

# **ZIMBABWE SWIMMING BOARD OF CONTROL**



**CROCS  
HANDBOOK  
2012 / 2013**

To all Cross swimmers

In order to make information more easily accessible we have decided on producing a short “handbook” for the season. Our aim is to include information which will apply to affiliation, submission of results, current Zimbabwe records, and up-coming tours – criteria and selection.

**PLEASE NOTE: ALL SWIMMERS SEEKING SELECTION MUST HAVE OBTAINED CLEARANCE FROM THEIR COACH/SCHOOL/COLLEGE/UNIVERSITY PRIOR TO SUBMITTING ANY APPLICATION FOR SELECTION.**

As many of you constitute our “senior” swimmers, we value the contribution that you can and do make to Zimbabwe swimming. Many of our locally-based swimmers aspire to be where you are and compete at the top level competitions in light of what you all have achieved. It is however difficult to sometimes keep “tabs” on you and what you are up to. Please let us know what you are up to on a regular basis as we like to include this information in the ZSBC magazine.

As this is a new venture we would appreciate your comments and suggestions for inclusion in the next season’s handbook.

Tracey Doorman  
Vice-Chair  
[mtladoor@zol.co.zw](mailto:mtladoor@zol.co.zw)

## **ZSBC BOARD MEMBERS**

Chair	Lorna Riley	<a href="mailto:lorna.m.riley@gmail.com">lorna.m.riley@gmail.com</a>
Vice Chair	Tracey Doorman	<a href="mailto:mtladoor@zol.co.zw">mtladoor@zol.co.zw</a>
Secretary	Mary Kloppers	<a href="mailto:comptech@zol.co.zw">comptech@zol.co.zw</a>
Treasurer	Julie Price	<a href="mailto:pjprice@zol.co.zw">pjprice@zol.co.zw</a>
Mashonaland	Tim Hawgood	<a href="mailto:dairymac@yoafrica.com">dairymac@yoafrica.com</a>
Matabeleland	Edmore Cyprianos	<a href="mailto:cypriano@netconnect.co.zw">cypriano@netconnect.co.zw</a>
Mash Country Districts	Tracey Doorman	<a href="mailto:mtladoor@zol.co.zw">mtladoor@zol.co.zw</a>
Manicaland	Anne White	<a href="mailto:zimewe@zol.co.zw">zimewe@zol.co.zw</a>
Midlands	Lana Pinto	<a href="mailto:finserv@triangle.co.zw">finserv@triangle.co.zw</a>
Officials (SOAZ)	Caroline Hawgood	<a href="mailto:hawgood@zol.co.zw">hawgood@zol.co.zw</a>

## **AFFILIATION**

Affiliation fees are \$50 payable by 31 October 2012. No late fees will be accepted.

These need to be fully paid if you wish to be considered for selection for any tours.

Please also complete and return the application form (**APPENDIX 1**) along with:

- digital passport photo
- digital passport copy of your valid Zimbabwe passport

## **RESULTS**

Please submit these on a regular basis throughout the season.

Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists will be considered.

## **RECORDS**

All submissions of records must be done using the Records Claim Form (**APPENDIX 2**)  
Current Zimbabwe records, at the time of compilation of the Handbook are as per  
**APPENDIX 6**

## **LOCAL GALAS**

Dates for major local galas are as follows:

### **OCTOBER 2012**

20th	National Sprint Gala	Mutare
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### **NOVEMBER 2012**

4th	Mashonaland Short Course	Chisipite Snr School Pool
9th-10th	Manicaland Championships	Mutare
29th-30th	Matabeleland Championships	BYO
30th	Mashonaland Senior Championships	Les Brown

### **DECEMBER 2012**

1st-2nd	Mashonaland Senior Championships	Les Brown
1st-2nd	Matabeleland Championships	BYO
7th-9th	Mashonaland Senior Championships	Les Brown
7th-8th	Midlands Championships	TBA

### **JANUARY 2013**

2nd-5th	Mash Invitational Short Course	Gateway Jnr School
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### **FEBRUARY 2013**

22nd-26th (TBC)	National Championships	Harare
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# TOURS

## A. DATES

### DECEMBER 2012

11th-20th	Zone VI Games	Lusaka, Zambia
12th-16th	World Short Course Champs	Istanbul, Turkey

### MARCH 2013

15th-19th	Level 3	Durban
22nd- 25th	Level 2	Sasolburg

### APRIL 2012

5th-7 <sup>th</sup>	Level 1	Pretoria
15th-20th	SA Seniors	Port Elizabeth
Tba	Cana Zone 3 & 4	Lusaka, Zambia

### JULY 2013

19th-4th Aug	World Championships	Barcelona, Spain
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### AUGUST 2013

Tba	World Junior Championships	Casablanca, Morocco
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### AUGUST 2014

16th-28th	Youth Olympic Games	Nanjing, China
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## B. SELECTION

- FOR EACH TOUR, IF A SWIMMER IS INTERESTED IN BEING CONSIDERED FOR SELECTION A SEPARATE APPLICATION FORM MUST BE FILLED IN AND SUBMITTED BEFORE THE RELEVANT SELECTION DATE (APPENDIX 3)**
- ALL SWIMMERS SEEKING SELECTION MUST HAVE OBTAINED CLEARANCE FROM THEIR COACH/SCHOOL/COLLEGE/UNIVERSITY PRIOR TO SUBMITTING ANY APPLICATION FOR SELECTION.**
- Selection to any team will be in accordance with the criteria laid down and at the discretion of the selectors, subject to ratification by the ZSBC and ZAU.
- All swimmers must be in possession of a valid Zimbabwe passport in order to be eligible for selection to any of the ZSBC Open Tours - details to be supplied on the ZSBC Registration Form. SA Level 3 will be swum as a Zimbabwe Team, but does not necessarily require a Zimbabwe Passport as it is an Age Group (Junior) Competition. All Open Competitions require the Zimbabwe Team members to be in possession of a valid Zimbabwe Passport.
- Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists will be considered.**
- Externally based swimmers are required to submit their times for selection consideration. These must be endorsed by their coach, preferably on Meet Manager, confirming accuracy.
- ZSBC is responsible for ensuring that the Selectors have available to them, current times for all swimmers and a programme of events for each tour, including criteria required by hosts prior to selection.

8. Should any individual feel that he/she has legitimate grounds for protest e.g. their own non selection, such protest must be conveyed to the Chairperson of the ZSBC. This must be done in writing (e-mail or fax transmissions are acceptable) to the Secretary, within 72 hours of the team having been officially announced. **Protests made directly to the Selectors or ZSBC board will be nullified and may thereafter not be re-submitted.** A deposit (\$50) must be lodged with the protest, this being forfeited should the protest be unsuccessful. The ZSBC shall meet with the Selectors as soon as possible after the expiry of the 72-hour period after the announcement of each team, at which time any protest shall be heard and a final decision made in this regard. This meeting may be telephonic or via email/fax. Following this process, the final team will be submitted to ZAU for ratification and approval.
9. Externally based swimmers are encouraged to take part in local galas wherever possible and to attend National Events where possible.
10. The submission of times for selection to participate in international events will be concluded by the following dates:

**SA National Aquatic & Youth Champs – 19 March 2013**

**CANA Zone 3 & 4 Invitational – Last day of Zimbabwe Senior National Championships**

**World Championships – 30 April 2013**

**Junior World Championships – 30 April 2013**

**Youth Olympics, 2014 – TBA**

## C. TOUR SPECIFICS

### **SA NATIONAL AQUATIC CHAMPIONSHIPS & YOUTH CHAMPS**

TO BE HELD IN PORT ELIZABETH, RSA

14 - 21 APRIL, 2013

#### **SA NATIONALS**

- This is a **Zimbabwe Tour** and an Open Competition (one age group), therefore a valid Zimbabwe Passport will be required for participation and travel.
- This competition is open to swimmers aged 15 years and over as at 1<sup>st</sup> date of gala i.e. 14 April, 2013.
- Only **One SA National** qualifying time to be achieved to qualify for selection.
- **See APPENDIX 4 (SA National Times 2012).**
- Swimmers may enter the events they have SA National qualifying times for, plus **three** additional events provided they have times as from **1 May 2012**.
- Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- Selection times to be taken from **1 May, 2012**.
- A preliminary ZSBC Selection to be done after the conclusion of Senior National Championships, with final selection on **20 March, 2013**. Team to be ratified by ZAU.
- **Level 3 swimmers (16 years and above) need to indicate by the end of February 2013, whether they will be attending this gala should they meet the required criteria at Level 3.**
- Official tracksuit will be Zimbabwe Senior Open Tracksuit (Green & White Tracksuit).

#### **YOUTH CHAMPS**

- Swimmers in the 16 -19 years age group, who have achieved one S A Youth qualifying standard may enter three additional Olympic Events, provided they have times on the SSA Database – except the 50m Freestyle this will be subject to rule.
- There will be no qualifying times for the 50m Youth events. Swimmers who wish to enter a 50m Event, must have achieved a qualifying time in the 100m or 200m of the particular event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100m or 200m Butterfly
- See **APPENDIX 5**
- There will be no relays in this category
- The results for the S A Youth Nationals will be determined from the heats
- The first three placed swimmers in the 16 -19 years who qualified on the SA Youth QT, provided they do not fall in the SA Elite Youth awards will receive the SA Youth Medal.

# CANA ZONE 3 & 4 INVITATION SWIMMING GALA

TO BE HELD IN LUSAKA, ZAMBIA

APRIL 2013

- This is a **Zimbabwe Tour** and therefore any swimmer to be eligible for selection, must have in their possession a valid Travel Document. Zimbabwe Passport is not compulsory.
- CROCS are also eligible for selection, but will be bound by the same deposit rules and dates as specified below.
- This competition is open to swimmers aged 11 years and over.
- Age grouping for the competition will be 11/12, 13/14, 15/16, 17/O age as at the first day of the gala.
- Only two swimmers per age group per event may be entered by each Country (CANA ruling).
- Selection times to be taken from **1 May 2012**
- Exact gala dates will be made available as soon as the Board has these from CANA.
- A **Minimum** of Level 2 Qualifying times for age at date of gala.
- At the conclusion of all the Provincial Championships in December 2012 a "long list" will be released by ZSBC. This list is subject to ADDITIONS and SUBTRACTIONS at the discretion of the Board and its selectors at any stage after this prior to the FINAL selection being ratified.
- A deposit of \$250 **MUST** be lodged with the ZSBC Treasurer by the **BEGINNING OF THE FINAL SESSION** of Senior Nationals in order for swimmers to be eligible/considered for selection. This is **NON-REFUNDABLE, for any reason whatsoever**, should a selected swimmer withdraw **AFTER THE CONCLUSION OF SENIOR NATIONALS**.
- The deposit will be refunded to those swimmers NOT selected.
- The deposits of late-withdrawals will be off-set against tour costs for those selected.
- Only two Relay age groups to be entered – 14/Under and 15/Over.
- A **FINAL** ZSBC Selection to be done on **1 March 2013**.
- Official tracksuit will be Zimbabwe Junior Age Group Tracksuit (Navy Zimbabwe Tracksuit).

## FINA WORLD CHAMPIONSHIPS

BARCELONA, SPAIN

19 JULY – 4 AUGUST 2013

- Final date for Selection is **30 April 2013**.
- Interested swimmers **MUST** apply to be considered for selection by this date, and supply any relevant times in the prescribed format.
- As was the case for Shanghai 2011, a qualifying procedure with A and B standard time will be implemented for Barcelona 2013.
- **FINA "A" & "B" SWIMMING QUALIFYING STANDARD TIMES**
  - If a National Federation enters only one (1) swimmer per event all swimmers entered must meet the qualifying B standard time.
  - If two (2) swimmers are entered in the same event, both of them must meet the qualifying A standard time.
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- Federations may enter swimmers regardless of standard time as follows:
  - having no swimmer qualified: two (2) men and two (2) women; \*
  - having one (1) or two (2) swimmers qualified, additional swimmers up to a maximum of four (4) swimmers (two (2) men and two (2) women);\*
  - having three (3) swimmers qualified one (1) additional swimmer provided that both genders are represented.\*

\* **Note - Please refer to new FINA Rule BL 9.3.6.2**

- Swimmers entered without qualifying time must have participated in the National Championships of the Federation. These swimmers will be allowed to enter in two (2) events each.
- Relays: 4x100m Freestyle, 4x200m Freestyle, 4x100m Medley (Men & Women.)
- Each Member Federation may enter only one (1) team in each relay event
- The swimming qualifying standard times must be obtained at any of the competitions specified below during the period **01 July 2012 – 30 April 2013**
- **QUALIFYING EVENTS shall include**
  - Continental Championships 2012 and 2013
  - International Competitions, *to be approved in advance by FINA*
  - National Competitions, *to be approved in advance by FINA*
- Only swimming qualifying times achieved at competitions approved by FINA can be accepted as entry times for the 15th FINA World CHAMPIONSHIPS

### **FINA “A” & “B” SWIMMING QUALIFYING STANDARD TIMES – WORLD CHAMPS 2013**

<b>MEN'S STANDARDS</b>			<b>WOMEN'S STANDARDS</b>	
<b>A - 2 entries</b>	<b>B - 1 entry</b>	<b>(metres)</b>	<b>A - 2 entries</b>	<b>B - 1 entry</b>
22.33	23.11	50 FREE	25.34	26.29
48.93	50.64	100 FREE	54.86	56.78
1.48.42	1.52.21	200 FREE	1.58.74	2.02.90
3.49.55	3.57.58	400 FREE	4.09.81	4.18.55
7.59.06	8.15.83	800 FREE	8.34.33	8.52.33
15.14.38	15.46.38	1500 FREE	16.26.36	17.00.88
25.43	26.32	50 BACK	28.84	29.85
54.43	56.34	100 BACK	1.01.39	1.03.54
1.58.48	2.02.63	200 BACK	2.11.09	2.15.68
28.00	28.98	50 BREAST	32.00	33.12
1.00.86	1.02.99	100 BREAST	1.08.63	1.11.03
2.12.78	2.17.43	200 BREAST	2.27.88	2.33.06
23.96	24.80	50 FLY	26.83	27.77
52.57	54.41	100 FLY	58.89	1.00.95
1.57.03	2.01.13	200 FLY	2.09.38	2.13.91
1.59.99	2.04.19	200 IM	2.14.97	2.19.69
4.18.99	4.28.05	400 IM	4.44.53	4.54.49



# FINA JUNIOR WORLD CHAMPIONSHIPS

CASABLANCA, MOROCCO

AUGUST 2013

- Final date for Selection is **30 April 2013**.
- Interested swimmers **MUST** apply to be considered for selection by this date, and supply any relevant times in the prescribed format.
- A **MINIMUM** of **TWO** SA National Standards Times (see **Table 3**) will be required.
- Age groups for the last Junior Worlds were girls 15-17 and boys 16-18 years, but to date we have no notification from FINA in this regard.
- Any other qualifying criteria which may apply will be released as soon as ZSBC have the information from FINA.

## YOUTH OLYMPIC GAMES

NANJING, CHINA

16-28 AUGUST 2014

### **ATHLETE ELIGIBILITY**

- All athletes must comply with the provisions of the Olympic Charter currently in force and only those athletes who have complied with the Olympic Charter may participate in the Youth Olympic Games.
- To be eligible to participate in the Youth Olympic Games, all athletes must be born between 1 January 1996 and 31 December 1999.
- If the IF quota of 140 boys and 140 girls is exceeded at the qualifying events, the FINA Points Table will be used to obtain the required number of swimmers. Only the best performance per swimmer will count

### **QUALIFICATION PERIOD**

- **1 April 2013 – 8 June 2014**
- Qualifying times can be achieved at national championships, international events, regional events or continental championships. All qualifying events must be sanctioned by FINA.

### **QUALIFICATION SYSTEM**

- For teams that finish in the Top 16 by total FINA points at the 15th FINA World Championships in Barcelona (ESP): eight (8) athletes maximum (4 boys and 4 girls) if achieving the FINA qualifying standard times.
- In the event that all continents are not represented in the top 16 teams from the 15th FINA World Championships 2013 in Barcelona (ESP), the highest finishing team from an unrepresented continent will be allowed to enter up to eight (8) athletes (4 boys and 4 girls) having achieved the required qualifying times.
- For all other teams with swimmers who meet qualification standard time: four (4) athletes maximum (2 boys and 2 girls).
- For NOCs that do not have swimmers who meet qualification standard time: one (1) boy and one (1) girl can be entered regardless of times.
- Achieving the qualifying standard time does not automatically give the right to participate in the Youth Olympic Games. FINA will confirm by 20 June 2014 the participating swimmers, up to the total number of 140 boys and 140 girls, in accordance with the FINA Qualifying Standard Times and FINA Points Table.

## EVENTS

MEN'S EVENTS (17)	WOMEN'S EVENTS (17)
<b>Freestyle:</b> 50m, 100m, 200m, 400m, 800m <b>Breaststroke:</b> 50m, 100m, 200m <b>Backstroke:</b> 50m, 100m, 200m <b>Butterfly:</b> 50m, 100m, 200m <b>Medley:</b> 200m individual medley	<b>Freestyle:</b> 50m, 100m, 200m, 400m, 800m <b>Breaststroke:</b> 50m, 100m, 200m <b>Backstroke:</b> 50m, 100m, 200m <b>Butterfly:</b> 50m, 100m, 200m <b>Medley:</b> 200m individual medley

## RELAYS

- **4x100m Freestyle, 4x100m Medley – Boys & Girls**
  - The top 16 finishers in the heats at the 15th FINA World Championships in 2013 in Barcelona (ESP) shall be qualified to swim in the 4x100m freestyle and 4x100m medley, boys and girls, based upon the results achieved.
  - No restrictions for the relays. However, teams must enter swimmers participating in individual events from the same NOC.
- **4x100m Freestyle, 4x100m Medley – Mixed Teams (2 Boys – 2 Girls)**
  - No restrictions for the mixed relays.
  - Teams must enter swimmers participating in individual events from the same NOC. Only NOCs that are represented by at least 2 boys and 2 girls can participate in the 4x100m freestyle relay and the 4x100m medley relay.

Boys' Standards			Girls' Standards	
A – 2 Entries	B – 1 Entry		A – 2 Entries	B – 1 Entry
0.23,65	0.24,48	50m Freestyle	0.26,68	0.27,61
0.51,46	0.53,26	100m Freestyle	0.57,38	0.59,39
1.53,57	1.57,54	200m Freestyle	2.04,12	2.08,46
4.01,68	4.10,14	400m Freestyle	4.20,23	4.29,34
8.22,84	8.40,44	800m Freestyle	9.02,71	9.21,70
0.27,19	0.28,14	50m Backstroke	0.30,36	0.31,42
0.57,96	0.59,99	100m Backstroke	1.04,66	1.06,92
2.07,48	2.11,94	200m Backstroke	2.19,77	2.24,66
0.29,81	0.30,85	50m Breaststroke	0.33,18	0.34,34
1.04,79	1.07,06	100m Breaststroke	1.11,99	1.14,51
2.22,24	2.27,22	200m Breaststroke	2.35,17	2.40,60
0.25,47	0.26,32	50m Butterfly	0.28,04	0.29,02
0.55,43	0.57,37	100m Butterfly	1.02,62	1.04,81
2.04,10	2.08,44	200m Butterfly	2.24,75	2.29,82
2.06,57	2.11,00	200m Ind. Medley	2.21,48	2.26,43

# APPENDIX 1

## CROCS APPLICATION FORM (CLUB REPRESENTING OUT OF COUNTRY SWIMMERS)

SURNAME: .....

FIRST NAMES: .....

DATE OF BIRTH: .....

CURRENT ADDRESS:

.....  
.....

CONTACT ADDRESS IN ZIM .....

.....

UNIVERSITY OR CLUB.

.....

PHONE NO: ..... ZIM PHONE NO: .....

EMAIL ADDRESS: .....

ALTERNATE/PARENT EMAIL ADDRESS: .....

PASSPORT NO. .... EXPIRY DATE.....

COACHES NAME:

.....

COACHES EMAIL ADDRESS. ....

I hereby agree to the following terms:

- a) Affiliation fee of \$50.00 to be paid to ZSBC treasurer or secretary by 31 October 2012. No late registration will be accepted. Swimmers not registered will not be considered for tours.
- b) Registration form to be completed in full by same date.
- c) Records are to be applied for on record claim form, stating website address where results can be verified.
- d) On receipt of criteria and in consultation with coach, swimmers are to apply to be considered for the tours which they would like to participate in.

Claim Nos:



**ZIMBABWE SWIMMING**

**BOARD OF CONTROL**

**NATIONAL RECORD CLAIM FORM**

NAME:

CROCS AFFILIATION NO:

PASSPORT NO:

AGE GP: yrs

DATE OF BIRTH:

SEX:

**DETAILS OF RECORD TO BE CLAIMED:**

MEET:  
(full name of gala)

MEET VENUE:  
(full name of pool/aquatic complex inc. city and country)

DATE OF MEET:

LONG COURSE/SHORT COURSE

STROKE:

DISTANCE:

NEW TIME:

PREVIOUS RECORD HOLDER'S NAME:

PREVIOUS TIME:

DETAILS OF WEB SITE WHERE RECORD CAN BE VERIFIED:

*N.B. RECORD CLAIMS WILL ONLY BE ACCEPTED FROM SWIMMERS WHO ARE CURRENTLY AFFILIATED TO, AND FULLY PAID UP CROCS MEMBERS OF THE ZIMBABWE AQUATIC UNION/ZIMBABWE SWIMMING BOARD OF CONTROL.*

CLAIMS TO BE E-MAILED TO:

KIM RENNIE  
CONVENOR – ZIMBABWE NATIONAL RECORDS  
[krennie@yoafrica.com](mailto:krennie@yoafrica.com)

You will be notified by same e-mail address (unless otherwise advised) of record application delivery and ratification (once approved).

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# APPENDIX 3



## APPLICATION FOR SELECTION TO TOURS IN 2012-2013 SEASON

<b>NAME</b>		
<b>CURRENT ADDRESS</b>		
<b>CURRENT PHONE NO</b>	HOME	MOBILE
<b>E MAIL ADDRESS</b>		
<b>TOUR TO BE CONSIDERED FOR</b>		
<b>DATES</b>		

I would like to be considered for selection to the Zimbabwe Swimming team travelling to the above meet.  
I have qualified according to the relevant Schedule of Qualifying times (**see CROCS Handbook**) and list these below.

Event	TIME	DATE ACHIEVED ON	MEET

I have provided the following documentation:

- Digital Passport Photo
- Digital Casual Photo
- Digital copy of passport

2012/13 affiliation fees have been paid to the Zimbabwe Swimming Board of Control.

I understand that selection to the team is not guaranteed.

Signed

Date

## APPENDIX 4

### SA National Standards, Long Course Meters

Women		Men	
	<b>SANA</b>		<b>SANA</b>
50 Free	27.72	50 Free	24.36
100 Free	1:00.21	100 Free	53.66
200 Free	2:10.03	200 Free	1:58.50
400 Free	4:33.87	400 Free	4:10.66
800 Free	9:22.42	800 Free	8:32.28
1500 Free	17:29.47	1500 Free	16:35.34
50 Back	31.76	50 Back	28.16
100 Back	1:09.10	100 Back	1:01.76
200 Back	2:28.66	200 Back	2:14.08
50 Breast	35.11	50 Breast	30.83
100 Breast	1:17.29	100 Breast	1:08.96
200 Breast	2:46.00	200 Breast	2:29.73
50 Fly	29.32	50 Fly	26.35
100 Fly	1:06.47	100 Fly	59.20
200 Fly	2:26.54	200 Fly	2:11.79
200 IM	2:27.44	200 IM	2:12.33
400 IM	5:10.74	400 IM	4:41.66

## APPENDIX 5

### SA YOUTH STANDARDS Youth Nationals Long Course Meters

Women		Men	
	<b>YOUTH</b>		<b>YOUTH</b>
50 Free		50 Free	
100 Free	1:02.97	100 Free	56.12
200 Free	2:15.99	200 Free	2:03.94
400 Free	4:46.44	400 Free	4:22.15
800 Free	9:53.38	800 Free	8:55.78
1500 Free	18:17.61	1500 Free	17:30.13
50 Back		50 Back	
100 Back	1:12.19	100 Back	1:04.51
200 Back	2:35.29	200 Back	2:20.07
50 Breast		50 Breast	
100 Breast	1:20.74	100 Breast	1:12.04
200 Breast	2:53.41	200 Breast	2:36.42
50 Fly		50 Fly	
100 Fly	1:09.44	100 Fly	1:01.85
200 Fly	2:34.29	200 Fly	2:18.85
200 IM	2:35.56	200 IM	2:19.61
400 IM	5:30.69	400 IM	4:59.74

**APPENDIX 6****RECORDS** (as at August 2012)**LONG COURSE RECORDS : GIRLS****GIRLS 10 YRS & UNDER****ZIMBABWE**

Age Group & Event	Time	Holder	Date	Venue
50 m Freestyle	00.32.89	R Lee	Nov09	Dbn
100 m Freestyle	01.10.41	R Lee	Nov09	Dbn
50 m Backstroke	00.36.86	R Lee	Nov09	Dbn
100 m Backstroke	01.18.78	R Lee	Nov09	Dbn
50 m Breaststroke	00.41.25	N Bradshaw	Dec96	Cht
100 m Breaststroke	01.31.28	N Bradshaw	Dec96	Cht
50 m Butterfly	00.34.27	R Lee	Nov09	Dbn
200 m Indiv Medley	02.51.43	R Lee	Nov09	Dbn
4x50 m Freestyle Relay	02.26.15	Mt. Pleasant	Dec96	Cht
4x50 m Medley Relay	02.44.24	Mt. Pleasant	Dec96	Cht

**GIRLS 11 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50 m Freestyle }	00.31.09	K Coventry	Nov94	Hre
" }	00.31.09	B Catterall	Oct08	Mut
100 m Freestyle	01.07.02	K Coventry	Dec94	Hre
200 m Freestyle	02.25.01	K Coventry	Dec94	Hre
400 m Freestyle	05.03.96	K Coventry	Dec94	Hre
50 m Backstroke	00.33.45	R Lee	Dec10	Dbn
100 m Backstroke	01.12.54	R Lee	Dec10	Dbn
200 m Backstroke	02.41.78	R Lee	Nov10	Dbn
50 m Breaststroke	00.40.42	L Derera	Oct09	Mut
100 m Breaststroke	01.27.19	L Harvey	Nov94	Hre
200 m Breaststroke	03.08.20	N Bradshaw	Dec97	Cht
50 m Butterfly	00.31.76	R Lee	Dec10	Dbn
100 m Butterfly	01.12.29	R Lee	Dec10	Dbn
200 m Indiv Medley	02.39.49	R Lee	Dec10	Dbn

**GIRLS 12 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50 m Freestyle	00.28.77	T Rennie	Dec07	Hre
100 m Freestyle	01.04.34	K Coventry	Jan95	Hre
200 m Freestyle	02.20.02	K Coventry	Dec95	Hre
400 m Freestyle	04.59.69	K Coventry	Jan95	Hre
50 m Backstroke	00.32.96	R Lee	Dec11	Dbn
100 m Backstroke	01.11.72	R Lee	Dec11	Dbn
200 m Backstroke	02.32.42	R Lee	Dec11	Dbn
50 m Breaststroke	00.38.11	S Welch	Oct07	Hre
100 m Breaststroke	01.23.60	S Welch	Mar07	Esl
200 m Breaststroke	02.57.87	S Welch	Mar07	Esl
50 m Butterfly	00.30.85	R Lee	Dec11	Dbn
100 m Butterfly	01.08.26	R Lee	Dec11	Dbn
200 m Indiv Medley	02.33.81	R Lee	Dec11	Dbn
4x50m Freestyle Relay	02.21.70	Mashonaland	Feb12	Byo
4x100 m Freestyle Relay	04.46.93	Mashonaland	Jan95	Hre
4x100 m Medley Relay	05.30.32	Mashonaland	Jan98	Byo

GIRLS 13 YRS & UNDER

Age Group & Event	Time	Holder	Date	Venue
50 m Freestyle	00.28.73	T Rennie	Feb08	Byo
100 m Freestyle	01.01.05	K Coventry	Dec96	Mau
200 m Freestyle	02.11.52	K Coventry	Jan96	Cht
400 m Freestyle	04.39.25	K Coventry	Jan96	Cht
800m Freestyle	10.40.11	M Fraser	Dec04	Hre
50 m Backstroke	00.32.83	K Coventry	Nov96	Hre
100 m Backstroke	01.09.72	R Lee	Apr12	Aus
200 m Backstroke	02.28.20	R Lee	Apr12	Aus
50 m Breaststroke	00.37.09	S Welch	Oct08	Hre
100 m Breaststroke	01.20.73	S Welch	Mar08	Esl
200 m Breaststroke	02.55.55	S Welch	Mar08	Esl
50 m Butterfly	00.30.85	R Lee	Dec11	Dbn
100 m Butterfly	01.07.63	R Lee	Apr12	Aus
200 m Butterfly	02.28.75	K Graham	Dec09	Pel
200 m Indiv Medley	02.30.64	K Coventry	Apr96	Lux
4x100 m Freestyle Relay	04.19.22	Zimbabwe	Dec96	Mau
4x100 m Medley Relay	04.54.64	Zimbabwe	Dec96	Mau

GIRLS 14 YRS & UNDER

Age Group & Event	Time	Holder	Date	Venue
50 m Freestyle	00.27.85	K Coventry	Jan97	Cht
100 m Freestyle	00.59.93	K Coventry	Jan97	Cht
200 m Freestyle	02.10.38	K Coventry	Dec97	Cht
400 m Freestyle	04.29.94	K Coventry	Mar97	Ger
800m Freestyle	10.14.94	M Fraser	Apr05	Hre
1500m Freestyle	19.28.70	K Eeson	Apr03	Hre
50 m Backstroke	00.32.83	K Coventry	Nov96	Hre
100 m Backstroke	01.08.80	K Coventry	Dec97	Cht
200 m Backstroke	02.28.20	R Lee	Apr12	Aus
50 m Breaststroke	00.34.63	S Welch	Oct09	Mau
100 m Breaststroke	01.15.44	S Welch	Oct09	Mau
200 m Breaststroke	02.47.13	J Forbes	Sep95	Cht
50 m Butterfly	00.30.48	T Rennie	Dec09	Hre
100 m Butterfly	01.06.75	K Graham	Sept10	Pel
200 m Butterfly	02.25.24	K Graham	Sept10	Pel
200 m Indiv Medley	02.29.63	K Coventry	Jan97	Cht
400m Indiv Medley	05.26.44	R Lee	Apr12	Aus
4x50m Freestyle Relay	02.05.01	Mashonaland	Feb12	Byo
4x100 m Freestyle Relay	04.19.22	Zimbabwe	Dec96	Mau
4x100 m Medley Relay	04.54.64	Zimbabwe	Dec96	Mau



GIRLS 15 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50 m	Freestyle	00.27.33	K Coventry	Sep98	Kua
100 m	Freestyle	00.57.81	K Coventry	Sep98	Kua
200 m	Freestyle	02.09.73	M Fraser	Mar06	Esl
400 m	Freestyle	04.29.94	K Coventry	Mar97	Ger
800 m	Freestyle	09.39.00	C James	Feb79	Byo
1500m	Freestyle	19.25.11	M Koen	Feb12	Byo
50 m	Backstroke	00.32.14	K Coventry	Dec98	Mut
100 m	Backstroke	01.05.94	K Coventry	Sep98	Kua
200 m	Backstroke	02.28.20	R Lee	Apr12	Aus
50 m	Breaststroke	00.34.40	S Welch	Mar10	Esl
100 m	Breaststroke	01.14.13	S Welch	Apr10	Dbn
200 m	Breaststroke	02.39.37	S Welch	Apr10	Dbn
50 m	Butterfly	00.30.18	K Coventry	Sep98	Kua
100 m	Butterfly	01.05.78	K Graham	Apr11	Pel
200 m	Butterfly	02.24.18	K Graham	Apr11	Pel
200 m	Indiv Medley	02.19.56	K Coventry	Sep98	Kua
400 m	Indiv Medley	05.24.16	S Welch	Mar10	Esl
4x50m	Freestyle Relay	01.55.76	Zimbabwe	Mar04	Esl
4x100 m	Freestyle Relay	04.09.85	Zimbabwe	Mar04	Esl
4x200 m	Freestyle Relay	09.32.94	Zimbabwe	Sep94	Cai
4x100 m	Medley Relay	04.52.99	Zimbabwe	Mar04	Esl

GIRLS 16 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50 m	Freestyle	00.26.72	K Coventry	Sep99	Jhb
100 m	Freestyle	00.57.81	K Coventry	Sep98	Kua
200 m	Freestyle	02.06.98	K Coventry	Apr99	Dbn
400 m	Freestyle	04.29.94	K Coventry	Mar97	Ger
800 m	Freestyle	09.33.77	K Coventry	Jan00	Cht
1500m	Freestyle	18.55.42	M Fraser	Feb07	Hre
50 m	Backstroke	00.31.89	K Coventry	Sep99	Jhb
100 m	Backstroke	01.04.99	K Coventry	Sep99	Jhb
200 m	Backstroke	02.24.39	K Coventry	Jan99	Cht
50 m	Breaststroke	00.34.40	S Welch	Mar10	Esl
100 m	Breaststroke	01.14.13	S Welch	Apr10	Dbn
200 m	Breaststroke	02.39.37	S Welch	Apr10	Dbn
50 m	Butterfly	00.29.82	T Rennie	Oct11	Mut
100 m	Butterfly	01.05.78	K Graham	Apr11	Pel
200 m	Butterfly	02.24.18	K Graham	Apr11	Pel
200 m	Indiv Medley	02.19.56	K Coventry	Sep98	Kua
400 m	Indiv Medley	05.24.16	S Welch	Mar10	Esl
4x50m	Freestyle Relay	01.55.76	Zimbabwe	Mar04	Esl
4x100 m	Freestyle Relay	04.09.85	Zimbabwe	Mar04	Esl
4x100 m	Medley Relay	04.46.69	Zimbabwe	Oct09	Mau

GIRLS 17 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50 m	Freestyle	00.26.58	K Coventry	Sep00	Aus
100 m	Freestyle	00.57.35	K Coventry	Apr00	Dbn
200 m	Freestyle	02.06.98	K Coventry	Apr99	Dbn
400 m	Freestyle	04.29.02	K Eeson	Sep06	Sen
800 m	Freestyle	09.14.62	K Eeson	Sep06	Sen
1500m	Freestyle	17.53.49	K Eeson	Sep06	Sen
50 m	Backstroke	00.31.00	K Coventry	Sep00	Aus
100 m	Backstroke	01.02.54	K Coventry	Sep00	Aus
200 m	Backstroke	02.24.39	K Coventry	Jan99	Cht
50 m	Breaststroke	00.34.40	S Welch	Mar10	Esl
100 m	Breaststroke	01.14.13	S Welch	Apr10	Dbn
200 m	Breaststroke	02.39.37	S Welch	Apr10	Dbn
50 m	Butterfly	00.28.84	S Richter	Aug06	Bra
100 m	Butterfly	01.05.00	S Richter	Sep06	Sen
200 m	Butterfly	02.24.18	K Graham	Apr11	Pel
200 m	Indiv Medley	02.17.73	K Coventry	Sep00	Aus
400 m	Indiv Medley	05.24.16	S Welch	Mar10	Esl
4x50m	Freestyle Relay	01.55.76	Zimbabwe	Mar04	Esl
4x100 m	Freestyle Relay	04.01.19	Zimbabwe	Mar94	Dbn
4x100 m	Medley Relay	04.37.09	Zimbabwe	Mar94	Dbn

WOMENS OPEN

Age Group & Event		Time	Holder	Date	Venue
50 m	Freestyle	00.26.19	K Coventry	Jul07	Alg
100 m	Freestyle	00.56.57	N Horn	Jul09	Rme
200 m	Freestyle	01.59.49	K Coventry	Apr09	Dbn
400 m	Freestyle	04.13.80	K Coventry	Apr09	Dbn
800 m	Freestyle	08.43.89	K Coventry	Jul07	Alg
1500m	Freestyle	17.31.88	K Lapham	Sep11	Moz
50 m	Backstroke	00.28.31	K Coventry	Jan12	Dbn
100 m	Backstroke	00.58.77	K Coventry	Aug08	Chn
200 m	Backstroke	02.04.81	K Coventry	Jul09	Rme
50 m	Breaststroke	00.33.70	M Heard	Jul09	Rme
100 m	Breaststroke	01.11.86	K Coventry	Jul07	Alg
200 m	Breaststroke	02.37.77	M Heard	Jul09	Rme
50 m	Butterfly	00.27.83	H Brand	Jul05	Mon
100 m	Butterfly	01.00.61	H Brand	Jul07	Alg
200 m	Butterfly	02.15.91	H Brand	Mar07	Mel
200 m	Indiv Medley	02.08.59	K Coventry	Aug08/Jul09	Chn/Rme
400 m	Indiv Medley	04.29.89	K Coventry	Aug08	Chn
4x50 m	Freestyle Relay	01.51.35	Zimbabwe	Mar94	Dbn
4x100 m	Freestyle Relay	03.53.55	Zimbabwe	Sep99	Jhb
4x200 m	Freestyle Relay	08.35.74	Zimbabwe	Jul09	Rme
4x100 m	Medley Relay	04.21.60	Zimbabwe	Jul07	Alg

**LONG COURSE RECORDS : BOYS****BOYS 10 YRS & UNDER****ZIMBABWE**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.32.40	C McGown	1984?	
100m Freestyle	01.13.83	J Lawson	Dec05	Hre
50m Backstroke	00.38.97	M Spence	Dec94	Hre
100m Backstroke	01.26.30	F Bescotti	Dec07	Hre
50m Breaststroke	00.41.72	J Blevin	Nov99	Hre
100m Breaststroke	01.34.17	I Henderson	Nov96	Cht
50m Butterfly	00.36.06	B Brider	Nov96	Cht
200m Indiv Medley	03.04.38	J Lawson Highlands	Dec05	Hre
4x50m Freestyle Relay	02.25.45	Club	Dec92	Hre
4x50m Medley Relay	02.42.99	Mt Pleasant	Dec96	Cht

**BOYS 11 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.29.68	Z Ejaz	Dec97	Cht
100m Freestyle	01.04.64	Z Ejaz	Dec97	Cht
200m Freestyle	02.26.77	Z Ejaz	Oct97	Hre
400m Freestyle	05.11.19	Z Ejaz	Dec97	Cht
50m Backstroke	00.37.96	C Acutt	Oct97	Hre
100m Backstroke	01.21.31	F Bescotti	Mar08	Ger
200m Backstroke	02.55.25	B Camara	Dec96	Cht
50m Breaststroke	00.39.81	D Rosser	Dec04	Hre
100m Breaststroke	01.26.73	S Brant	Dec94	Hre
200m Breaststroke	03.06.92	I Henderson	Dec97	Cht
50m Butterfly	00.33.22	Z Ejaz	Oct97	Hre
100m Butterfly	01.15.24	Z Ejaz	Dec97	Cht
200m Indiv Medley	02.48.74	Z Ejaz	Dec97	Cht

**BOYS 12 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.28.31	Z Ejaz	Dec98	Cht
100m Freestyle	01.01.82	Z Ejaz	Dec98	Cht
200m Freestyle	02.16.16	M Lawson	Nov05	Hre
400m Freestyle	04.47.50	M Lawson	Nov05	Hre
50m Backstroke	00.33.97	Z Ejaz	Dec98	Mut
100m Backstroke	01.14.60	Z Ejaz	Dec98	Cht
200m Backstroke	02.39.30	R Baxter	Apr84	Lux
50m Breaststroke	00.36.86	J Lawson	Dec07	Hre
100m Breaststroke	01.21.12	L Davis	Apr12	Moz
200m Breaststroke	02.52.80	J Lawson	Dec07	Hre
50m Butterfly	00.31.82	Z Ejaz	Dec98	Mut
100m Butterfly	01.10.68	M Lawson	Nov05	Hre
200m Indiv Medley	02.38.51	M Lawson	Dec05	Hre
4x50m Freestyle Relay	02.16.64	Mashonaland	Feb12	Byo
4x100m Freestyle Relay	04.41.51	Mt Pleasant	Nov96	Cht
4x100m Medley Relay	05.18.37	Pirates	Dec97	Cht

**BOYS 13 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.26.74	I Le Roux	Nov89	Hre
100m	Freestyle	00.58.32	I Le Roux	Dec89	Hre
200m	Freestyle	02.08.79	M Lawson	Dec06	Hre
400m	Freestyle	04.29.77	M Lawson	Mar06	Esl
50m	Backstroke	00.32.61	S Marshall	Dec08	Hre
100m	Backstroke	01.09.70	B MacDonald	Dec93	Byo
200m	Backstroke	02.30.02	B MacDonald	Dec93	Byo
50m	Breaststroke	00.33.64	J Lawson	Dec08	Hre
100m	Breaststroke	01.13.86	J Lawson	Nov08	Hre
200m	Breaststroke	02.40.11	J Lawson	Mar08	Esl
50m	Butterfly	00.29.47	T Ferris	Aug03	Cas
100m	Butterfly	01.06.39	M Lawson	Dec06	Hre
200m	Butterfly	02.27.40	M Lawson	Dec06	Hre
200m	Indiv Medley	02.30.48	J Lawson	Dec08	Hre
4x100m	Freestyle Relay	04.16.76	Zimbabwe	Dec96	Mau
4x100m	Medley Relay	05.03.67	Zimbabwe	Dec88	Hre

**BOYS 14 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.25.35	I Le Roux		
100m	Freestyle	00.56.82	I Le Roux	Jan90	Byo
200m	Freestyle	02.06.27	M Lawson	Mar07	Esl
400m	Freestyle	04.23.26	M Lawson	Dec07	Hre
800m	Freestyle	09.03.36	M Lawson	Dec08	Hre
50m	Backstroke	00.30.81	P Wetzlar	Dec11	Dbn
100m	Backstroke	01.06.24	B MacDonald	Apr94	Lux
200m	Backstroke	02.20.79	B MacDonald	Apr94	Lux
50m	Breaststroke	00.31.83	J Lawson	Oct09	Mau
100m	Breaststroke	01.09.20	J Lawson	Oct09	Mau
200m	Breaststroke	02.32.63	J Lawson	Apr09	Pta
50m	Butterfly	00.28.27	P Wetzlar	Dec11	Nig
100m	Butterfly	01.01.95	M Spence	Dec98	Ger
200m	Butterfly	02.24.37	M Spence	Dec98	Cht
200m	Indiv Medley	02.20.97	J Lawson	Oct09	Mau
4x50m	Freestyle Relay	01.59.80	Mashonaland	Feb12	Byo
4x100m	Freestyle Relay	04.05.01	Mt Pleasant	Dec98	Cht
4x100m	Medley Relay	04.40.09	Mashonaland	Jan97	Cht

**BOYS 15 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.25.35	I Le Roux		
100m	Freestyle	00.54.14	I Le Roux	Sep91	Cai
200m	Freestyle	01.58.87	I Le Roux	Sep91	Cai
400m	Freestyle	04.20.76	M Lawson	Mar08	Esl
800m	Freestyle	09.03.36	M Lawson	Dec07	Hre
1500m	Freestyle	17.27.09	M Lawson	Feb08	Byo
50m	Backstroke	00.29.60	C Idensohn	Dec11	Dbn
100m	Backstroke	01.04.02	B MacDonald	Sep95	Cht
200m	Backstroke	02.17.60	B MacDonald	Sep95	Cht
50m	Breaststroke	00.30.26	J Lawson	Dec10	Dbn
100m	Breaststroke	01.05.78	J Lawson	Dec10	Dbn
200m	Breaststroke	02.23.75	J Lawson	Dec10	Dbn
50m	Butterfly	00.27.35	T Ferris	Aug05	Mau
100m	Butterfly	01.00.25	M Spence	Apr99	Dbn
200m	Butterfly	02.19.97	M Spence	Apr99	Cht
200m	Indiv Medley	02.16.43	J Lawson	Dec10	Dbn
400m	Indiv Medley	05.01.97	M Lawson	Mar08	Esl
4x 50m	Freestyle Relay	01.45.60	Zimbabwe	Mar10	Esl
4x100m	Freestyle Relay	03.54.42	Zimbabwe	Mar10	Esl
4x200m	Freestyle Relay	08.58.27	Zimbabwe	Sep94	Cai
4x100m	Medley Relay	04.33.46	Zimbabwe	Mar10	Esl

**BOYS 16 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.24.32	I Le Roux	Aug92	Bar
100m	Freestyle	00.52.08	I Le Roux	Apr92	Lux
200m	Freestyle	01.55.04	I Le Roux	Apr92	Lux
400m	Freestyle	04.07.40	I Le Roux	Apr92	Lux
800m	Freestyle	09.02.39	M Lawson	Feb08	Hre
1500m	Freestyle	17.27.09	M Lawson	Feb08	Byo
50m	Backstroke	00.29.28	N Burnett	Dec11	Nig
100m	Backstroke	01.03.08	B MacDonald	Jan96	Cht
200m	Backstroke	02.16.88	S Miller	Aug99	Cov
50m	Breaststroke	00.30.02	J Lawson	Sep11	Moz
100m	Breaststroke	01.05.21	J Lawson	Apr11	PE
200m	Breaststroke	02.22.72	J Lawson	Mar11	Dbn
50m	Butterfly	00.26.81	T Ferris	Aug06	Bra
100m	Butterfly	00.59.18	M Spence	Mar00	Dbn
200m	Butterfly	02.15.00	F Pellegatta	Mar94	Dbn
200m	Indiv Medley	02.14.61	J Lawson	Apr11	PE
400m	Indiv Medley	04.49.91	J Lawson	Dec11	Nig
4x50m	Freestyle Relay	01.45.60	Zimbabwe	Mar10	Esl
4x100m	Freestyle Relay	03.51.38	Mashonaland	Jan92	Mut
4x100m	Medley Relay	04.20.41	Mashonaland	Jan92	Mut

**BOYS 17 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.23.95	I Le Roux	Jan93	Hre
100m	Freestyle	00.52.08	I Le Roux	Apr92	Lux
200m	Freestyle	01.55.04	I Le Roux	Apr92	Lux
400m	Freestyle	04.07.40	I Le Roux	Apr92	Lux
800m	Freestyle	09.02.39	M Lawson	Feb08	Hre
1500m	Freestyle	17.26.67	C Shaw	Nov93	Hre
50m	Backstroke	00.29.11	N James	Jul07	Alg
100m	Backstroke	01.01.65	N James	Jul07	Alg
200m	Backstroke	02.15.86	G Walshaw	Apr93	Lux
50m	Breaststroke	00.29.83	J Lawson	Jul12	Dbn
100m	Breaststroke	01.05.11	J Lawson	Jul12	Dbn
200m	Breaststroke	02.22.72	J Lawson	Mar11	Dbn
50m	Butterfly	00.26.72	J Schultz	Nov09	Byo
100m	Butterfly	00.58.51	A Cyprianos	Mar12	PE
200m	Butterfly	02.08.20	D Lowe	Mar77	
200m	Indiv Medley	02.12.10	G Goosen	Mar76	
400m	Indiv Medley	04.44.70	G Goosen	Mar76	
4x50m	Freestyle Relay	01.42.18	Zimbabwe	Mar12	PE
4x50m	Medley Relay	01.53.34	Zimbabwe	Mar04	Esl
4x100m	Freestyle Relay	03.41.92	Zimbabwe	Feb93	Blo
4x100m	Medley Relay	04.10.06	Zimbabwe	Feb93	Blo

**MENS OPEN**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.23.64	G Beahan	Jul09	Rme
100m	Freestyle	00.52.08	I Le Roux	Apr92	Lux
200m	Freestyle	01.54.70	G Walshaw	Sep00	Aus
400m	Freestyle	04.07.40	I Le Roux	Apr92	Lux
800m	Freestyle	09.02.39	M Lawson	Feb08	Hre
1500m	Freestyle	16.38.28	R Duncan	Mar80	Ctn
50m	Backstroke	00.27.01	N James	Jul09	Rme
100m	Backstroke	00.58.28	B Ashby	Apr04	Ind
200m	Backstroke	02.10.40	B Ashby	Jul03	Bar
50m	Breaststroke	00.28.93	T Ferris	Aug10	Cal
100m	Breaststroke	01.04.09	T Ferris	Sep11	Moz
200m	Breaststroke	02.22.39	T Ferris	May11	USA
50m	Butterfly	00.24.89	G Beahan	Jul09	Rme
100m	Butterfly	00.54.89	G Beahan	Jul09	Rme
200m	Butterfly	02.06.37	G Beahan	May11	USA
200m	Indiv Medley	02.10.42	N James	Jul09	Rme
400m	Indiv Medley	04.37.31	C Shaw	Jun98	UK
4x50m	Freestyle Relay	01.37.95	Zimbabwe	Jan93	Hre
4x100m	Freestyle Relay	03.34.44	Zimbabwe	Sep99	Jhb
4x200m	Freestyle Relay	08.06.97	Zimbabwe	Mar94	Dbn
4x100m	Medley Relay	04.06.08	Zimbabwe	Sep95	Cht

**SHORT COURSE RECORDS : GIRLS****GIRLS 8 YRS & UNDER****ZIMBABWE**

Age Group & Event	Time	Holder	Date	Venue
25m Freestyle	20.03	G Roberts	Mar09	Byo
25m Backstroke	23.76	K Waterfall	Mar09	Byo
25m Breaststroke	27.96	G Roberts	Mar09	Byo
25m Butterfly	23.38	R Stambolie	Mar09	Byo

**GIRLS 9 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	38.40	Maryke Koen	Oct10	Byo
25m Backstroke	23.12	O Rosenfels	Feb11	Byo
25m Breaststroke	24.27	S Du Preez	Feb11	Byo
25m Butterfly	20.61	O Rosenfels	Feb11	Byo
100m Ind Medley	01.42.82	H Stander	Oct10	Hre

**GIRLS 10 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.35.15	S Welch	Oct05	Hre
100m Freestyle	01.13.85	P Sullivan	Oct93	Gwe
200m Freestyle	02.54.73	S McKop	Jan03	Byo
50m Backstroke	00.42.73	E Stijkel	Oct09	Hre
100m Backstroke	01.28.05	B Wolfe	Oct92	Gwe
50m Breaststroke	00.43.77	R Maruta	Oct09	Hre
100m Breaststroke	01.37.36	P Sullivan	Oct93	Gwe
200m Breaststroke	03.49.15	S Walsh	Jan02	Byo
50m Butterfly	00.38.70	K Coventry	Oct93	Gwe
100m Butterfly	01.49.93	S Walsh	Jan02	Byo
100m Ind Medley	01.25.65	P Sullivan	Oct93	Gwe
200m Ind Medley	03.12.65	B Wolfe	Oct92	Gwe

**GIRLS 11 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00:31.51	R Lee	Aug10	Dbn
100m Freestyle	01.08.73	K Coventry	Oct94	Hre
200m Freestyle	02.33.71	R Lee	Aug10	Dbn
800m Freestyle	13.49.55	S Walsh	Jan03	Byo
50m Backstroke	00:36.68	R Lee	Aug10	Dbn
100m Backstroke	01.16.55	R Lee	Aug10	Dbn
50m Breaststroke	00.42.78	L Derera	Mar09	Byo
100m Breaststroke	01.28.75	L Harvey	Oct94	Hre
200m Breaststroke	03.30.13	S Walsh	Jan03	Byo
50m Butterfly	00:33.29	R Lee	Aug10	Dbn
100m Butterfly	01.15.65	R Lee	Aug10	Dbn
100m Ind Medley	01.18.80	R Lee	Aug10	Dbn
200m Ind Medley	02.48.55	N Bradshaw	Oct97	Gwe

GIRLS 12 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.31.22	T Rennie	Feb07	Hre
100m	Freestyle	01.04.31	K Coventry	Nov95	Gwe
200m	Freestyle	02.33.71	R Lee	Aug10	Dbn
400m	Freestyle	05.46.16	M Watt	Jan12	Hre
800m	Freestyle	13.49.55	S Walsh	Jan03	Byo
50m	Backstroke	00.33.23	R Lee	Jul11	Per
100m	Backstroke	01.10.71	R Lee	Jul11	Per
200m	Backstroke	02.32.59	R Lee	Jul11	Per
50m	Breaststroke	00.40.25	R Lee	Jul11	Per
100m	Breaststroke	01.21.98	S Welch	Oct07	Hre
200m	Breaststroke	02.58.02	R Lee	Jul11	Per
50m	Butterfly	00:31.70	R Lee	Jul11	Per
100m	Butterfly	01.11.55	K Coventry	Nov95	Gwe
100m	Ind Medley	01.14.95	S Welch	Oct07	Hre
200m	Ind Medley	02.34.31	R Lee	Jul11	Per

GIRLS 13 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.28.99	R Lee	Jul12	Per
100m	Freestyle	01.04.12	M Fraser	Oct04	Hre
200m	Freestyle	02.13.00	R Lee	Jul12	Per
400m	Freestyle	04.41.98	R Lee	Jul12	Per
800m	Freestyle	09.43.15	R Lee	Jul12	Per
1500m	Freestyle	22.23.22	K Eeson	Jan02	Byo
50m	Backstroke	00.31.03	R Lee	Jul12	Per
100m	Backstroke	01.05.86	R Lee	Jul12	Per
200m	Backstroke	02.23.53	R Lee	Jul12	Per
50m	Breaststroke	00.39.62	R Lee	Jul12	Per
100m	Breaststroke	01.21.98	S Welch	Oct 07	Hre
200m	Breaststroke	02.58.02	R Lee	Jul11	Per
50m	Butterfly	00:30.06	R Lee	Jul12	Per
100m	Butterfly	01.06.34	R Lee	Jul12	Per
100m	Ind Medley	01.08.58	R Lee	Jul12	Per
200m	Ind Medley	02.29.34	R Lee	Jul12	Per

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GIRLS 14 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.28.90	K Graham	Aug10	Pmb
100m	Freestyle	01.00.74	T Rennie	Oct09	Hre
200m	Freestyle	02.11.72	K Graham	Dec10	Swz
400m	Freestyle	04.38.50	K Graham	Dec10	Swz
800m	Freestyle	09.43.15	R Lee	Jul12	Per
1500m	Freestyle	20.25.68	K Eeson	Jan03	Hre
50m	Backstroke	00.31.03	R Lee	Jul12	Per
100m	Backstroke	01.05.86	R Lee	Jul12	Per
200m	Backstroke	02.23.53	R Lee	Jul12	Per
50m	Breaststroke	00.38.20	S Graham	Feb07	Hre
100m	Breaststroke	01.14.98	S Welch	Oct09	Hre
200m	Breaststroke	02.58.02	R Lee	Jul11	Per
50m	Butterfly	00:30.06	R Lee	Jul12	Per
100m	Butterfly	01.06.34	R Lee	Jul12	Per
200m	Butterfly	02.26.81	K Graham	Aug10	Pmb
100m	Ind Medley	01.08.58	R Lee	Jul12	Per
200m	Ind Medley	02.29.34	R Lee	Jul12	Per
400m	Ind Medley	05.14.31	R Lee	Jul12	Per



**GIRLS 15 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.28.33	T Rennie	Dec10	Swz
100m Freestyle	01.00.38	C Zwonnikoff	Apr90	Rea
200m Freestyle	02.11.72	K Graham	Dec10	Swz
400m Freestyle	04.38.50	K Graham	Dec10	Swz
800m Freestyle	09.43.15	R Lee	Jul12	Per
1500m Freestyle	20.25.68	K Eeson	Jan03	Hre
50m Backstroke	00.31.03	R Lee	Jul12	Per
100m Backstroke	01.05.86	R Lee	Jul12	Per
200m Backstroke	02.23.53	R Lee	Jul12	Per
50m Breaststroke	00.34.44	S Welch	Aug10	Pmb
100m Breaststroke	01.14.98	S Welch	Oct09	Hre
200m Breaststroke	02.43.48	S Welch	Oct10	Hre
50m Butterfly	00:30.06	R Lee	Jul12	Per
100m Butterfly	01.06.34	R Lee	Jul12	Per
200m Butterfly	02.26.81	K Graham	Aug10	Pmb
100m Ind Medley	01.08.58	R Lee	Jul12	Per
200m Ind Medley	02.29.34	R Lee	Jul12	Per
400m Ind Medley	05.14.31	R Lee	Jul12	Per

**GIRLS 16 YRS & UNDER**

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.28.16	M Fraser	Feb07	Hre
100m Freestyle	00.59.38	K Eeson	Nov05	Dbn
200m Freestyle	02.07.29	K Eeson	Nov05	Dbn
400m Freestyle	04.26.89	K Eeson	Nov05	Dbn
800m Freestyle	09.05.90	K Eeson	Nov05	Dbn
1500m Freestyle	19.52.54	N Bradshaw	Jan02	Byo
50m Backstroke	00.31.03	R Lee	Jul12	Per
100m Backstroke	01.05.59	K Coventry	Feb99	Byo
200m Backstroke	02.23.53	R Lee	Jul12	Per
50m Breaststroke	00.34.44	S Welch	Aug10	Pmb
100m Breaststroke	01.14.98	S Welch	Oct09	Hre
200m Breaststroke	02.43.48	S Welch	Oct10	Hre
50m Butterfly	00:30.06	R Lee	Jul12	Per
100m Butterfly	01.06.27	C Zwonnikoff	Apr91	Por
200m Butterfly	02.26.81	K Graham	Aug10	Pmb
100m Ind Medley	01.08.58	R Lee	Jul12	Per
200m Ind Medley	02.23.50	K Coventry	Feb99	Byo
400m Ind Medley	05.14.31	R Lee	Jul12	Per

GIRLS 17 YRS & UNDER

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.27.39	M Fraser	Sep08	Ger
100m	Freestyle	00.58.94	M Fraser	Sep08	Ger
200m	Freestyle	02.07.29	K Eeson	Nov05	Dbn
400m	Freestyle	04.26.89	K Eeson	Nov05	Dbn
800m	Freestyle	09.05.90	K Eeson	Nov05	Dbn
1500m	Freestyle	19.52.54	N Bradshaw	Jan02	Byo
50m	Backstroke	00.31.03	R Lee	Jul12	Per
100m	Backstroke	01.05.59	K Coventry	Feb99	Byo
200m	Backstroke	02.23.53	R Lee	Jul12	Per
50m	Breaststroke	00.34.44	S Welch	Aug10	Pmb
100m	Breaststroke	01.14.80	M Heard	Oct08	Dbn
200m	Breaststroke	02.40.99	M Heard	Oct08	Dbn
50m	Butterfly	00.29.42	T Rennie	Jan12	Hre
100m	Butterfly	01.06.06	T Rennie	Jan12	Hre
200m	Butterfly	02.26.81	K Graham	Aug10	Pmb
100m	Ind Medley	01.08.58	R Lee	Jul12	Per
200m	Ind Medley	02.23.50	K Coventry	Feb99	Byo
400m	Ind Medley	05.14.31	R Lee	Jul12	Per

WOMENS OPEN

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.25.80	M Fraser	Aug09	Pmb
100m	Freestyle	00.55.22	K Coventry	Mar04	Tex
200m	Freestyle	01.58.44	K Coventry	Mar04	Tex
400m	Freestyle	04.20.06	K Coventry	Jan12	Hre
800m	Freestyle	09.05.90	K Eeson	Nov05	Dbn
1500m	Freestyle	19.52.54	N Bradshaw	Jan02	Byo
50m	Backstroke	00.26.85	K Coventry	Apr08	Man
100m	Backstroke	00.57.10	K Coventry	Apr08	Man
200m	Backstroke	02.00.91	K Coventry	Apr08	Man
50m	Breaststroke	00.34.44	S Welch	Aug10	Pmb
100m	Breaststroke	01.11.02	M Heard	Aug09	Pmb
200m	Breaststroke	02.35.40	M Heard	Aug09	Pmb
50m	Butterfly	00.28.46	K Coventry	Mar04	Tex
100m	Butterfly	01.02.66	K Coventry	Mar04	Tex
200m	Butterfly	02.26.81	K Graham	Aug10	Pmb
100m	Ind Medley	00.59.77	K Coventry	Apr08	Man
200m	Ind Medley	02.06.13	K Coventry	Apr08	Man
400m	Ind Medley	04.26.52	K Coventry	Apr08	Man

\* DENOTES RECORDS STILL TO BE RATIFIED

SHORT COURSE RECORDS : BOYSBOYS 8 YRS & UNDERZIMBABWE

Age Group & Event	Time	Holder	Date	Venue
25m Freestyle	00.19.14	B Chiang	Mar09	Byo
25m Backstroke	00.23.34	M Musaba	Mar09	Byo
25m Breaststroke	00.26.35	R Isemonger	Mar09	Byo
25m Butterfly	00.20.82	B Chiang	Mar09	Byo

BOYS 9 YRS & UNDER

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.37.49	T Adams	Mar09	Byo
25m Backstroke	00.20.92	T Adams	Mar09	Byo
25m Breaststroke	00.22.72	S Moyo	Mar09	Byo
25m Butterfly	00.20.49	J McKonie	Feb11	Byo
100m Ind Medley	01.38.73	B Chiang	Oct10	Hre

BOYS 10 YRS & UNDER

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.33.69	D Rosser	Oct05	Hre
100m Freestyle	01.15.21	A Petzer	Oct93	Gwe
200m Freestyle	03.04.20	D Bruce	Oct10	Byo
50m Backstroke	00.40.32	F Bescotti	Oct07	Hre
100m Backstroke	01.30.81	G Evans	Oct92	Gwe
200m Backstroke	03.38.78	R Isemonger	Oct11	Byo
50m Breaststroke	00.44.26	J Lawson	Oct05	Hre
100m Breaststroke	01.37.06	S Brant	Oct93	Gwe
200m Breaststroke	03.55.45	M Stephens	Oct10	Hre
50m Butterfly	00.37.97	M Garrett	Feb01	Byo
100m Ind Medley	01.26.23	J Lawson	Oct05	Hre
200m Ind Medley	03.18.34	K Slater	Oct90	Gwe

BOYS 11 YRS & UNDER

Age Group & Event	Time	Holder	Date	Venue
50m Freestyle	00.32.18	D Rosser	Jan06	Zam
100m Freestyle	01.07.03	Z Ejaz	Oct97	Gwe
200m Freestyle	02:42.21	L Van Breda	Oct10	Byo
400m Freestyle	06.08.13	R Sainsbury	Jan02	Byo
800m Freestyle	12:08.99	L Van Breda	Oct10	Byo
50m Backstroke	00.38.65	A Stambolie	Jan06	Zam
100m Backstroke	01.22.36	J Lawson	Oct06	Hre
200m Backstroke	* 03.27.06	D Bruce	Oct11	Byo
50m Breaststroke	00.42.02	J Lawson	Jan06	Zam
100m Breaststroke	01.29.49	J Lawson	Oct06	Hre
200m Breaststroke	03.27.13	K Garnie	Jan03	Byo
50m Butterfly	00.36.49	D Rosser	Jan06	Zam
100m Butterfly	01.20.06	Z Ejaz	Oct97	Gwe
100m Ind Medley	01.24.89	B Cyprianos	Mar09	Byo
200m Ind Medley	02.53.30	M Parry	Oct83	

**BOYS 12 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.30.99	L Fagnoli	Mar09	Byo
100m	Freestyle	01.05.92	M Lawson	Oct05	Hre
200m	Freestyle	02.38.06	L Van Breda	Oct11	Byo
400m	Freestyle	05.31.29	L Van Breda	Oct11	Byo
800m	Freestyle	11:17.68	L Van Breda	Oct11	Byo
50m	Backstroke	00.36.58	T Ferris	Jan02	Byo
100m	Backstroke	01.19.38	B MacDonald	Oct92	Gwe
200m	Backstroke	02.59.41	N James	Jan02	Byo
50m	Breaststroke	00.39.88	J Lawson	Feb07	Hre
100m	Breaststroke	01.23.20	J Lawson	Oct07	Hre
200m	Breaststroke	03.13.48	L Davis	Jan12	Hre
50m	Butterfly	00.34.98	A Onorati	Oct10	Hre
100m	Butterfly	01.11.67	M Lawson	Oct05	Hre
100m	Ind Medley	01.17.09	J Lawson	Oct07	Hre
200m	Ind Medley	02.47.98	A Petzer	Nov95	Gwe

**BOYS 13 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.28.53	M Lawson	Jan06	Zam
100m	Freestyle	00.59.52	I Le Roux	Oct89	Gwe
200m	Freestyle	02.08.56	M Lawson	Jan06	Zam
400m	Freestyle	04.36.07	M Lawson	Jan06	Zam
800m	Freestyle	* 11:17.68	L Van Breda	Oct11	Byo
1500m	Freestyle	22.48.43	H Thornborrow	Jan02	Byo
50m	Backstroke	00.34.82	P Wetzlar	Oct10	Hre
100m	Backstroke	01.11.30	R Baxter	Oct85	Gwe
200m	Backstroke	02.47.80	B Cyprianos	Oct11	Byo
50m	Breaststroke	00.36.57	J Isemonger	Oct10	Byo
100m	Breaststroke	01.17.45	A Findlay	Oct92	Gwe
200m	Breaststroke	02.52.45	J Isemonger	Oct10	Byo
50m	Butterfly	00.31.36	P Wetzlar	Oct10	Hre
100m	Butterfly	01.08.15	M Lawson	Oct06	Hre
100m	Ind Medley	01.11.52	M Lawson	Oct06	Hre
200m	Ind Medley	02.30.08	M Lawson	Oct06	Hre

**BOYS 14 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.26.92	P Wetzlar	Aug11	Dbn
100m	Freestyle	00.55.38	I Le Roux	Oct90	Gwe
200m	Freestyle	02.08.56	M Lawson	Jan06	Zam
400m	Freestyle	04.36.07	M Lawson	Jan06	Zam
800m	Freestyle	10.45.34	A Tink	Oct10	Byo
1500m	Freestyle	22.48.43	H Thornborrow	Jan02	Byo
50m	Backstroke	00.31.86	P Wetzlar	Aug11	Dbn
100m	Backstroke	01.09.20	I Le Roux	Oct90	Gwe
200m	Backstroke	02.37.80	J Kloppers	Oct10	Hre
50m	Breaststroke	00.32.32	J Lawson	Oct09	Hre
100m	Breaststroke	01.09.45	J Lawson	Oct09	Hre
200m	Breaststroke	02.40.29	J Isemonger	Oct11	Byo
50m	Butterfly	00.29.58	P Wetzlar	Aug11	Dbn
100m	Butterfly	01.05.49	G A Huntingford		
100m	Ind Medley	01.06.82	J Lawson	Oct09	Hre
200m	Ind Medley	02.25.44	I Le Roux	Oct90	Gwe

**BOYS 15 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.24.73	T Ferris	Nov05	Dbn
100m	Freestyle	00.53.63	N Burnett	Dec10	Swz
200m	Freestyle	01.59.80	N Burnett	Dec10	Swz
400m	Freestyle	04.35.09	J Lawson	Aug10	Pmb
800m	Freestyle	10.29.70	A Tink	Oct11	Byo
1500m	Freestyle	17.55.24	J Lawson	Aug10	Pmb
50m	Backstroke	00.29.14	N Burnett	Dec10	Swz
100m	Backstroke	01.02.48	N Burnett	Dec10	Swz
200m	Backstroke	02.36.09	P Wetzlar	Jan12	Hre
50m	Breaststroke	00.30.32	J Lawson	Dec10	Swz
100m	Breaststroke	01.04.68	J Lawson	Dec10	Swz
200m	Breaststroke	02.28.49	J Lawson	Aug10	Pmb
50m	Butterfly	00.26.93	S Marshall	Dec10	Swz
100m	Butterfly	01.01.35	S Marshall	Dec10	Swz
200m	Butterfly	02.28.22	M Lawson	Jan06	Zam
100m	Ind Medley	01.03.64	T Ferris	Nov05	Dbn
200m	Ind Medley	02.16.42	J Lawson	Oct10	Hre

**BOYS 16 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.24.59	T Ferris	Jan06	Zam
100m	Freestyle	00.53.63	N Burnett	Dec10	Swz
200m	Freestyle	01.59.80	N Burnett	Dec10	Swz
400m	Freestyle	04.14.87	D Lee	Jul12	Per
800m	Freestyle	08.44.61	D Lee	Jul12	Per
1500m	Freestyle	16.47.93	D Lee	Jul12	Per
50m	Backstroke	00.29.14	N Burnett	Dec10	Swz
100m	Backstroke	01.01.23	S Miller	Jun99	UK
200m	Backstroke	02.17.40	T Price	Dec10	Swz
50m	Breaststroke	00.30.32	J Lawson	Dec10	Swz
100m	Breaststroke	01.04.68	J Lawson	Dec10	Swz
200m	Breaststroke	02.28.49	J Lawson	Aug10	Pmb
50m	Butterfly	00.26.93	S Marshall	Dec10	Swz
100m	Butterfly	01.00.23	A Petzer	May99	Jhb
200m	Butterfly	02.26.29	A Cyprianos	Oct11	Byo
100m	Ind Medley	01.03.64	T Ferris	Nov05	Dbn
200m	Ind Medley	02.14.93	A Petzer	May99	Jhb

**BOYS 17 YRS & UNDER**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.24.59	T Ferris	Jan06	Zam
100m	Freestyle	00.53.32	V Smith	Apr86	Abe
200m	Freestyle	01.59.80	N Burnett	Dec10	Swz
400m	Freestyle	04.28.86	M Lawson	Oct10	Hre
800m	Freestyle	08.44.61	D Lee	Jul12	Per
1500m	Freestyle	16.47.93	D Lee	Jul12	Per
50m	Backstroke	00.29.14	N Burnett	Dec10	Swz
100m	Backstroke	01.01.23	S Miller	Jun99	UK
200m	Backstroke	02.17.40	T Price	Dec10	Swz
50m	Breaststroke	00.30.32	J Lawson	Dec10	Swz
100m	Breaststroke	01.04.39	L Isemonger	Jul11	Syd
200m	Breaststroke	02.19.29	L Isemonger	Jun11	Syd
50m	Butterfly	00.26.93	S Marshall	Dec10	Swz
100m	Butterfly	01.00.23	A Petzer	May99	Jhb
200m	Butterfly	02.19.80	M Lawson	Oct10	Hre
100m	Ind Medley	01.02.06	J Lawson	Jan12	Hre
200m	Ind Medley	02.12.48	L Isemonger	Jun11	Syd
400m	Ind Medley	04.53.87	D Lee	Jul12	Per

**MENS OPEN**

Age Group & Event		Time	Holder	Date	Venue
50m	Freestyle	00.22.94	G Beahan	Dec10	Dub
100m	Freestyle	00.49.80	G Beahan	Dec10	Dub
200m	Freestyle	01.49.96	G Beahan	Dec10	Dub
400m	Freestyle	04.28.86	M Lawson	Oct10	Hre
800m	Freestyle	08.44.61	D Lee	Jul12	Per
1500m	Freestyle	16.47.93	D Lee	Jul12	Per
50m	Backstroke	00.26.52	N James	Dec10	Dub
100m	Backstroke	00.56.14	B Ashby	Nov04	Ind
200m	Backstroke	02.06.61	N James	Dec10	Dub
50m	Breaststroke	00.28.00	T Ferris	Dec10	Dub
100m	Breaststroke	01.02.03	T Ferris	Dec10	Dub
200m	Breaststroke	02.14.68	T Ferris	Dec10	Dub
50m	Butterfly	00.24.62	G Beahan	Dec10	Dub
100m	Butterfly	00.54.53	G Beahan	Dec10	Dub
200m	Butterfly	01.59.79	G Beahan	Dec10	Dub
100m	Ind Medley	00:57.47	N James	Dec10	Dub
200m	Ind Medley	02.07.60	N James	Dec10	Dub
400m	Ind Medley	04.53.87	D Lee	Jul12	Per

**KEY TO VENUE ABBREVIATIONS**

Abe	ABERDEEN	Dub	DUBAI	Pel	PORT ELIZABETH
Alg	ALGIERS	Esl	EAST LONDON	Per	PERTH
Ark	ARKDELPHIA	Ger	GERMISTAN	Pmb	PIETERMARITZBURG
Aus	AUSTRALIA	Gwe	GWERU	Por	PORTSMOUTH
Bar	BARCELONA	Hre	HARARE	Pta	PRETORIA
Blo	BLOEMFONTEIN	Ind	INDIANAPOLIS	Rea	READING
Bra	BRAZIL	Jhb	JOHANNESBURG	Rme	ROME
Byo	BULAWAYO	Kua	KUALA LUMPUR	Sen	SENEGAL
Cai	CAIRO	Lux	LUXEMBOURG	Shf	SHEFFIELD
Cal	CALIFORNIA	Man	MANCHESTER	Swz	SWAZILAND
Canb	CANBERRA	Mau	MAURITIUS	Syd	SYDNEY
Chn	CHINA	Mel	MELBOURNE	Tex	TEXAS
Cht	CHITUNGWIZA	Mon	MONTREAL	UK	UNITED KINGDOM
					UNITED STATES OF
Cov	COVENTRY, UK	Moz	MOZAMBIQUE	USA	AMERICA
Ctn	CAPE TOWN	Mut	MUTARE	Zam	ZAMBIA
Dbn	DURBAN	Nig	NIGERIA		

