO- CP	Ethan J. Bailey at 40th Freda Barnard Invitational Gala
	1500 Free	20:13.26	3-Nov-17	FISH- ED	Andre Kleynhans at 36th Freda Barnard Gala Invitational Gala
	50 Back	27.67	7-Oct-22	BARR- CP	Ethan H. Hieckmann at 41st Freda Barnard Invitational Gala
	100 Back	1:01.07	5-Oct-23	TYGE- CPT	Juan C. Boshoff at 42nd Freda Barnard Invitational Gala
	200 Back	2:13.91	7-Oct-22	TYGE- CP	Juan C. Boshoff at 41st Freda Barnard Invitational Gala
	50 Breast	29.91	5-Nov-10	PEA- EP	Wesley Morris at Freda Barnard 2010
	100 Breast	1:06.40	7-Oct-22	NMU- NM	Dylan Botha at 41st Freda Barnard Invitational Gala
	200 Breast	2:22.97	7-Oct-22	NMU- NM	Dylan Botha at 41st Freda Barnard Invitational Gala
	50 Fly	26.17	7-Oct-22	PLAY- CE	Liam Coetzee at 41st Freda Barnard Invitational Gala
	100 Fly	56.94	1-Nov-08	AQUB- EP	Greg Kieck at Freda Barnard 2008
	200 Fly	2:10.22	7-Oct-22	AQDO- CP	Ethan J. Bailey at 41st Freda Barnard Invitational Gala
	200 IM	2:12.70	7-Oct-22	TYGE- CP	Juan C. Boshoff at 41st Freda Barnard Invitational Gala
	400 IM	4:52.35	7-Oct-22	TYGE- CP	Juan C. Boshoff at 41st Freda Barnard Invitational Gala