

RECORDS Freda Barnard

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
	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	IM	3:33.24	3-Nov-17	PEAS- EP	Chloe L. Watson at 36th Freda Barnard Gala Invitational Gala
9-9	50	Free	33.92	1-Nov-13	KNYS- SW	Aimee L. Canny at 32nd Freda Barnard Invitational Gala
	100	Free	1:15.82	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard Invitational Gala
	200	Free	2:46.07	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard Invitational Gala
	400	Free	5:44.14	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard Invitational Gala
	50	Back	41.27	8-Oct-21	BLMA- CP	Ava E. Lorenzen at 40th Freda Barnard Invitational Gala
	100	Back	1:29.63	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard Invitational Gala
	200	Back	3:11.83	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard 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	IM	3:12.67	9-Oct-25	WAC- ED	Scarlett MAC Donald at 44th Freda Barnard Invitational Gala
10-10	50	Free	29.12	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala
	100	Free	1:08.53	17-Oct-24	INFA- NM	Olivia L. Geldart at 43rd 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	11:47.51	9-Oct-25	BEST- NM	Mia M. Thompson at 44th Freda Barnard Invitational Gala
	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	40.59	17-Oct-24	INFA- NM	Olivia L. Geldart at 43rd Freda Barnard Invitational 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	34.83	17-Oct-24	INFA- NM	Olivia L. Geldart at 43rd Freda Barnard Invitational 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
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- CP	Ava E. Lorenzen at 42nd Freda Barnard Invitational Gala
	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	2:42.79	9-Oct-25	FISH- ED	Elke Coetsee at 44th Freda Barnard Invitational Gala
	50	Breast	37.62	1-Nov-13	CADO- WP	Hànim Abrahams at 32nd Freda Barnard Invitational Gala

RECORDS Freda Barnard

11-11	100	Breast	1:21.47	1-Nov-13	CADO- WP	Hànim Abrahams at 32nd Freda Barnard Invitational Gala
	200	Breast	2:56.15	1-Nov-13	CADO- WP	Hànim 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	28.79	17-Oct-24	INFA- NM	Gemma T. Spies at 43rd Freda Barnard Invitational Gala
	100	Free	1:01.43	17-Oct-24	INFA- NM	Gemma T. Spies at 43rd Freda Barnard Invitational 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
	50	Back	32.68	17-Oct-24	INFA- NM	Gemma T. Spies at 43rd Freda Barnard Invitational Gala
	100	Back	1:09.15	17-Oct-24	INFA- NM	Gemma T. Spies at 43rd Freda Barnard Invitational Gala
	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	30.85	17-Oct-24	INFA- NM	Gemma T. Spies at 43rd Freda Barnard Invitational Gala
	100	Fly	1:10.79	17-Oct-24	FISH- ED	Isabeau Coetsee at 43rd Freda Barnard Invitational Gala
	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	28.35	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th 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
	50	Back	30.47	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th Freda Barnard Invitational Gala
	100	Back	1:07.39	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th Freda Barnard Invitational Gala
	200	Back	2:27.90	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th 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	29.73	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th Freda Barnard Invitational Gala
	100	Fly	1:08.09	9-Oct-25	FISH- ED	Isabeau Coetsee at 44th Freda Barnard Invitational Gala
	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
	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
	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	2:33.01	17-Oct-24	CASC- CP	Ava L. Newton at 43rd 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

RECORDS Freda Barnard

14-14	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	28.20	17-Oct-24	PEAS- NM	Jesse-Leah Laderach at 43rd Freda Barnard Invitational Gala
	100 Free	1:02.01	17-Oct-24	PEAS- NM	Jesse-Leah Laderach at 43rd Freda Barnard Invitational 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
	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	2:32.73	17-Oct-24	FISH- ED	Veneske Steenkamp at 43rd 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	4:33.59	17-Oct-24	UWCA- CP	Hannah K. Neilson at 43rd Freda Barnard Invitational Gala
	800 Free	9:22.63	17-Oct-24	UWCA- CP	Hannah K. Neilson at 43rd 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 Freda Barnard

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
	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	IM	3:28.77	7-Oct-22	GREY- CP	Harry Steyn at 41st Freda Barnard Invitational Gala
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- CP	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
	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- CP	Harry Steyn at 42nd Freda Barnard Invitational Gala
	200	Back	3:09.00	17-Oct-24	BARR- CP	Lihan Lerm at 43rd 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	3:45.76	9-Oct-25	BARR- CP	Matthew Bland at 44th Freda Barnard Invitational Gala
	200	IM	3:07.34	31-Oct-14	AQUB- EP	Kian N. Claassen at Freda Barnard Gala
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
	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	1:31.29	9-Oct-25	PEAS- NM	Cayden D. Claassen at 44th Freda Barnard Invitational Gala
	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	3:29.82	9-Oct-25	BARR- CP	Lihan Lerm at 44th 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
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- ED	Kyle Hahn at 42nd Freda Barnard Invitational Gala
	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

RECORDS Freda Barnard

11-11	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
	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	31.18	9-Oct-25	WAC- ED	Kyle H. Hahn at 44th Freda Barnard Invitational Gala
	100 Back	1:06.48	7-Oct-22	PEAS- EP	Will Beatt at 41st Freda Barnard Invitational Gala
	200 Back	2:26.35	9-Oct-25	WAC- ED	Kyle H. Hahn at 44th 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- CP	Nic Trower at 42nd Freda Barnard Invitational Gala
	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
	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- CP	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

RECORDS Freda Barnard

14-14	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	25.41	17-Oct-24	FISH- ED	Carlo Bezuidenhout at 43rd Freda Barnard Invitational Gala
	100	Free	54.51	17-Oct-24	PEAS- NM	Nicholas J. Pretorius at 43rd Freda Barnard Invitational Gala
	200	Free	2:01.59	17-Oct-24	PEAS- NM	Nicholas J. Pretorius at 43rd 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
	50	Back	28.91	17-Oct-24	PEAS- NM	Nicholas J. Pretorius at 43rd Freda Barnard Invitational Gala
	100	Back	1:02.95	17-Oct-24	PEAS- NM	Nicholas J. Pretorius at 43rd 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	26.90	17-Oct-24	PEAS- NM	Nicholas J. Pretorius at 43rd Freda Barnard 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	24.14	9-Oct-25	FISH- ED	Carlo Bezuidenhout at 44th Freda Barnard Invitational Gala
	100	Free	53.29	9-Oct-25	FISH- ED	Carlo Bezuidenhout at 44th Freda Barnard Invitational Gala
	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	28.40	9-Oct-25	FISH- ED	Carlo Bezuidenhout at 44th Freda Barnard Invitational 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	1:10.36	9-Oct-25	FISH- ED	Carlo Bezuidenhout at 44th Freda Barnard Invitational Gala
	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
	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- CP	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	29.90	17-Oct-24	FISH- ED	Renier Van Greunen at 43rd Freda Barnard Invitational Gala
	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

RECORDS Freda Barnard

17 & O	400 IM	4:52.35	7-Oct-22	TYGE- CP	Juan C. Boshoff at 41st Freda Barnard Invitational Gala
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