

GMS Long Course Records**Relays****GMS record - Records**

Women 76-99 4x50 Free Relay	2:13.48	2005-03-19	Killer Whales (Grm) B Meyer, K Morris, B Stone, K Taylor
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	2:29.86	2005-03-19	Killer Whales (Grm) C Elcott, T Gardiner, C Coetzee, B Stone
Women 76-99 4x100 Medley Relay	59:59.99		Vacant
Women 100-119 4x50 Free Relay	2:20.01	2010-03-20	Phoenix (Pta) N Bacchini, S Hunter, A Long, J Johnson
Women 100-119 4x100 Free Relay	59:59.99		Vacant
Women 100-119 4x200 Free Relay	59:59.99		Vacant
Women 100-119 4x50 Medley Relay	3:00.29	2005-03-19	Florida (Grm) C Welgemoed, T Owgan, L Shear, C Fuller
Women 100-119 4x100 Medley Relay	59:59.99		Vacant
Women 120-159 4x50 Free Relay	2:02.95	2005-03-19	Wahoo (Grm) T Souster, T Fryer, L Haupt, E Scholtz
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	2:17.02	2005-03-19	Wahoo (Grm) S Barton, E Scholtz, T Souster, D Carroll
Women 120-159 4x100 Medley Relay	59:59.99		Vacant
Women 160-199 4x50 Free Relay	2:09.83	1998-04-04	Wanderers A
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	2:19.93	2007-03-16	Phoenix (Sas) A Dressler, H Morris-Eyton, R Isakov, D Lake
Women 160-199 4x100 Medley Relay	59:59.99		Vacant
Women 200-239 4x50 Free Relay	2:16.54	2005-03-19	Phoenix (Grm) M Rollnick, E Spagnuolo, M Davie, L Crawford
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	2:33.56	1996-04-12	Transvaal A
Women 200-239 4x100 Medley Relay	59:59.99		Vacant
Women 240-279 4x50 Free Relay	2:22.62	2009-03-14	Phoenix (EL) A Jones, G Williamson, M Rollnick, M Davie
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	2:56.51	2009-03-13	Phoenix (EL) M Davie, A Jones, L Crawford, G Williamson
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	1:58.94	2005-03-19	Killer Whales (Grm) T Barsdorf, J Wagner, N Crawford, T Venter
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	2:00.39	2005-03-19	Killer Whales (Grm) N Crawford, A Crawford, T Venter, T Barsdorf

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Men 76-99 4x100 Medley Relay	59:59.99		Vacant
Men 100-119 4x50 Free Relay	1:43.80	2006-03-04	Wahoo (Mal) N Winstone, A Fok, J Thom, P Fryer
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	1:56.90	1991	Transvaal (Pta)
Men 100-119 4x100 Medley Relay	59:59.99		Vacant
Men 120-159 4x50 Free Relay	1:45.25	2007-03-17	Wahoo (Sas) A Fok, J Hoch, A Steynberg, G Swart
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	2:00.91	2001-03-01	Vaal Rinkel Ratz (Pta) A Steynberg, P Gombos, E Gilfillan, L Oosthuizen
Men 120-159 4x100 Medley Relay	59:59.99		Vacant
Men 160-199 4x50 Free Relay	1:47.69	2006-03-04	Phoenix (Mal) T Bantock, Q Kohler, L Schutte, G Price
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	2:01.87	1994-03-19	Transvaal
Men 160-199 4x100 Medley Relay	59:59.99		Vacant
Men 200-239 4x50 Free Relay	1:53.90	2008-03-15	Wahoo (Dbn) A Steynberg, H vd Hoven, G Hickling, G Harker
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	2:03.98	2010-03-19	Wahoo (Pta) A Steynberg, R Hatherly, S Haupt, G Harker
Men 200-239 4x100 Medley Relay	59:59.99		Vacant
Men 240-279 4x50 Free Relay	2:02.27	2002-02-28	Phoenix (Oud) J Petersen, M Edwards, D McLachlan, W Wilson
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	2:21.28	2002-02-28	Phoenix (Oud) W Wilson, D McLachlan, J Petersen, M Edwards
Men 240-279 4x100 Medley Relay	59:59.99		Vacant
Men 280-319 4x50 Free Relay	2:21.61	2011-03-19	Wahoo (Oud) T Mitchell, P Galvin, K Williams, B Nelson
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	2:43.53	2011-03-17	Wahoo (Oud) T Mitchell, B Nelson, P Galvin, K Williams
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	1:58.66	2005-03-18	Killer Whales (Grm) T Barsdorf, K Morris, B Meyer, T Venter
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	2:12.85	2005-03-17	Killer Whales (Grm) N Crawford, N Simoes, T Venter, K Taylor
Mixed 76-99 4x100 Medley Relay	59:59.99		Vacant
Mixed 100-119 4x50 Free Relay	1:57.37	2005-03-18	Phoenix (Grm) K Rogers, L Schutte, N Beck, J Sabiston
Mixed 100-119 4x100 Free Relay	59:59.99		Vacant

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Mixed 100-119 4x200 Free Relay	59:59.99		Vacant
Mixed 100-119 4x50 Medley Relay	2:08.72	2005-03-17	Wahoo (Grm) T Fryer, L Haupt, J Thom, N Winstone
Mixed 100-119 4x100 Medley Relay	59:59.99		Vacant
Mixed 120-159 4x50 Free Relay	1:50.97	2006-03-03	Wahoo (Mal) T Souster, N Winstone, T Fryer, P Fryer
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	2:07.53	2002-02-28	Linrand (Oud) D Carroll, L Haupt, S Haupt, D Mayers
Mixed 120-159 4x100 Medley Relay	59:59.99		Vacant
Mixed 160-199 4x50 Free Relay	1:56.22	2008-03-13	Wahoo (Dbn) A Steynberg, J Dolkens, D Carroll, M Nel
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	2:12.13	1993-03-20	Phoenix (Mal) M Kritzinger, H Morris-Eyton, G Price, D Lake
Mixed 160-199 4x100 Medley Relay	59:59.99		Vacant
Mixed 200-239 4x50 Free Relay	2:00.86	2011-03-18	Wahoo (Oud) G Harker, J Lecuona, D Carroll, A Steynberg
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	2:17.23	2011-03-18	Wahoo (Oud) D Carroll, R Hatherly, A Steynberg, J Lecuona
Mixed 200-239 4x100 Medley Relay	59:59.99		Vacant
Mixed 240-279 4x50 Free Relay	2:06.34	2007-03-15	Phoenix (Sas) W Wilson, A Jones, M Rollnick, D Wilson
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	2:37.36	2009-03-12	Phoenix (EL) D Wilson, A Jones, M Davie, W Wilson
Mixed 240-279 4x100 Medley Relay	59:59.99		Vacant
Mixed 280-319 4x50 Free Relay	2:35.48	2009-03-11	Phoenix (EL) D Johnston, M Rollnick, R Wolpe, G Williamson
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	2:55.09	2010-03-17	Phoenix (Pta) D Johnston, R Wolpe, L Crawford, G Williamson
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