

**GMS Short Course Records****GMS record - Records**

Women 19-24 50 Free	29.68	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 100 Free	1:04.98	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 Free	2:35.79	2004-11-28	Carmen Coetzee (Jhb)
Women 19-24 400 Free	5:30.90	2005-08-06	Tracey Pretorius (Jhb)
Women 19-24 800 Free	11:31.48	2004-11-28	Carmen Coetzee (Jhb)
Women 19-24 1500 Free	59:59.99		Vacant
Women 19-24 50 Back	34.16	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 100 Back	1:13.62	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 Back	3:00.35	2006-10-29	Samantha Hunter (Jhb)
Women 19-24 50 Breast	38.44	1999-09-26	Kathy Terwey at SAMS SC Champ - WITS
Women 19-24 100 Breast	1:24.16	1999-09-26	Kathy Terwey at SAMS SC Champ - WITS
Women 19-24 200 Breast	3:16.72	2005-10-23	Tracey Gardiner (Jhb)
Women 19-24 50 Fly	34.37	2005-08-06	Tracey Pretorius (Jhb)
Women 19-24 100 Fly	1:18.44	1994	Rachelle Isakov
Women 19-24 200 Fly	3:18.72	2006-06-11	Tracey Gardiner (Jhb)
Women 19-24 100 IM	1:15.80	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 IM	3:04.51	2005-10-23	Tracey Gardiner (Jhb)
Women 19-24 400 IM	6:28.10	2006-10-29	Tracey Gardiner (Jhb)
Women 25-29 50 Free	28.87	1989-01-01	JEANETTE BRITS
Women 25-29 100 Free	1:03.11	1989-01-01	SUSAN BONNEY
Women 25-29 200 Free	2:19.92	1989-01-01	JEANETTE BRITS
Women 25-29 400 Free	5:06.93	1996-02-03	Heather Morris-Eyton
Women 25-29 800 Free	10:57.41	1988-01-01	JEANETTE BRITS
Women 25-29 1500 Free	20:10.34	1996-01-14	Heather Morris-Eyton
Women 25-29 50 Back	33.93	2006-10-29	Tammy Souster (Jhb)
Women 25-29 100 Back	1:17.85	1996-03-17	Rachelle Isakov
Women 25-29 200 Back	2:38.36	2006-10-29	Tammy Souster (Jhb)
Women 25-29 50 Breast	37.33	1996-01-14	Heather Morris-Eyton
Women 25-29 100 Breast	1:21.63	1996-02-03	Heather Morris-Eyton
Women 25-29 200 Breast	3:11.55	1986-01-01	GENEVIEVE SYMONS
Women 25-29 50 Fly	30.92	2005-10-23	Tania Fryer (Jhb)
Women 25-29 100 Fly	1:11.60	2005-05-15	Tania Fryer (Jhb)
Women 25-29 200 Fly	2:40.17	1999-11-21	Rachelle Isakov
Women 25-29 100 IM	1:12.49	2006-10-29	Tammy Souster (Jhb)
Women 25-29 200 IM	2:46.35	2006-06-11	Nadia Bacchini (Jhb)
Women 25-29 400 IM	5:57.39	1996-02-03	Rachelle Isakov
Women 30-34 50 Free	30.14	2004-11-28	Carmen Coetzee (Jhb)
Women 30-34 100 Free	1:06.74	2007-10-28	Nadia Bacchini (Jhb)
Women 30-34 200 Free	2:27.86	1993-03-07	CHRIS MACKINNON
Women 30-34 400 Free	5:08.36	1994-02-05	Chris MacKinnon
Women 30-34 800 Free	11:29.39	1988-01-01	CLAIRE TAYLOR
Women 30-34 1500 Free	20:42.91	1994-01-09	CHRIS MACKINNON
Women 30-34 50 Back	36.08	2007-10-28	Hayley Mee (Jhb)
Women 30-34 100 Back	1:16.08	2007-10-28	Hayley Mee (Jhb)
Women 30-34 200 Back	2:45.62	2007-08-11	Hayley Mee (Jhb)
Women 30-34 50 Breast	38.70	1997-10-26	Heather Morris-Eyton (Jhb)
Women 30-34 100 Breast	1:28.07	1994-03-06	Chris MacKinnon
Women 30-34 200 Breast	3:12.95	1993-03-07	CHRIS MACKINNON
Women 30-34 50 Fly	31.40	2003-08-16	Claire Bolton (Jhb)
Women 30-34 100 Fly	1:11.69	2004-11-28	Rachelle Isakov (Jhb)
Women 30-34 200 Fly	2:36.09	2004-11-28	Rachelle Isakov (Jhb)
Women 30-34 100 IM	1:18.36	2007-05-12	Nadia Bacchini (Jhb)
Women 30-34 200 IM	2:49.15	2007-10-28	Nadia Bacchini (Jhb)
Women 30-34 400 IM	5:32.60	8-2000	Rachelle Isakov (Tas)
Women 35-39 50 Free	30.56	2007-05-12	Charmaine Montanari (Jhb)
Women 35-39 100 Free	1:06.27	2006-05-14	Rachelle Isakov (Jhb)
Women 35-39 200 Free	2:20.39	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 400 Free	4:57.81	2005-10-23	Rachelle Isakov (Jhb)
Women 35-39 800 Free	59:59.99		Vacant
Women 35-39 1500 Free	20:47.06	2005-10-01	Rachelle Isakov (Pta)
Women 35-39 50 Back	36.54	1989-01-01	DOT KERR-FOX
Women 35-39 100 Back	1:21.75	2006-08-26	Heather Morris-Eyton (Jhb)

**GMS Short Course Records****GMS record - Records**

Women 35-39 200 Back	3:04.96	2006-10-29	Jennifer Dolkins (Jhb)
Women 35-39 50 Breast	37.37	2005-08-21	Heather Morris-Eyton (C.T.)
Women 35-39 100 Breast	1:20.03	2005-08-21	Heather Morris-Eyton (C.T.)
Women 35-39 200 Breast	2:51.12	2004-08-28	Heather Morris-Eyton (Jhb)
Women 35-39 50 Fly	31.72	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 100 Fly	1:08.40	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 200 Fly	2:31.28	2005-10-23	Rachelle Isakov (Jhb)
Women 35-39 100 IM	1:17.11	2006-05-14	Rachelle Isakov (Jhb)
Women 35-39 200 IM	2:50.25	2006-07-16	Heather Morris-Eyton (Chi)
Women 35-39 400 IM	5:38.29	2006-10-29	Rachelle Isakov (Jhb)
Women 40-44 50 Free	30.43	2009-10-24	Karen Kennedy (Jhb)
Women 40-44 100 Free	1:06.54	2009-06-27	Heather Morris-Eyton (Jhb)
Women 40-44 200 Free	2:23.49	2008-10-25	Heather Morris-Eyton (Jhb)
Women 40-44 400 Free	5:12.41	2008-08-16	Heather Morris-Eyton (Jhb)
Women 40-44 800 Free	10:04.49	2009-11-28	Heather Morris-Eyton (Jhb)
Women 40-44 1500 Free	20:24.01	2009-08-16	Heather Morris-Eyton (Jhb)
Women 40-44 50 Back	35.52	1987-01-01	NATHALIE BOSHOFF
Women 40-44 100 Back	1:18.65	1998-03-15	Clare Davie
Women 40-44 200 Back	2:51.45	1997-03-02	Clare Davie
Women 40-44 50 Breast	34.38	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 100 Breast	1:15.66	2008-10-25	Heather Morris-Eyton (Jhb)
Women 40-44 200 Breast	2:41.87	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 50 Fly	33.47	1997-02-01	Liz Spagnuolo
Women 40-44 100 Fly	1:21.54	2000-09-30	Clare Davie (Jhb)
Women 40-44 200 Fly	2:55.06	1998-11-22	Clare Davie
Women 40-44 100 IM	1:14.73	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 200 IM	2:43.77	2009-06-27	Heather Morris-Eyton (Jhb)
Women 40-44 400 IM	5:46.13	2008-08-16	Heather Morris-Eyton (Jhb)
Women 45-49 50 Free	30.48	2007-05-12	Debbie Carroll (Jhb)
Women 45-49 100 Free	1:10.44	2005-08-27	Clare Davie (Jhb)
Women 45-49 200 Free	2:30.77	2001-09-29	Clare Davie (Jhb)
Women 45-49 400 Free	5:14.96	2001-09-29	Clare Davie (Jhb)
Women 45-49 800 Free	10:44.11	2001-09-29	Clare Davie (Jhb)
Women 45-49 1500 Free	22:55.62	1997-01-12	Marissa Rollnick
Women 45-49 50 Back	36.95	1989-01-01	NATHALIE BOSHOFF
Women 45-49 100 Back	1:25.74	1986-01-01	MOIRA LAMONT
Women 45-49 200 Back	2:47.98	2001-09-29	Clare Davie (Jhb)
Women 45-49 50 Breast	39.78	1994	Shirley Turner (Jhb)
Women 45-49 100 Breast	1:25.94	1994	Shirley Turner (Jhb)
Women 45-49 200 Breast	3:08.03	1995-03-12	Shirley Turner
Women 45-49 50 Fly	37.08	2005-07-09	Clare Davie (Jhb)
Women 45-49 100 Fly	1:33.30	1996-03-17	Helen Lawless
Women 45-49 200 Fly	3:01.40	2001-09-29	Clare Davie (Jhb)
Women 45-49 100 IM	1:22.81	2005-07-09	Clare Davie (Jhb)
Women 45-49 200 IM	2:55.78	2001-09-29	Clare Davie (Jhb)
Women 45-49 400 IM	6:13.35	2001-08-04	Clare Davie (Jhb)
Women 50-54 50 Free	33.27	1996-03-17	Anne Jones
Women 50-54 100 Free	1:11.90	2007-05-12	Clare Davie (Jhb)
Women 50-54 200 Free	2:36.38	2008-06-22	Clare Davie (Jhb)
Women 50-54 400 Free	5:24.77	2008-08-16	Clare Davie (Jhb)
Women 50-54 800 Free	11:34.54	2003-11-01	Marissa Rollnick (USA)
Women 50-54 1500 Free	21:15.34	2007-08-11	Clare Davie (Jhb)
Women 50-54 50 Back	37.78	1989-01-01	MOIRA LAMONT
Women 50-54 100 Back	1:23.76	2008-06-22	Clare Davie (Jhb)
Women 50-54 200 Back	2:50.27	2008-06-22	Clare Davie (Jhb)
Women 50-54 50 Breast	39.80	1998-03-15	Shirley Turner
Women 50-54 100 Breast	1:31.84	1999-09-26	Shirley Turner
Women 50-54 200 Breast	3:07.17	1998-02-15	Shirley Turner
Women 50-54 50 Fly	41.63	1994-01-09	GUDRUN VON WIMMERSPERG
Women 50-54 100 Fly	1:26.25	2007-05-12	Clare Davie (Jhb)
Women 50-54 200 Fly	3:07.12	2008-08-16	Clare Davie (Jhb)
Women 50-54 100 IM	1:27.81	2007-05-12	Clare Davie (Jhb)

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Women 50-54 200 IM	2:58.86	2008-08-16	Clare Davie (Jhb)
Women 50-54 400 IM	6:24.11	2006-10-29	Clare Davie (Jhb)
Women 55-59 50 Free	32.61	2008-06-22	Marissa Rollnick (Jhb)
Women 55-59 100 Free	1:12.90	2006-05-14	Marissa Rollnick (Jhb)
Women 55-59 200 Free	2:39.47	2006-06-11	Marissa Rollnick (Jhb)
Women 55-59 400 Free	6:19.97	2007-10-28	Linda Crawford (Jhb)
Women 55-59 800 Free	11:53.13	2006-10-29	Marissa Rollnick (Jhb)
Women 55-59 1500 Free	23:38.06	2009-08-16	Marissa Rollnick (Jhb)
Women 55-59 50 Back	43.63	2000-11-11	Anne Jones (Jhb)
Women 55-59 100 Back	1:34.28	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 200 Back	3:19.72	2006-05-14	Jenny Ireland (Jhb)
Women 55-59 50 Breast	47.82	1998-03-15	Gudrun von Wimmersperg
Women 55-59 100 Breast	1:40.02	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 200 Breast	3:31.33	2006-05-14	Jenny Ireland (Jhb)
Women 55-59 50 Fly	40.44	1998-03-15	Sue Leuner
Women 55-59 100 Fly	1:35.67	2006-05-14	Jenny Ireland (Jhb)
Women 55-59 200 Fly	3:36.80	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 100 IM	1:28.37	2000-11-11	Anne Jones (Jhb)
Women 55-59 200 IM	3:11.35	2005-08-06	Jenny Ireland (Jhb)
Women 55-59 400 IM	8:56.59	1994-02-05	Joan Grossett
Women 60-64 50 Free	35.75	2005-10-23	Anne Jones (Jhb)
Women 60-64 100 Free	1:20.28	2005-10-23	Anne Jones (Jhb)
Women 60-64 200 Free	3:05.27	2007-08-11	Anne Jones (Jhb)
Women 60-64 400 Free	6:23.30	2005-10-23	Anne Jones (Jhb)
Women 60-64 800 Free	14:05.41	1998-01-11	Gloria Williamson
Women 60-64 1500 Free	25:46.20	2007-08-11	Anne Jones (Jhb)
Women 60-64 50 Back	45.73	2005-05-15	Anne Jones (Jhb)
Women 60-64 100 Back	1:54.05	1998-11-22	Gloria Williamson
Women 60-64 200 Back	3:43.29	2008-10-25	Anne Jones (Jhb)
Women 60-64 50 Breast	49.76	2006-10-29	Anne Jones (Jhb)
Women 60-64 100 Breast	1:59.80	1992-02-22	CAROLINE KELLY
Women 60-64 200 Breast	4:33.89	1992-11-01	CAROLINE KELLY
Women 60-64 50 Fly	41.62	2009-10-24	Helen Lawless (Jhb)
Women 60-64 100 Fly	1:42.57	2009-05-16	Helen Lawless (Jhb)
Women 60-64 200 Fly	3:51.85	2009-10-24	Helen Lawless (Jhb)
Women 60-64 100 IM	1:40.35	2007-05-12	Anne Jones (Jhb)
Women 60-64 200 IM	3:55.62	1993-03-07	DILYS VAN DER MERWE
Women 60-64 400 IM	59:59.99		Vacant
Women 65-69 50 Free	41.31	1997-09-28	Dilys van der Merwe
Women 65-69 100 Free	1:34.19	1998-11-22	Dilys van der Merwe
Women 65-69 200 Free	59:59.99		Vacant
Women 65-69 400 Free	7:23.20	1998-02-15	Dilys van der Merwe
Women 65-69 800 Free	15:23.06	1997-11-16	Dilys van der Merwe
Women 65-69 1500 Free	29:16.70	1997-01-12	Dilys van der Merwe
Women 65-69 50 Back	50.82	8-1997	Dilys van der Merwe (Pta)
Women 65-69 100 Back	2:06.77	1996-02-03	Caroline Kelly
Women 65-69 200 Back	4:38.43	2006-10-29	Heather Roche (Jhb)
Women 65-69 50 Breast	53.44	1994-03-06	Caroline Kelly
Women 65-69 100 Breast	2:02.05	1995	Caroline Kelly (Jhb)
Women 65-69 200 Breast	4:34.19	1995-11-12	Caroline Kelly
Women 65-69 50 Fly	55.77	1994-03-06	Caroline Kelly
Women 65-69 100 Fly	59:59.99		Vacant
Women 65-69 200 Fly	59:59.99		Vacant
Women 65-69 100 IM	1:53.82	1998-03-15	Dilys van der Merwe
Women 65-69 200 IM	59:59.99		Vacant
Women 65-69 400 IM	59:59.99		Vacant
Women 70-74 50 Free	59:59.99		Vacant
Women 70-74 100 Free	59:59.99		Vacant
Women 70-74 200 Free	59:59.99		Vacant
Women 70-74 400 Free	59:59.99		Vacant
Women 70-74 800 Free	59:59.99		Vacant
Women 70-74 1500 Free	59:59.99		Vacant

**GMS Short Course Records****GMS record - Records**

Women 70-74 50 Back	1:13.72	1994-08-20	Greta Calitz
Women 70-74 100 Back	59:59.99		Vacant
Women 70-74 200 Back	59:59.99		Vacant
Women 70-74 50 Breast	1:06.38	1994-03-06	Greta Calitz
Women 70-74 100 Breast	59:59.99		Vacant
Women 70-74 200 Breast	59:59.99		Vacant
Women 70-74 50 Fly	59:59.99		Vacant
Women 70-74 100 Fly	59:59.99		Vacant
Women 70-74 200 Fly	59:59.99		Vacant
Women 70-74 100 IM	59:59.99		Vacant
Women 70-74 200 IM	59:59.99		Vacant
Women 70-74 400 IM	59:59.99		Vacant
Women 75-79 50 Free	59:59.99		Vacant
Women 75-79 100 Free	59:59.99		Vacant
Women 75-79 200 Free	59:59.99		Vacant
Women 75-79 400 Free	59:59.99		Vacant
Women 75-79 800 Free	59:59.99		Vacant
Women 75-79 1500 Free	59:59.99		Vacant
Women 75-79 50 Back	59:59.99		Vacant
Women 75-79 100 Back	59:59.99		Vacant
Women 75-79 200 Back	59:59.99		Vacant
Women 75-79 50 Breast	1:11.39	1996-03-17	Greta Calitz
Women 75-79 100 Breast	59:59.99		Vacant
Women 75-79 200 Breast	59:59.99		Vacant
Women 75-79 50 Fly	59:59.99		Vacant
Women 75-79 100 Fly	59:59.99		Vacant
Women 75-79 200 Fly	59:59.99		Vacant
Women 75-79 100 IM	59:59.99		Vacant
Women 75-79 200 IM	59:59.99		Vacant
Women 75-79 400 IM	59:59.99		Vacant
Women 80-84 50 Free	59:59.99		Vacant
Women 80-84 100 Free	59:59.99		Vacant
Women 80-84 200 Free	59:59.99		Vacant
Women 80-84 400 Free	59:59.99		Vacant
Women 80-84 800 Free	59:59.99		Vacant
Women 80-84 1500 Free	59:59.99		Vacant
Women 80-84 50 Back	59:59.99		Vacant
Women 80-84 100 Back	59:59.99		Vacant
Women 80-84 200 Back	59:59.99		Vacant
Women 80-84 50 Breast	59:59.99		Vacant
Women 80-84 100 Breast	59:59.99		Vacant
Women 80-84 200 Breast	59:59.99		Vacant
Women 80-84 50 Fly	59:59.99		Vacant
Women 80-84 100 Fly	59:59.99		Vacant
Women 80-84 200 Fly	59:59.99		Vacant
Women 80-84 100 IM	59:59.99		Vacant
Women 80-84 200 IM	59:59.99		Vacant
Women 80-84 400 IM	59:59.99		Vacant
Women 85-89 50 Free	59:59.99		Vacant
Women 85-89 100 Free	59:59.99		Vacant
Women 85-89 200 Free	59:59.99		Vacant
Women 85-89 400 Free	59:59.99		Vacant
Women 85-89 800 Free	59:59.99		Vacant
Women 85-89 1500 Free	59:59.99		Vacant
Women 85-89 50 Back	59:59.99		Vacant
Women 85-89 100 Back	59:59.99		Vacant
Women 85-89 200 Back	59:59.99		Vacant
Women 85-89 50 Breast	59:59.99		Vacant
Women 85-89 100 Breast	59:59.99		Vacant
Women 85-89 200 Breast	59:59.99		Vacant
Women 85-89 50 Fly	59:59.99		Vacant
Women 85-89 100 Fly	59:59.99		Vacant

**GMS Short Course Records****GMS record - Records**

Women 85-89 200 Fly	59:59.99		Vacant
Women 85-89 100 IM	59:59.99		Vacant
Women 85-89 200 IM	59:59.99		Vacant
Women 85-89 400 IM	59:59.99		Vacant
Women 90-94 50 Free	59:59.99		Vacant
Women 90-94 100 Free	59:59.99		Vacant
Women 90-94 200 Free	59:59.99		Vacant
Women 90-94 400 Free	59:59.99		Vacant
Women 90-94 800 Free	59:59.99		Vacant
Women 90-94 1500 Free	59:59.99		Vacant
Women 90-94 50 Back	59:59.99		Vacant
Women 90-94 100 Back	59:59.99		Vacant
Women 90-94 200 Back	59:59.99		Vacant
Women 90-94 50 Breast	59:59.99		Vacant
Women 90-94 100 Breast	59:59.99		Vacant
Women 90-94 200 Breast	59:59.99		Vacant
Women 90-94 50 Fly	59:59.99		Vacant
Women 90-94 100 Fly	59:59.99		Vacant
Women 90-94 200 Fly	59:59.99		Vacant
Women 90-94 100 IM	59:59.99		Vacant
Women 90-94 200 IM	59:59.99		Vacant
Women 90-94 400 IM	59:59.99		Vacant
Women 95-99 50 Free	59:59.99		Vacant
Women 95-99 100 Free	59:59.99		Vacant
Women 95-99 200 Free	59:59.99		Vacant
Women 95-99 400 Free	59:59.99		Vacant
Women 95-99 800 Free	59:59.99		Vacant
Women 95-99 1500 Free	59:59.99		Vacant
Women 95-99 50 Back	59:59.99		Vacant
Women 95-99 100 Back	59:59.99		Vacant
Women 95-99 200 Back	59:59.99		Vacant
Women 95-99 50 Breast	59:59.99		Vacant
Women 95-99 100 Breast	59:59.99		Vacant
Women 95-99 200 Breast	59:59.99		Vacant
Women 95-99 50 Fly	59:59.99		Vacant
Women 95-99 100 Fly	59:59.99		Vacant
Women 95-99 200 Fly	59:59.99		Vacant
Women 95-99 100 IM	59:59.99		Vacant
Women 95-99 200 IM	59:59.99		Vacant
Women 95-99 400 IM	59:59.99		Vacant
Women 100-104 50 Free	59:59.99		Vacant
Women 100-104 100 Free	59:59.99		Vacant
Women 100-104 200 Free	59:59.99		Vacant
Women 100-104 400 Free	59:59.99		Vacant
Women 100-104 800 Free	59:59.99		Vacant
Women 100-104 1500 Free	59:59.99		Vacant
Women 100-104 50 Back	59:59.99		Vacant
Women 100-104 100 Back	59:59.99		Vacant
Women 100-104 200 Back	59:59.99		Vacant
Women 100-104 50 Breast	59:59.99		Vacant
Women 100-104 100 Breast	59:59.99		Vacant
Women 100-104 200 Breast	59:59.99		Vacant
Women 100-104 50 Fly	59:59.99		Vacant
Women 100-104 100 Fly	59:59.99		Vacant
Women 100-104 200 Fly	59:59.99		Vacant
Women 100-104 100 IM	59:59.99		Vacant
Women 100-104 200 IM	59:59.99		Vacant
Women 100-104 400 IM	59:59.99		Vacant
Men 19-24 50 Free	25.97	2001-08-04	Schalk Malan (Jhb)
Men 19-24 100 Free	1:04.76	2006-05-14	Neil Gardiner (Jhb)
Men 19-24 200 Free	2:32.21	2006-06-11	Neil Gardiner (Jhb)
Men 19-24 400 Free	59:59.99		Vacant

**GMS Short Course Records****GMS record - Records**

Men 19-24 800 Free	10:22.41	2004-11-28	Neal Crawford (Jhb)
Men 19-24 1500 Free	59:59.99		Vacant
Men 19-24 50 Back	28.75	2001-08-04	Schalk Malan (Jhb)
Men 19-24 100 Back	1:00.40	2001-08-04	Schalk Malan (Jhb)
Men 19-24 200 Back	2:42.18	2006-05-14	Neil Gardiner (Jhb)
Men 19-24 50 Breast	35.07	2003-11-09	Adrian Crawford (Jhb)
Men 19-24 100 Breast	1:18.50	2004-10-31	Brandon Venter (Jhb)
Men 19-24 200 Breast	2:55.35	2006-05-14	Neil Gardiner (Jhb)
Men 19-24 50 Fly	29.03	2004-11-28	Brett Labuschagne (Jhb)
Men 19-24 100 Fly	1:06.54	2003-10-11	Graham Williams (Jhb)
Men 19-24 200 Fly	2:31.82	2004-10-31	Werner van Staden (Jhb)
Men 19-24 100 IM	1:08.43	2004-11-28	Neal Crawford (Jhb)
Men 19-24 200 IM	2:45.63	2006-06-11	Neil Gardiner (Jhb)
Men 19-24 400 IM	5:25.91	2004-10-31	Werner van Staden (Jhb)
Men 25-29 50 Free	23.96	1993-09-19	Ivor Segal
Men 25-29 100 Free	53.81	1991-01-13	HEINZ WEILERT
Men 25-29 200 Free	2:03.55	2005-06-11	Nick Turner (Jhb)
Men 25-29 400 Free	4:33.39	1986-01-01	R. WESSBECKER
Men 25-29 800 Free	10:56.91	1987-01-01	TERRY MACMANUS
Men 25-29 1500 Free	18:21.27	1986-01-01	R. WESSBECKER
Men 25-29 50 Back	29.46	2004-10-31	Lain Schutte (Jhb)
Men 25-29 100 Back	1:04.30	2004-10-31	Lain Schutte (Jhb)
Men 25-29 200 Back	2:47.92	2007-11-24	Jason Wagner (Jhb)
Men 25-29 50 Breast	31.10	1991-10-20	M. WARNES
Men 25-29 100 Breast	1:11.84	1998-09-20	Gary Coetzee
Men 25-29 200 Breast	2:37.84	1991-03-03	MARTIN SEWARD
Men 25-29 50 Fly	27.42	1996-10-20	Craig Jackson
Men 25-29 100 Fly	1:06.67	2006-10-29	Brendan Fowler (Jhb)
Men 25-29 200 Fly	2:35.00	2005-08-27	Nick Winstone (Jhb)
Men 25-29 100 IM	1:05.28	1991-02-03	MARTIN SEWARD
Men 25-29 200 IM	2:27.14	1986-01-01	GRAHAM DU TOIT
Men 25-29 400 IM	5:32.68	2006-10-29	Brendan Fowler (Jhb)
Men 30-34 50 Free	23.79	2005-10-23	Andrew Biram (Jhb)
Men 30-34 100 Free	54.13	2005-10-23	Paul Fryer (Jhb)
Men 30-34 200 Free	2:04.37	2005-11-26	Paul Fryer (Jhb)
Men 30-34 400 Free	4:21.76	2005-10-23	Paul Fryer (Jhb)
Men 30-34 800 Free	10:06.90	1990-12-02	TERRY MACMANUS
Men 30-34 1500 Free	18:13.41	2009-08-16	Steven Hurley (Jhb)
Men 30-34 50 Back	29.23	2005-10-23	Andrew Biram (Jhb)
Men 30-34 100 Back	1:04.44	2005-10-23	Andrew Biram (Jhb)
Men 30-34 200 Back	2:30.38	1986-01-01	OWEN KUYPER
Men 30-34 50 Breast	32.05	2007-05-12	Glenn Swart (Jhb)
Men 30-34 100 Breast	1:12.14	1986-01-01	TIM SHEAD
Men 30-34 200 Breast	2:38.18	2004-11-28	Gary Coetzee (Jhb)
Men 30-34 50 Fly	27.39	2007-06-10	Glenn Swart (Jhb)
Men 30-34 100 Fly	1:03.34	2007-05-12	Glenn Swart (Jhb)
Men 30-34 200 Fly	59:59.99		Vacant
Men 30-34 100 IM	1:03.31	1992-12-06	GERT HIPPER
Men 30-34 200 IM	2:13.29	1995-03-12	Gerd Hipper
Men 30-34 400 IM	6:09.63	1993-02-06	ROY LOTKIN
Men 35-39 50 Free	25.77	2009-10-24	Mike Nel (Jhb)
Men 35-39 100 Free	57.13	2009-10-24	Gary Hall (Jhb)
Men 35-39 200 Free	2:11.45	1997-03-02	Quirin Kohler
Men 35-39 400 Free	4:37.11	1994-02-05	Terry MacManus
Men 35-39 800 Free	10:09.75	1997-11-16	Reynold Cachia
Men 35-39 1500 Free	18:30.05	1989-01-01	TYRONE TOZER
Men 35-39 50 Back	31.38	1992-02-22	ANDERS CHRISTENSEN
Men 35-39 100 Back	1:13.40	2005-07-09	Gary Coetzee (Jhb)
Men 35-39 200 Back	2:40.63	1989-01-01	TIM SHEAD
Men 35-39 50 Breast	32.61	2008-10-25	Gary Hall (Jhb)
Men 35-39 100 Breast	1:12.24	1989-01-01	TIM SHEAD
Men 35-39 200 Breast	2:36.00	2005-10-23	Gary Coetzee (Jhb)

**GMS Short Course Records****GMS record - Records**

Men 35-39 50 Fly	29.31	1991-10-20	TIM SHEAD
Men 35-39 100 Fly	1:05.43	1989-01-01	TIM SHEAD
Men 35-39 200 Fly	2:55.79	2007-06-10	Barclay Hoar (Jhb)
Men 35-39 100 IM	1:06.93	2006-10-29	Terry Heller (Jhb)
Men 35-39 200 IM	2:25.54	1988-01-01	TIM SHEAD
Men 35-39 400 IM	5:18.21	2006-10-29	Terry Heller (Jhb)
Men 40-44 50 Free	26.33	1998-09-20	Andre Steynberg
Men 40-44 100 Free	58.50	1990-01-01	TYRONE TOZER
Men 40-44 200 Free	2:07.36	2004-11-28	Gregg Price (Jhb)
Men 40-44 400 Free	4:26.55	2004-10-31	Gregg Price (Jhb)
Men 40-44 800 Free	9:33.07	2004-11-28	Gregg Price (Jhb)
Men 40-44 1500 Free	21:06.32	1987-01-01	BRIAN DALEY
Men 40-44 50 Back	31.29	1999-09-26	Andre Steynberg at SAMS SC Cha - VRRAT
Men 40-44 100 Back	1:08.52	2005-10-23	Mike Kritzinger (Jhb)
Men 40-44 200 Back	2:37.40	1993-03-07	TIM SHEAD
Men 40-44 50 Breast	33.29	1994-08-20	Tim Shead
Men 40-44 100 Breast	1:15.49	1994-08-20	Tim Shead
Men 40-44 200 Breast	2:49.76	1993-10-30	Timothy Shead
Men 40-44 50 Fly	28.39	2004-07-24	Gregg Price (Jhb)
Men 40-44 100 Fly	1:02.98	2009-11-28	Stephen Haupt (Jhb)
Men 40-44 200 Fly	2:29.51	2004-10-31	Gregg Price (Jhb)
Men 40-44 100 IM	1:09.07	2006-10-29	Mike Kritzinger (Jhb)
Men 40-44 200 IM	2:24.00	1990-01-01	TYRONE TOZER
Men 40-44 400 IM	6:22.49	2007-08-11	Emil Berning (Jhb)
Men 45-49 50 Free	25.37	2006-10-29	Gregg Price (Jhb)
Men 45-49 100 Free	1:01.87	2005-05-15	Quirin Kohler (Jhb)
Men 45-49 200 Free	2:19.62	2006-06-11	Quirin Kohler (Jhb)
Men 45-49 400 Free	4:55.55	2005-08-06	Quirin Kohler (Jhb)
Men 45-49 800 Free	10:40.41	1994-11-13	Ron Prior
Men 45-49 1500 Free	21:10.67	1988-01-01	JAMES STEWART
Men 45-49 50 Back	30.53	2005-11-26	Andre Steynberg (Jhb)
Men 45-49 100 Back	1:10.01	2005-05-15	Andre Steynberg (Jhb)
Men 45-49 200 Back	2:45.95	1994-01-09	Charle Meyer
Men 45-49 50 Breast	34.08	2006-10-29	Gregg Price (Jhb)
Men 45-49 100 Breast	1:25.36	1987-01-01	GRAHAM CUNNINGHAM
Men 45-49 200 Breast	3:13.51	1986-01-01	GRAHAM CUNNINGHAM
Men 45-49 50 Fly	27.62	2005-11-26	Gregg Price (Jhb)
Men 45-49 100 Fly	1:03.76	2006-10-29	Gregg Price (Jhb)
Men 45-49 200 Fly	3:14.99	1995-03-12	Ron Prior
Men 45-49 100 IM	1:05.06	2005-09-11	Gregg Price (Dbn)
Men 45-49 200 IM	2:55.57	1995-03-12	Ron Prior
Men 45-49 400 IM	5:15.34	2006-10-29	Gregg Price (Jhb)
Men 50-54 50 Free	25.82	2006-05-14	Andre Steynberg (Jhb)
Men 50-54 100 Free	1:00.24	2006-07-08	Andre Steynberg (Jhb)
Men 50-54 200 Free	2:21.60	1994-10-16	William Wilson
Men 50-54 400 Free	5:07.14	1994-10-16	William Wilson
Men 50-54 800 Free	11:02.92	1997-11-16	Ron Prior
Men 50-54 1500 Free	20:33.85	2008-09-18	Roger Finch (CT)
Men 50-54 50 Back	30.05	2006-07-08	Andre Steynberg (Jhb)
Men 50-54 100 Back	1:25.44	2007-10-28	Guy Harker (Jhb)
Men 50-54 200 Back	2:57.52	1997-10-26	Ron Prior
Men 50-54 50 Breast	34.94	2001-12-01	Robert Hatherly (Jhb)
Men 50-54 100 Breast	1:15.96	2001-09-29	Robert Hatherly (Jhb)
Men 50-54 200 Breast	2:53.06	2001-12-01	Robert Hatherly (Jhb)
Men 50-54 50 Fly	28.05	2006-07-08	Andre Steynberg (Jhb)
Men 50-54 100 Fly	1:05.42	2006-10-29	Andre Steynberg (Jhb)
Men 50-54 200 Fly	3:07.40	1993-03-07	JAMES STEWART
Men 50-54 100 IM	1:08.07	2006-05-14	Andre Steynberg (Jhb)
Men 50-54 200 IM	2:58.19	1997-11-16	Ron Prior
Men 50-54 400 IM	6:26.38	2001-09-29	Robert Hatherly (Jhb)
Men 55-59 50 Free	28.48	9-1999	William Wilson
Men 55-59 100 Free	1:05.51	2006-07-08	Doug Wilson (Jhb)

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Men 55-59 200 Free	2:34.16	2006-06-11	Doug Wilson (Jhb)
Men 55-59 400 Free	5:37.88	2003-09-21	Martin Flekser (Jhb)
Men 55-59 800 Free	11:55.56	10-2001	Jimmy Stewart (Jhb)
Men 55-59 1500 Free	23:56.96	1993-02-06	DAVID MCLACHLIN
Men 55-59 50 Back	36.40	1991-10-20	STEVEN MULHOLLAND
Men 55-59 100 Back	1:23.46	1997-02-01	James Stewart
Men 55-59 200 Back	2:58.88	2008-10-25	Hendrik van der Hoven (Jhb)
Men 55-59 50 Breast	34.96	2007-05-12	Bob Hatherly (Jhb)
Men 55-59 100 Breast	1:17.16	2006-10-29	Bob Hatherly (Jhb)
Men 55-59 200 Breast	2:53.90	2007-05-12	Bob Hatherly (Jhb)
Men 55-59 50 Fly	31.44	2000-08-26	John Petersen (Pta)
Men 55-59 100 Fly	1:27.74	1994-03-06	David McLachlan
Men 55-59 200 Fly	3:12.13	1997-03-02	Jimmy Stewart
Men 55-59 100 IM	1:17.81	2008-06-22	Bob Hatherly (Jhb)
Men 55-59 200 IM	3:01.19	1993-01-10	David McLachlan
Men 55-59 400 IM	6:32.97	2006-10-29	Bob Hatherly (Jhb)
Men 60-64 50 Free	29.04	2007-06-10	Doug Wilson (Jhb)
Men 60-64 100 Free	1:06.51	2008-08-16	Doug Wilson (Jhb)
Men 60-64 200 Free	2:41.45	1997-03-02	David McLachlan
Men 60-64 400 Free	5:32.34	2008-08-16	Doug Wilson (Jhb)
Men 60-64 800 Free	12:16.02	2001-09-29	David McLachlan (Jhb)
Men 60-64 1500 Free	24:11.92	1997-01-12	David McLachlan
Men 60-64 50 Back	35.70	2007-06-10	Doug Wilson (Jhb)
Men 60-64 100 Back	1:21.00	2007-06-10	Doug Wilson (Jhb)
Men 60-64 200 Back	3:04.54	2008-06-22	Doug Wilson (Jhb)
Men 60-64 50 Breast	38.14	2006-06-11	Brian Nelson (Jhb)
Men 60-64 100 Breast	1:27.43	2006-06-11	Brian Nelson (Jhb)
Men 60-64 200 Breast	3:18.07	1998-11-22	David McLachlan
Men 60-64 50 Fly	33.65	2005-10-23	John Petersen (Jhb)
Men 60-64 100 Fly	1:22.12	1998-08-22	David McLachlan
Men 60-64 200 Fly	3:05.70	1998-11-22	David McLachlan
Men 60-64 100 IM	1:19.45	1999-09-26	David McLachlan (Jhb)
Men 60-64 200 IM	3:02.70	1997-03-02	David McLachlan
Men 60-64 400 IM	6:30.22	1998-02-15	David McLachlan
Men 65-69 50 Free	32.57	2010-06-19	John Petersen (Jhb)
Men 65-69 100 Free	1:10.26	2003-10-11	Michael Edwards (Jhb)
Men 65-69 200 Free	3:01.79	1997-03-02	Peter Pirow
Men 65-69 400 Free	5:37.53	2004-10-31	Mike Edwards (Jhb)
Men 65-69 800 Free	13:26.70	1995-11-12	Peter Pirow
Men 65-69 1500 Free	27:05.89	1997-01-12	Peter Pirow
Men 65-69 50 Back	44.93	1995-11-12	Donald Johnston
Men 65-69 100 Back	1:33.85	2002-10-13	Dave McLachlan (Jhb)
Men 65-69 200 Back	3:29.32	2002-09-15	Dave McLachlan (Jhb)
Men 65-69 50 Breast	39.41	2010-05-15	Brian Nelson (Jhb)
Men 65-69 100 Breast	1:27.27	2010-05-15	Brian Nelson (Jhb)
Men 65-69 200 Breast	3:23.35	2010-06-19	Brian Nelson (Jhb)
Men 65-69 50 Fly	36.06	2010-06-19	John Petersen (Jhb)
Men 65-69 100 Fly	1:49.70	1995-10-22	Peter Pirow
Men 65-69 200 Fly	3:00.83	2-2002	Dave McLachlan
Men 65-69 100 IM	1:31.46	2010-06-19	John Petersen (Jhb)
Men 65-69 200 IM	3:37.54	1995-11-12	Peter Pirow
Men 65-69 400 IM	7:46.83	1996-02-03	Peter Pirow
Men 70-74 50 Free	37.72	2007-06-10	Russel Wolpe (Jhb)
Men 70-74 100 Free	1:26.76	2007-10-28	Russel Wolpe (Jhb)
Men 70-74 200 Free	3:09.45	2007-06-10	Russel Wolpe (Jhb)
Men 70-74 400 Free	6:44.98	2007-10-28	Russel Wolpe (Jhb)
Men 70-74 800 Free	14:16.66	2007-11-24	Russel Wolpe (Jhb)
Men 70-74 1500 Free	28:24.96	2008-08-16	Russel Wolpe (Jhb)
Men 70-74 50 Back	58.43	1994-10-16	Jack Brink
Men 70-74 100 Back	2:00.73	1991-02-03	JACK BRINK
Men 70-74 200 Back	4:24.97	1991-01-13	JACK BRINK
Men 70-74 50 Breast	49.62	2007-06-10	Russel Wolpe (Jhb)

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Men 70-74 100 Breast	1:49.38	2007-06-10	Russel Wolpe (Jhb)
Men 70-74 200 Breast	3:59.83	2007-10-28	Russel Wolpe (Jhb)
Men 70-74 50 Fly	45.49	2007-11-24	Russel Wolpe (Jhb)
Men 70-74 100 Fly	2:01.48	1991-10-20	JACK BRINK
Men 70-74 200 Fly	4:39.68	1992-12-06	JACK BRINK
Men 70-74 100 IM	1:50.13	2008-06-22	Russel Wolpe (Jhb)
Men 70-74 200 IM	3:58.42	2009-06-27	Russel Wolpe (Jhb)
Men 70-74 400 IM	59:59.99		Vacant
Men 75-79 50 Free	36.89	2005-05-15	Don Johnston (Jhb)
Men 75-79 100 Free	1:44.57	1999-09-26	Eli Kitay (Jhb) - OLDED
Men 75-79 200 Free	3:44.56	2008-10-25	Patrick Galvin (Jhb)
Men 75-79 400 Free	59:59.99		Vacant
Men 75-79 800 Free	59:59.99		Vacant
Men 75-79 1500 Free	59:59.99		Vacant
Men 75-79 50 Back	55.54	1991-10-20	ALF CADENHEAD
Men 75-79 100 Back	2:07.84	1999-09-26	Jack Brink at SAMS SC Champion - OLDED
Men 75-79 200 Back	4:26.15	1995-10-22	Jack Brink
Men 75-79 50 Breast	42.32	2008-10-25	Patrick Galvin (Jhb)
Men 75-79 100 Breast	2:12.66	1991-02-03	ALF CADENHEAD
Men 75-79 200 Breast	4:52.20	1998-11-22	Jack Brink
Men 75-79 50 Fly	59.99	1996-03-17	Jack Brink
Men 75-79 100 Fly	2:32.37	1999-09-26	Jack Brink at SAMS SC Champion - OLDED
Men 75-79 200 Fly	4:51.75	1995-11-12	Jack Brink
Men 75-79 100 IM	2:01.17	1995-09-17	Jack Brink
Men 75-79 200 IM	4:24.36	1995-11-12	Jack Brink
Men 75-79 400 IM	9:25.31	1996-02-03	Jack Brink
Men 80-84 50 Free	47.88	1992-02-22	ALF CADENHEAD
Men 80-84 100 Free	1:58.44	1994-03-06	Alfred Cadenhead
Men 80-84 200 Free	59:59.99		Vacant
Men 80-84 400 Free	59:59.99		Vacant
Men 80-84 800 Free	59:59.99		Vacant
Men 80-84 1500 Free	59:59.99		Vacant
Men 80-84 50 Back	57.36	1992-03-01	ALF CADENHEAD
Men 80-84 100 Back	2:13.47	2001-09-29	Jack Brink (Jhb)
Men 80-84 200 Back	4:47.57	2001-09-29	Jack Brink (Jhb)
Men 80-84 50 Breast	1:12.32	1992-02-22	ALF CADENHEAD
Men 80-84 100 Breast	59:59.99		Vacant
Men 80-84 200 Breast	5:57.87	2005-10-23	Arjen Pietjou (Jhb)
Men 80-84 50 Fly	59:59.99		Vacant
Men 80-84 100 Fly	59:59.99		Vacant
Men 80-84 200 Fly	59:59.99		Vacant
Men 80-84 100 IM	2:24.56	2001-09-29	Jack Brink (Jhb)
Men 80-84 200 IM	59:59.99		Vacant
Men 80-84 400 IM	59:59.99		Vacant
Men 85-89 50 Free	1:01.07	1997-02-01	Alf Cadenhead
Men 85-89 100 Free	2:33.00	2005-05-15	Jack Brink (Jhb)
Men 85-89 200 Free	6:16.66	2005-06-11	Jack Brink (Jhb)
Men 85-89 400 Free	59:59.99		Vacant
Men 85-89 800 Free	59:59.99		Vacant
Men 85-89 1500 Free	59:59.99		Vacant
Men 85-89 50 Back	1:02.06	1997-02-01	Alf Cadenhead
Men 85-89 100 Back	2:31.56	1997-08-23	Alf Cadenhead (Pta)
Men 85-89 200 Back	5:32.15	1997-03-02	Alf Cadenhead
Men 85-89 50 Breast	1:30.59	1997-09-28	Alf Cadenhead
Men 85-89 100 Breast	3:28.55	2006-10-29	Jack Brink (Jhb)
Men 85-89 200 Breast	6:57.44	2005-10-23	Jack Brink (Jhb)
Men 85-89 50 Fly	59:59.99		Vacant
Men 85-89 100 Fly	4:11.44	2005-05-15	Jack Brink (Jhb)
Men 85-89 200 Fly	59:59.99		Vacant
Men 85-89 100 IM	3:03.56	2005-10-23	Jack Brink (Jhb)
Men 85-89 200 IM	7:05.26	2005-10-23	Jack Brink (Jhb)
Men 85-89 400 IM	59:59.99		Vacant

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Men 90-94 50 Free	59:59.99	Vacant
Men 90-94 100 Free	59:59.99	Vacant
Men 90-94 200 Free	59:59.99	Vacant
Men 90-94 400 Free	59:59.99	Vacant
Men 90-94 800 Free	59:59.99	Vacant
Men 90-94 1500 Free	59:59.99	Vacant
Men 90-94 50 Back	59:59.99	Vacant
Men 90-94 100 Back	59:59.99	Vacant
Men 90-94 200 Back	59:59.99	Vacant
Men 90-94 50 Breast	59:59.99	Vacant
Men 90-94 100 Breast	59:59.99	Vacant
Men 90-94 200 Breast	59:59.99	Vacant
Men 90-94 50 Fly	59:59.99	Vacant
Men 90-94 100 Fly	59:59.99	Vacant
Men 90-94 200 Fly	59:59.99	Vacant
Men 90-94 100 IM	59:59.99	Vacant
Men 90-94 200 IM	59:59.99	Vacant
Men 90-94 400 IM	59:59.99	Vacant
Men 95-99 50 Free	59:59.99	Vacant
Men 95-99 100 Free	59:59.99	Vacant
Men 95-99 200 Free	59:59.99	Vacant
Men 95-99 400 Free	59:59.99	Vacant
Men 95-99 800 Free	59:59.99	Vacant
Men 95-99 1500 Free	59:59.99	Vacant
Men 95-99 50 Back	59:59.99	Vacant
Men 95-99 100 Back	59:59.99	Vacant
Men 95-99 200 Back	59:59.99	Vacant
Men 95-99 50 Breast	59:59.99	Vacant
Men 95-99 100 Breast	59:59.99	Vacant
Men 95-99 200 Breast	59:59.99	Vacant
Men 95-99 50 Fly	59:59.99	Vacant
Men 95-99 100 Fly	59:59.99	Vacant
Men 95-99 200 Fly	59:59.99	Vacant
Men 95-99 100 IM	59:59.99	Vacant
Men 95-99 200 IM	59:59.99	Vacant
Men 95-99 400 IM	59:59.99	Vacant
Men 100-104 50 Free	59:59.99	Vacant
Men 100-104 100 Free	59:59.99	Vacant
Men 100-104 200 Free	59:59.99	Vacant
Men 100-104 400 Free	59:59.99	Vacant
Men 100-104 800 Free	59:59.99	Vacant
Men 100-104 1500 Free	59:59.99	Vacant
Men 100-104 50 Back	59:59.99	Vacant
Men 100-104 100 Back	59:59.99	Vacant
Men 100-104 200 Back	59:59.99	Vacant
Men 100-104 50 Breast	59:59.99	Vacant
Men 100-104 100 Breast	59:59.99	Vacant
Men 100-104 200 Breast	59:59.99	Vacant
Men 100-104 50 Fly	59:59.99	Vacant
Men 100-104 100 Fly	59:59.99	Vacant
Men 100-104 200 Fly	59:59.99	Vacant
Men 100-104 100 IM	59:59.99	Vacant
Men 100-104 200 IM	59:59.99	Vacant
Men 100-104 400 IM	59:59.99	Vacant
Women 76-99 4x50 Free Relay	59:59.99	Vacant
Women 76-99 4x100 Free Relay	59:59.99	Vacant
Women 76-99 4x200 Free Relay	59:59.99	Vacant
Women 76-99 4x50 Medley Relay	59:59.99	Vacant
Women 76-99 4x100 Medley Relay	59:59.99	Vacant
Women 100-119 4x50 Free Relay	59:59.99	Vacant
Women 100-119 4x100 Free Relay	59:59.99	Vacant
Women 100-119 4x200 Free Relay	59:59.99	Vacant

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Women 100-119 4x50 Medley Relay	2:48.18	2004-11-28	Killer Whales (Jhb) C Bolton, N Labuschagne, C Coetzee, J Harvey
Women 100-119 4x100 Medley Relay	59:59.99		Vacant
Women 120-159 4x50 Free Relay	2:06.96	2006-10-29	Phoenix (Jhb) H Morris-Eyton, R Isakov, A Dressler, B Troup
Women 120-159 4x100 Free Relay	59:59.99		Vacant
Women 120-159 4x200 Free Relay	59:59.99		Vacant
Women 120-159 4x50 Medley Relay	59:59.99		Vacant
Women 120-159 4x100 Medley Relay	59:59.99		Vacant
Women 160-199 4x50 Free Relay	2:19.08	2009-05-16	Wahoo (Jhb) D Carroll, D Zambetti, T Helps, C Bridges
Women 160-199 4x100 Free Relay	59:59.99		Vacant
Women 160-199 4x200 Free Relay	59:59.99		Vacant
Women 160-199 4x50 Medley Relay	2:36.56	2009-06-27	Phoenix (Jhb) A Jones, H Morris-Eyton, J Johnson, K Kennedy
Women 160-199 4x100 Medley Relay	59:59.99		Vacant
Women 200-239 4x50 Free Relay	2:24.21	2006-10-29	Phoenix (Jhb) A Curtis, L Crawford, A Jones, M Rollnick
Women 200-239 4x100 Free Relay	59:59.99		Vacant
Women 200-239 4x200 Free Relay	59:59.99		Vacant
Women 200-239 4x50 Medley Relay	2:56.24	2009-10-24	Wahoo (Jhb) E Alder, M Ferreira, H Lawless, T Helps
Women 200-239 4x100 Medley Relay	59:59.99		Vacant
Women 240-279 4x50 Free Relay	59:59.99		Vacant
Women 240-279 4x100 Free Relay	59:59.99		Vacant
Women 240-279 4x200 Free Relay	59:59.99		Vacant
Women 240-279 4x50 Medley Relay	59:59.99		Vacant
Women 240-279 4x100 Medley Relay	59:59.99		Vacant
Women 280-319 4x50 Free Relay	59:59.99		Vacant
Women 280-319 4x100 Free Relay	59:59.99		Vacant
Women 280-319 4x200 Free Relay	59:59.99		Vacant
Women 280-319 4x50 Medley Relay	59:59.99		Vacant
Women 280-319 4x100 Medley Relay	59:59.99		Vacant
Women 320-359 4x50 Free Relay	59:59.99		Vacant
Women 320-359 4x100 Free Relay	59:59.99		Vacant
Women 320-359 4x200 Free Relay	59:59.99		Vacant
Women 320-359 4x50 Medley Relay	59:59.99		Vacant
Women 320-359 4x100 Medley Relay	59:59.99		Vacant
Women 360-399 4x50 Free Relay	59:59.99		Vacant
Women 360-399 4x100 Free Relay	59:59.99		Vacant
Women 360-399 4x200 Free Relay	59:59.99		Vacant
Women 360-399 4x50 Medley Relay	59:59.99		Vacant
Women 360-399 4x100 Medley Relay	59:59.99		Vacant
Men 76-99 4x50 Free Relay	59:59.99		Vacant
Men 76-99 4x100 Free Relay	59:59.99		Vacant
Men 76-99 4x200 Free Relay	59:59.99		Vacant
Men 76-99 4x50 Medley Relay	59:59.99		Vacant
Men 76-99 4x100 Medley Relay	59:59.99		Vacant
Men 100-119 4x50 Free Relay	1:54.79	2004-11-28	Killer Whales (Jhb) N Crawford, W van Staden, R Gibson, B Labuschagne
Men 100-119 4x100 Free Relay	59:59.99		Vacant
Men 100-119 4x200 Free Relay	59:59.99		Vacant
Men 100-119 4x50 Medley Relay	2:11.63	2004-11-28	Killer Whales (Jhb) N Crawford, W van Staden, R Gibson, B Labuschagne
Men 100-119 4x100 Medley Relay	59:59.99		Vacant
Men 120-159 4x50 Free Relay	1:48.56	2005-11-26	Wahoo (Jhb) N Winstone, A Steynberg, D Neilan, P Fryer
Men 120-159 4x100 Free Relay	59:59.99		Vacant
Men 120-159 4x200 Free Relay	59:59.99		Vacant
Men 120-159 4x50 Medley Relay	2:06.50	2009-10-24	Wahoo (Jhb) M Phillips, G Parsons, A Steynberg, M Nel
Men 120-159 4x100 Medley Relay	59:59.99		Vacant

**GMS Short Course Records****GMS record - Records**

Men 160-199 4x50 Free Relay	1:50.19	2009-05-16	Wahoo (Jhb) A Steynberg, G Parsons, E Berning, J Hayes
Men 160-199 4x100 Free Relay	59:59.99		Vacant
Men 160-199 4x200 Free Relay	59:59.99		Vacant
Men 160-199 4x50 Medley Relay	59:59.99		Vacant
Men 160-199 4x100 Medley Relay	59:59.99		Vacant
Men 200-239 4x50 Free Relay	1:54.72	2006-10-29	Wahoo (Jhb) A Steynberg, H vd Hoven, G Harker, R Hatherly
Men 200-239 4x100 Free Relay	59:59.99		Vacant
Men 200-239 4x200 Free Relay	59:59.99		Vacant
Men 200-239 4x50 Medley Relay	59:59.99		Vacant
Men 200-239 4x100 Medley Relay	59:59.99		Vacant
Men 240-279 4x50 Free Relay	2:16.83	2009-05-16	Wahoo (Jhb) R Hatherly, B Nelson, P Hutchings, G Harker
Men 240-279 4x100 Free Relay	59:59.99		Vacant
Men 240-279 4x200 Free Relay	59:59.99		Vacant
Men 240-279 4x50 Medley Relay	59:59.99		Vacant
Men 240-279 4x100 Medley Relay	59:59.99		Vacant
Men 280-319 4x50 Free Relay	3:35.53	1999-09-01	Old Eds (Jhb)
Men 280-319 4x100 Free Relay	59:59.99		Vacant
Men 280-319 4x200 Free Relay	59:59.99		Vacant
Men 280-319 4x50 Medley Relay	59:59.99		Vacant
Men 280-319 4x100 Medley Relay	59:59.99		Vacant
Men 320-359 4x50 Free Relay	59:59.99		Vacant
Men 320-359 4x100 Free Relay	59:59.99		Vacant
Men 320-359 4x200 Free Relay	59:59.99		Vacant
Men 320-359 4x50 Medley Relay	59:59.99		Vacant
Men 320-359 4x100 Medley Relay	59:59.99		Vacant
Men 360-399 4x50 Free Relay	59:59.99		Vacant
Men 360-399 4x100 Free Relay	59:59.99		Vacant
Men 360-399 4x200 Free Relay	59:59.99		Vacant
Men 360-399 4x50 Medley Relay	59:59.99		Vacant
Men 360-399 4x100 Medley Relay	59:59.99		Vacant
Mixed 76-99 4x50 Free Relay	2:01.00	2006-10-29	Wahoo (Jhb) S Hunter, S May, N Bacchini, J Hoch
Mixed 76-99 4x100 Free Relay	59:59.99		Vacant
Mixed 76-99 4x200 Free Relay	59:59.99		Vacant
Mixed 76-99 4x50 Medley Relay	59:59.99		Vacant
Mixed 76-99 4x100 Medley Relay	59:59.99		Vacant
Mixed 100-119 4x50 Free Relay	2:01.69	2006-10-29	Wahoo (Jhb) E Scholtz, T Gordon, A Squire, C Cronje
Mixed 100-119 4x100 Free Relay	59:59.99		Vacant
Mixed 100-119 4x200 Free Relay	59:59.99		Vacant
Mixed 100-119 4x50 Medley Relay	2:29.59	2006-11-25	Killer Whales (Jhb) r Gibson, J Wagner, T Parsons, T Gardiner
Mixed 100-119 4x100 Medley Relay	59:59.99		Vacant
Mixed 120-159 4x50 Free Relay	1:54.18	2006-10-29	Wahoo (Jhb) N Winstone, A Fok, J Dolkens, T Souster
Mixed 120-159 4x100 Free Relay	59:59.99		Vacant
Mixed 120-159 4x200 Free Relay	59:59.99		Vacant
Mixed 120-159 4x50 Medley Relay	59:59.99		Vacant
Mixed 120-159 4x100 Medley Relay	59:59.99		Vacant
Mixed 160-199 4x50 Free Relay	1:57.21	2006-10-29	Phoenix (Jhb) G Price, R Isakov, D Wilson, H Morris-Eyton
Mixed 160-199 4x100 Free Relay	59:59.99		Vacant
Mixed 160-199 4x200 Free Relay	59:59.99		Vacant
Mixed 160-199 4x50 Medley Relay	59:59.99		Vacant
Mixed 160-199 4x100 Medley Relay	59:59.99		Vacant
Mixed 200-239 4x50 Free Relay	59:59.99		Vacant
Mixed 200-239 4x100 Free Relay	59:59.99		Vacant
Mixed 200-239 4x200 Free Relay	59:59.99		Vacant
Mixed 200-239 4x50 Medley Relay	59:59.99		Vacant

**GMS Short Course Records****GMS record - Records**

Mixed 200-239 4x100 Medley Relay	59:59.99		Vacant
Mixed 240-279 4x50 Free Relay	2:37.21	2006-10-29	Wahoo (Jhb) P Hutchings, G v Wimmersperg, B Nelson, M Ferreira
Mixed 240-279 4x100 Free Relay	59:59.99		Vacant
Mixed 240-279 4x200 Free Relay	59:59.99		Vacant
Mixed 240-279 4x50 Medley Relay	59:59.99		Vacant
Mixed 240-279 4x100 Medley Relay	59:59.99		Vacant
Mixed 280-319 4x50 Free Relay	59:59.99		Vacant
Mixed 280-319 4x100 Free Relay	59:59.99		Vacant
Mixed 280-319 4x200 Free Relay	59:59.99		Vacant
Mixed 280-319 4x50 Medley Relay	59:59.99		Vacant
Mixed 280-319 4x100 Medley Relay	59:59.99		Vacant
Mixed 320-359 4x50 Free Relay	59:59.99		Vacant
Mixed 320-359 4x100 Free Relay	59:59.99		Vacant
Mixed 320-359 4x200 Free Relay	59:59.99		Vacant
Mixed 320-359 4x50 Medley Relay	59:59.99		Vacant
Mixed 320-359 4x100 Medley Relay	59:59.99		Vacant
Mixed 360-399 4x50 Free Relay	59:59.99		Vacant
Mixed 360-399 4x100 Free Relay	59:59.99		Vacant
Mixed 360-399 4x200 Free Relay	59:59.99		Vacant
Mixed 360-399 4x50 Medley Relay	59:59.99		Vacant
Mixed 360-399 4x100 Medley Relay	59:59.99		Vacant