

RECORDS BW Age Group

LC Meters-Women

10 & U	50 Free	33.99	30-Oct-21	VBOTS	Matipaishe Gondo at CANA Virtual Swimming Championships (LC) - BW	
	100 Free	1:17.26	26-Feb-22	PRSC	Maeva Morebodi at 5th BSSA League Gala	
	200 Free	2:54.10	27-Jun-16	DMSS	Kimberly N. Ingwe at Sasol National Championship 2016	
	400 Free	6:11.87	9-Dec-22	DMSS	Carmen Brasem at 4th BSSA League Gala Dec 2022	
	50 Back	38.10	13-Apr-23	DMSS	Reabetswe Pabalinga at 4th DMSS Gators Gala	
	100 Back	1:27.97	23-Feb-23	DMSS	Jade Chilisa at 17th Botswana National Swimming Championships	
	200 Back	3:12.66	23-Feb-23	DMSS	Reabetswe Pabalinga at 17th Botswana National Swimming Champion	
	50 Breast	43.75	10-Dec-15	DMSS	Shamiso Matonhodze at 11th BSSA Nationals	
	100 Breast	1:35.93	30-Oct-21	VBOTS	Matipaishe Gondo at CANA Virtual Swimming Championships (LC) - BW	
	200 Breast	3:35.60	13-Mar-09	NS	Caroline Pearmain at BSSA 4th National Champs(Bots Nationals)	
	50 Fly	37.18	23-Feb-23	DMSS	Reabetswe Pabalinga at 17th Botswana National Swimming Championships	
	100 Fly	1:41.76	27-Jun-16	DMSS	Kimberly N. Ingwe at Sasol National Championship 2016	
	200 IM	3:16.21	27-Jun-16	DMSS	Kimberly N. Ingwe at Sasol National Championship 2016	
	11-11	50 Free	30.78	16-Feb-17	BOT	Michelle Jack at 2016 Cana Zone IV Swimming Champs-Zimbabwe
100 Free		1:08.12	16-Feb-17	BOT	Michelle Jack at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
200 Free		2:29.43	23-Mar-17	DMSS	Michelle Jack at SA Level 3 Regional Age Group Champs 2017-VT	
400 Free		5:19.97	7-Apr-17	DMSS	Michelle Jack at 1st DMSS Gators Gala	
1500 Free		22:03.95	23-Feb-23	PRSC	Maeva Morebodi at 17th Botswana National Swimming Championsh	
50 Back		35.47	7-Apr-17	DMSS	Michelle Jack at 1st DMSS Gators Gala	
100 Back		1:19.14	7-Apr-17	DMSS	Michelle Jack at 1st DMSS Gators Gala	
200 Back		2:51.35	3-Jul-17	DMSS	Kimberly N. Ingwe at Sasol National Championship 2017	
50 Breast		39.56	19-Nov-16	DMSS	Shamiso Matonhodze at 3rd League Gala 19 November 2016	
100 Breast		1:30.41	8-Dec-16	DMSS	Shamiso Matonhodze at 12th BSSA Nationals 2016	
200 Breast		3:11.68	8-Dec-16	DMSS	Shamiso Matonhodze at 12th BSSA Nationals 2016	
50 Fly		36.10	15-Oct-22	UNAT	Matipaishe Gondo at 2nd BSSA League Gala	
100 Fly		1:24.35	7-Apr-17	DMSS	Michelle Jack at 1st DMSS Gators Gala	
200 IM		2:54.38	8-Dec-16	DMSS	Shamiso Matonhodze at 12th BSSA Nationals 2016	
400 IM		6:34.02	23-Feb-23	PRSC	Maeva Morebodi at 17th Botswana National Swimming Champions	
12-12		50 Free	29.58	23-Mar-17	DMSS	Maxine C. Egner at SA Level 2 Regional Age Group Champs 2017-VT
		100 Free	1:05.67	23-Mar-17	DMSS	Maxine C. Egner at SA Level 2 Regional Age Group Champs 2017-VT
		200 Free	2:26.54	23-Mar-17	DMSS	Maxine C. Egner at SA Level 3 Regional Age Group Champs 2017-VT
	400 Free	5:15.18	18-Nov-17	DMSS	Michelle Jack at 12th UB Gala	
	800 Free	10:56.49	7-Dec-17	DMSS	Michelle Jack at 13th BSSA Nationals	
	50 Back	34.95	3-Jul-17	DMSS	Michelle Jack at Sasol National Championship 2017	
	100 Back	1:16.51	12-Dec-17	GABS	Michelle Jack at 5th Botswana Games 2017	
	200 Back	2:45.15	7-Dec-17	DMSS	Kimberly N. Ingwe at 13th BSSA Nationals	
	50 Breast	37.94	7-Apr-17	DMSS	Shamiso Matonhodze at 1st DMSS Gators Gala	
	100 Breast	1:27.18	7-Apr-17	DMSS	Shamiso Matonhodze at 1st DMSS Gators Gala	
	200 Breast	3:12.24	7-Dec-17	DMSS	Kimberly N. Ingwe at 13th BSSA Nationals	
	50 Fly	33.18	23-Mar-17	DMSS	Maxine C. Egner at SA Level 2 Regional Age Group Champs 2017-VT	
	100 Fly	1:19.42	16-Feb-17	BOT	Maxine C. Egner at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
	200 Fly	3:13.52	12-Dec-17	GABS	Michelle Jack at 5th Botswana Games 2017	
	200 IM	2:47.35	7-Dec-17	DMSS	Michelle Jack at 13th BSSA Nationals	
	400 IM	6:25.82	15-Oct-22	PRSC	Melodi Saleshando at 2nd BSSA League Gala	
	13-13	50 Free	28.51	7-Dec-17	DMSS	Maxine C. Egner at 13th BSSA Nationals
		100 Free	1:03.90	25-Jun-18	DMSS	Maxine C. Egner at Sasol National Championship 2018
200 Free		2:24.81	25-Jun-18	DMSS	Maxine C. Egner at Sasol National Championship 2018	
400 Free		5:14.56	5-Oct-18	DMSS	Michelle Jack at FINA WORLD AQUATICS DAYS - DMSS GATORS 5-7	
800 Free		10:45.72	14-Dec-19	DMSS	Amaru T. Dithlogo at 15th BSSA Nationals	
1500 Free		21:34.68	23-Feb-23	PRSC	Melodi Saleshando at 17th Botswana National Swimming Championsl	
50 Back		34.19	16-Sep-17	DMSS	Tselane Matthews at BSSA 1st League Gala 16 Sept 2017	

RECORDS BW Age Group

13-13	100	Back	1:15.49	13-Apr-23	PRSC	Melodi Saleshando at 4th DMSS Gators Gala	
	200	Back	2:46.11	7-Dec-17	DMSS	Tselane Matthews at 13th BSSA Nationals	
	50	Breast	36.41	20-May-18	KELW- ZZ	Shamiso Matonhodze at Summer Championships	
	100	Breast	1:21.09	19-May-18	KELW	Shamiso Matonhodze at Summer Championships	
	200	Breast	3:03.00	13-Apr-23	PRSC	Melodi Saleshando at 4th DMSS Gators Gala	
	50	Fly	31.56	25-Jun-18	DMSS	Maxine C. Egner at Sasol National Championship 2018	
	100	Fly	1:15.69	25-Jun-18	DMSS	Maxine C. Egner at Sasol National Championship 2018	
	200	Fly	3:03.70	4-Apr-19	DMSS	Mutinda M. Mutie at 2nd DMSS Gators Annual Swim Gala	
	200	IM	2:46.05	25-Jun-18	DMSS	Maxine C. Egner at Sasol National Championship 2018	
	400	IM	6:09.54	4-Apr-19	DMSS	Mutinda M. Mutie at 2nd DMSS Gators Annual Swim Gala	
14-14	50	Free	28.16	8-Dec-18	BOT	Maxine C. Egner at AUSC -Region 5 Under 20 YTH Games 2018	
	100	Free	1:02.09	20-Mar-19	DMSS	Maxine C. Egner at SA National JNR Age Group Champs 2019-KZN	
	200	Free	2:19.34	20-Mar-19	DMSS	Maxine C. Egner at SA National JNR Age Group Champs 2019-KZN	
	400	Free	4:56.52	20-Mar-19	DMSS	Maxine C. Egner at SA National JNR Age Group Champs 2019-KZN	
	800	Free	10:33.68	22-Nov-19	DMSS	Kimberly N. Ingwe at 14th UB Gala 2019	
	50	Back	33.13	13-Dec-11	GABS	Naomi Ruele at Botswana Games - 13/12/2011	
	100	Back	1:11.06	1-Dec-11	GABS	Naomi Ruele at 9th African Junior Swimming Championships	
	200	Back	2:36.20	8-Dec-18	BOT	Tselane Matthews at AUSC -Region 5 Under 20 YTH Games 2018	
	50	Breast	36.62	16-Feb-19	BOT	Shamiso Matonhodze at CANA Zone IV Championships 2019	
	100	Breast	1:24.21	16-Feb-19	BOT	Shamiso Matonhodze at CANA Zone IV Championships 2019	
	200	Breast	3:08.66	20-Feb-20	BOT	Kimberly N. Ingwe at CANA Zone IV Championships	
	50	Fly	30.93	4-Apr-19	DMSS	Maxine C. Egner at 2nd DMSS Gators Annual Swim Gala	
	100	Fly	1:12.70	18-Jan-19	PSC	Caitlin Loo at 14th BSSA Nationals 18-20 Jan 2019	
	200	Fly	2:47.26	20-Feb-20	BOT	Mutinda M. Mutie at CANA Zone IV Championships	
	200	IM	2:40.90	20-Feb-20	BOT	Kimberly N. Ingwe at CANA Zone IV Championships	
	400	IM	5:54.46	4-Apr-19	DMSS	Maxine C. Egner at 2nd DMSS Gators Annual Swim Gala	
15-15	50	Free	27.97	8-Jun-12	BOT	Naomi Ruele at Dutch Open Championships	
	100	Free	1:00.98	20-Feb-20	BOT	Maxine C. Egner at CANA Zone IV Championships	
	200	Free	2:12.72	20-Feb-20	BOT	Maxine C. Egner at CANA Zone IV Championships	
	400	Free	4:48.22	20-Aug-19	BOT	Maxine C. Egner at 7th FINA World Junior Swimming Champs 2019	
	800	Free	10:06.61	20-Feb-20	BOT	Maxine C. Egner at CANA Zone IV Championships	
	1500	Free	21:09.64	30-Oct-21	VBOTS	Amaru T. Dithogo at CANA Virtual Swimming Championships (LC) - B	
	50	Back	31.28	8-Dec-12	BOT	Naomi Ruele at SCSA Zone VI 2012	
	100	Back	1:08.72	8-Dec-12	BOT	Naomi Ruele at SCSA Zone VI 2012	
	200	Back	2:36.74	11-Sep-19	BOT	Tselane Matthews at 13th CANA Junior African Championships	
	50	Breast	36.00	20-Feb-20	BOT	Shamiso Matonhodze at CANA Zone IV Championships	
	100	Breast	1:21.97	20-Feb-20	BOT	Shamiso Matonhodze at CANA Zone IV Championships	
	200	Breast	3:01.45	5-Jan-11	BOT	Bonita Imsirovic at CANA ZONE 3 & 4 SWIMMING CHAMIONSHIPS	
	50	Fly	30.63	20-Aug-19	BOT	Maxine C. Egner at 7th FINA World Junior Swimming Champs 2019	
	100	Fly	1:11.04	21-Aug-19	BOT	Caitlin Loo at 12th Swimming African Games	
	200	Fly	2:47.11	20-Feb-20	BOT	Caitlin Loo at CANA Zone IV Championships	
	200	IM	2:39.57	20-Feb-20	BOT- AD	Caitlin Loo at CANA Zone IV Championships	
	400	IM	5:55.04	4-Apr-19	DMSS	Tselane Matthews at 2nd DMSS Gators Annual Swim Gala	
	16-16	50	Free	27.42	12-Dec-13	DMSS	Naomi Ruele at 9TH BSSA NATIONAL CHAMPIONSHIPS
		100	Free	59.52	8-Apr-21	VSIM	Maxine C. Egner at Malmsten Swim Open 2021
200		Free	2:11.80	8-Apr-21	DMSS	Maxine C. Egner at Malmsten Swim Open 2021	
400		Free	4:48.13	12-Jun-21	VSIM	Maxine C. Egner at DM 2021 Stockholm, 50m	
800		Free	10:29.21	28-Nov-13	DMSS	Kimberly N. Ingwe at 10th Africa Junior Swimming Champs2013-Lusaka	
50		Back	31.15	26-Aug-13	BOT	Naomi Ruele at 4th FINA World Junior Swimming Championships	
100		Back	1:09.26	15-Apr-13	DMSS	Naomi Ruele at Sa National Aquatic Championship 2013 PE	
200		Back	2:38.42	20-Feb-20	BOT	Tselane Matthews at CANA Zone IV Championships	
50		Breast	37.51	13-Dec-11	CEN	Bonita Imsirovic at Botswana Games - 13/12/2011	
100		Breast	1:20.41	13-Dec-11	CEN	Bonita Imsirovic at Botswana Games - 13/12/2011	

RECORDS BW Age Group

16-16	200 Breast	2:55.87	1-Dec-11	CEN	Bonita Imsirovic at 9th African Junior Swimming Championships	
	50 Fly	30.79	26-Feb-22	DMSS	Kimberly N. Ingwe at 5th BSSA League Gala	
	100 Fly	1:10.71	30-Oct-21	VBOTS	Kimberly N. Ingwe at CANA Virtual Swimming Championships (LC) - BW	
	200 Fly	2:54.17	11-Oct-21	BOT	Mutinda M. Mutie at 14th Africa Junior Swimming Championship	
	200 IM	2:38.60	21-Feb-13	DMSS	Naomi Ruele at 8th BSSA Nationals	
	400 IM	5:55.77	11-Oct-21	BOT	Mutinda M. Mutie at 14th Africa Junior Swimming Championship	
17-17	50 Free	27.05	29-Jun-22	DMSS	Maxine C. Egner at SM/Para-SM/JSM (50m) 2022	
	100 Free	58.69	31-Mar-22	DMSS	Maxine C. Egner at Swim festival 2022	
	200 Free	2:08.85	29-Jun-22	DMSS	Maxine C. Egner at SM/Para-SM/JSM (50m) 2022	
	400 Free	4:37.51	31-Mar-22	DMSS	Maxine C. Egner at Swim festival 2022	
	800 Free	10:01.28	13-May-22	DMSS	Maxine C. Egner at Distriktstandvården Neptuniaden 2022	
	1500 Free	23:58.42	23-Feb-23	PRSC	Oratile Saleshando at 17th Botswana National Swimming Championsh	
	50 Back	29.86	17-Aug-14	BOT	Naomi Ruele at Youth Olympic Games	
	100 Back	1:05.24	7-Apr-14	CRE	Naomi Ruele at Sa National Aquatic Championship 2014 Durban	
	200 Back	2:33.94	30-Oct-21	VBOTS	Naya L. Hughes at CANA Virtual Swimming Championships (LC) - BW	
	50 Breast	36.57	20-Feb-20	BOT	Ruvarashe Gondo at CANA Zone IV Championships	
	100 Breast	1:22.85	10-Sep-12	BOT	Bonita Imsirovic at 11th African Senior Championship 2012	
	200 Breast	2:59.26	10-Sep-12	BOT	Bonita Imsirovic at 11th African Senior Championship 2012	
	50 Fly	30.32	3-Jun-22	DMSS	Maxine C. Egner at TYR Invite Täby Sim	
	100 Fly	1:12.22	26-Nov-22	BOT	Kimberly N. Ingwe at 17th UB Swimming Gala 2022	
	200 Fly	2:44.70	4-Dec-22	BOT	Kimberly N. Ingwe at AUSC-Region 5 Under 20 YTH Games 2022-Malawi	
	200 IM	2:36.03	3-Jun-22	DMSS	Maxine C. Egner at TYR Invite Täby Sim	
	400 IM	6:22.14	4-Apr-19	DMSS	Leone E. van Rooyen at 2nd DMSS Gators Annual Swim Gala	
	18-18	50 Free	26.52	10-Dec-15	DMSS	Naomi Ruele at 11th BSSA Nationals
		100 Free	58.46	28-Jul-22	BOT	Maxine C. Egner at Commonwealth Games 2022
		200 Free	2:16.15	17-Feb-23	DMSS	Maxine C. Egner at Järfälla Nationella 2023
50 Back		29.36	3-Aug-15	DMSS	Naomi Ruele at Fina World Champs Kazan Russia 2015	
100 Back		1:05.33	10-Sep-15	DMSS	Naomi Ruele at Congo - Brassaville	
200 Back		2:39.27	26-Feb-22	DMSS	Tselane Matthews at 5th BSSA League Gala	
50 Breast		36.50	21-Feb-13	DMSS	Bonita Imsirovic at 8th BSSA Nationals	
100 Breast		1:21.20	21-Feb-13	DMSS	Bonita Imsirovic at 8th BSSA Nationals	
200 Breast		2:57.43	21-Feb-13	DMSS	Bonita Imsirovic at 8th BSSA Nationals	
50 Fly		28.70	10-Mar-23	VSIM	Maxine C. Egner at Swedish Grand Prix 2023	
200 IM		2:53.85	12-Dec-13	DMSS	Bonita Imsirovic at 9TH BSSA NATIONAL CHAMPIONSHIPS	

RECORDS BW Age Group

LC Meters-Men

10 & U	50 Free	32.40	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	100 Free	1:11.35	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	200 Free	2:34.56	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	400 Free	5:30.07	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	50 Back	38.31	4-Apr-19	PSC	Rayhan Khonat at 2nd DMSS Gators Annual Swim Gala	
	100 Back	1:23.86	5-Jan-11	BOT	Kristian Van der Merwe at CANA ZONE 3 & 4 SWIMMING CHAMIONSHIPS	
	200 Back	2:56.76	25-Mar-11	DMSS	Kristian Van der Merwe at Telkom SA Level 2 Regional Champs 2011 NTS	
	50 Breast	41.33	13-Mar-09	DMSS	Kitso Matija at BSSA 4th National Champs(Bots Nationals)	
	100 Breast	1:33.43	5-Apr-13	DMSS	Ethan J. Fischer at SA Level 1 Regional Age Group Champs 2013-NTS	
	200 Breast	3:22.87	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	50 Fly	37.49	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	100 Fly	1:28.55	18-Mar-08	BOT	David Van Der Colff at Telkom SA Nationals Level 1 Championship 2008	
	200 IM	3:01.75	12-Dec-13	DMSS	Andile Bekker at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	11-11	50 Free	29.78	13-Apr-23	PRSC	Leruo J. Bakwena at 4th DMSS Gators Gala
		100 Free	1:08.01	11-Dec-14	DMSS	Andile Bekker at 10th BSSA Nationals
		200 Free	2:26.63	11-Dec-14	DMSS	Andile Bekker at 10th BSSA Nationals
400 Free		5:14.87	7-Dec-12	DMSS	James S. Freeman at NTS Championships 2012	
1500 Free		23:49.00	23-Feb-23	PRSC	Leruo J. Bakwena at 17th Botswana National Swimming Championsh	
50 Back		36.26	23-Mar-12	DMSS	Kristian Van der Merwe at SA Level 2 Regional Age Gro Champs2012-Limpo	
100 Back		1:18.63	15-Dec-11	DMSS	Kristian Van der Merwe at WP Sasko Championships	
200 Back		2:42.10	15-Dec-11	DMSS	Kristian Van der Merwe at WP Sasko Championships	
50 Breast		38.85	3-May-23	BOT	Leruo J. Bakwena at CANA Zone IV Swimming Championship-Angola 2023	
100 Breast		1:29.85	8-Jan-10	BOT	Kitso Matija at CANA ZONE IV INVITATIONAL CHAMPS 2010	
200 Breast		3:17.19	8-Jan-10	BOT	Kitso Matija at CANA ZONE IV INVITATIONAL CHAMPS 2010	
50 Fly		32.92	31-Mar-23	BSSAI	Leruo J. Bakwena at SA Level 3 Regional Age Group Champs 2023-EG	
100 Fly		1:22.32	22-Mar-13	DMSS	James S. Freeman at SA Level 2 Regional Age Group Champs2013-Vaal	
200 IM		2:49.00	22-Mar-13	DMSS	James S. Freeman at SA Level 2 Regional Age Group Champs2013-Vaal	
400 IM		6:43.46	23-Feb-23	PRSC	Leruo J. Bakwena at 17th Botswana National Swimming Championsh	
12-12		50 Free	28.01	20-Feb-20	BOT	Gaamangwe J. Keitsile at CANA Zone IV Championships
	100 Free	1:00.92	13-Mar-14	DMSS	James S. Freeman at SA Level 3 National Age Group Champs 2014-CT	
	200 Free	2:09.88	13-Mar-14	DMSS	James S. Freeman at SA Level 3 National Age Group Champs 2014-CT	
	400 Free	4:42.65	13-Mar-14	DMSS	James S. Freeman at SA Level 3 National Age Group Champs 2014-CT	
	800 Free	10:10.86	10-Dec-15	DMSS	Andile Bekker at 11th BSSA Nationals	
	1500 Free	23:33.01	23-Feb-23	LANE5	Thabang L. Joseph at 17th Botswana National Swimming Championsh	
	50 Back	33.34	23-Feb-23	KUBU	Preston Cagle at 17th Botswana National Swimming Championships	
	100 Back	1:15.16	23-Feb-23	KUBU	Preston Cagle at 17th Botswana National Swimming Championships	
	200 Back	2:36.59	15-Mar-13	DMSS	Kristian Van der Merwe at SA Level 3 National Age Group Champs 2013-KZT	
	50 Breast	36.88	6-May-15	BOT	Ethan J. Fischer at 2015 Cana Zone IV Swimming Champs-Luanda	
	100 Breast	1:23.40	6-May-15	BOT	Ethan J. Fischer at 2015 Cana Zone IV Swimming Champs-Luanda	
	200 Breast	3:06.28	6-May-15	BOT	Ethan J. Fischer at 2015 Cana Zone IV Swimming Champs-Luanda	
	50 Fly	28.98	20-Feb-20	BOT	Gaamangwe J. Keitsile at CANA Zone IV Championships	
	100 Fly	1:07.08	13-Mar-14	DMSS	James S. Freeman at SA Level 3 National Age Group Champs 2014-CT	
	200 Fly	2:52.10	12-Dec-13	DMSS	James S. Freeman at 9TH BSSA NATIONAL CHAMPIONSHIPS	
	200 IM	2:33.51	13-Mar-14	DMSS	James S. Freeman at SA Level 3 National Age Group Champs 2014-CT	
13-13	50 Free	26.85	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	100 Free	57.67	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	200 Free	2:06.53	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	400 Free	4:27.88	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	800 Free	9:31.39	8-Dec-16	DMSS	Andile Bekker at 12th BSSA Nationals 2016	
	1500 Free	20:19.66	29-Mar-22	DMSS	Rayhan Khonat at SA Regional Aquatic Champs 2022- NT	
	50 Back	31.01	4-Feb-17	DMSS	Andile Bekker at Sprint Gala 04 February 2017	

RECORDS BW Age Group

13-13	100	Back	1:08.66	8-Dec-16	DMSS	Andile Bekker at 12th BSSA Nationals 2016	
	200	Back	2:29.38	8-Dec-16	DMSS	Andile Bekker at 12th BSSA Nationals 2016	
	50	Breast	34.01	16-Feb-17	BOT	Andile Bekker at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
	100	Breast	1:14.71	20-Apr-16	DMSS	Ethan J. Fischer at CANA Zone IV Mauritius 2016	
	200	Breast	2:46.32	20-Apr-16	DMSS	Ethan J. Fischer at CANA Zone IV Mauritius 2016	
	50	Fly	28.25	19-Dec-20	PRSC	Gaamangwe J. Keitsile at 2nd BSSA League Gala	
	100	Fly	1:03.61	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	200	Fly	2:33.98	11-Dec-14	DMSS	James S. Freeman at 10th BSSA Nationals	
	200	IM	2:27.10	12-Mar-15	VINE- WP	James S. Freeman at SA Level 3 National Age Group Champs 2015-PE	
	400	IM	6:21.27	15-Oct-22	PRSC	Theo Morebodi at 2nd BSSA League Gala	
14-14	50	Free	25.91	17-Oct-15	DMSS	James S. Freeman at African Junior Champion Egypt Oct 2015	
	100	Free	55.92	17-Oct-15	DMSS	James S. Freeman at African Junior Champion Egypt Oct 2015	
	200	Free	2:02.50	10-Dec-15	DMSS	James S. Freeman at 11th BSSA Nationals	
	400	Free	4:24.14	11-Dec-15	DMSS	James S. Freeman at SA Schools Swimming Championship 2015	
	800	Free	9:04.88	4-Dec-15	VINE- WP	James S. Freeman at WP SUMMER CHAMPS	
	1500	Free	17:29.48	4-Dec-15	VINE- WP	James S. Freeman at WP SUMMER CHAMPS	
	50	Back	29.64	25-Apr-12	BOT	David Van Der Colff at Cana Zone 3 & 4 Swimming Championship 2012	
	100	Back	1:04.18	25-Apr-12	BOT	David Van Der Colff at Cana Zone 3 & 4 Swimming Championship 2012	
	200	Back	2:19.32	25-Apr-12	BOT	David Van Der Colff at Cana Zone 3 & 4 Swimming Championship 2012	
	50	Breast	32.06	17-Mar-17	DMSS	Ethan J. Fischer at SA National JNR Age Group Champs 2017-KZN	
	100	Breast	1:11.77	17-Mar-17	DMSS	Ethan J. Fischer at SA National JNR Age Group Champs 2017-KZN	
	200	Breast	2:40.41	17-Mar-17	DMSS	Ethan J. Fischer at SA National JNR Age Group Champs 2017-KZN	
	50	Fly	27.36	14-Apr-22	BOT	Gaamangwe J. Keitsile at CANA Zone IV Swimming Championship-Lusaka 20	
	100	Fly	1:00.87	14-Apr-22	BOT	Gaamangwe J. Keitsile at CANA Zone IV Swimming Championship-Lusaka 20	
	200	Fly	2:25.33	25-Apr-12	BOT	David Van Der Colff at Cana Zone 3 & 4 Swimming Championship 2012	
	200	IM	2:23.04	25-Apr-12	BOT	David Van Der Colff at Cana Zone 3 & 4 Swimming Championship 2012	
	400	IM	5:07.59	17-Mar-17	DMSS	Andile Bekker at SA National JNR Age Group Champs 2017-KZN	
	15-15	50	Free	25.09	16-Feb-17	BOT	James S. Freeman at 2016 Cana Zone IV Swimming Champs-Zimbabwe
		100	Free	53.94	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN
		200	Free	1:55.86	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN
400		Free	4:05.83	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN	
800		Free	8:47.78	16-Feb-17	BOT	James S. Freeman at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
1500		Free	16:05.85	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN	
50		Back	28.47	25-Apr-13	BOT	David Van Der Colff at CANA Zone 3 & 4 Swimming Championships	
100		Back	1:02.60	8-Dec-12	BOT	David Van Der Colff at SCSA Zone VI 2012	
200		Back	2:18.83	18-Jan-19	DMSS	Andile Bekker at 14th BSSA Nationals 18-20 Jan 2019	
50		Breast	31.67	25-Jun-18	DMSS	Ethan J. Fischer at Sasol National Championship 2018	
100		Breast	1:10.22	25-Jun-18	DMSS	Ethan J. Fischer at Sasol National Championship 2018	
200		Breast	2:36.33	16-Feb-17	BOT	James S. Freeman at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
50		Fly	26.64	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN	
100		Fly	59.55	3-May-23	BOT	Gaamangwe J. Keitsile at CANA Zone IV Swimming Championship-Angola 20	
200		Fly	2:13.68	16-Feb-17	BOT	James S. Freeman at 2016 Cana Zone IV Swimming Champs-Zimbabwe	
200		IM	2:13.97	17-Mar-17	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2017-KZN	
400		IM	5:09.66	5-Oct-18	DMSS	Andile Bekker at FINA WORLD AQUATICS DAYS - DMSS GATORS 5-7 Oc	
16-16		50	Free	24.27	7-Dec-17	DMSS	James S. Freeman at 13th BSSA Nationals
		100	Free	52.58	21-Mar-18	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2018-KZN
		200	Free	1:52.37	21-Mar-18	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2018-KZN
	400	Free	3:56.46	31-Aug-17	TUKS- TS	James S. Freeman at Commonwealth Youth Games Bahamas 2017	
	800	Free	8:14.74	21-Mar-18	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2018-KZN	
	50	Back	27.89	7-Apr-14	CRE	David Van Der Colff at Sa National Aquatic Championship 2014 Durban	
	100	Back	58.79	7-Apr-14	CRE	David Van Der Colff at Sa National Aquatic Championship 2014 Durban	
	200	Back	2:16.16	20-Aug-19	BOT	Andile Bekker at 7th FINA World Junior Swimming Champs 2019	
	50	Breast	31.16	23-Feb-23	DMSS	Mmusi Matthews at 17th Botswana National Swimming Championships	

RECORDS BW Age Group

16-16	100	Breast	1:08.66	3-May-23	BOT	Mmusi Matthews at CANA Zone IV Swimming Championship-Angola 2023	
	200	Breast	2:31.73	23-Feb-23	DMSS	Mmusi Matthews at 17th Botswana National Swimming Championships	
	50	Fly	25.95	21-Mar-18	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2018-KZN	
	100	Fly	57.15	7-Dec-17	DMSS	James S. Freeman at 13th BSSA Nationals	
	200	Fly	2:10.52	31-Aug-17	TUKS	James S. Freeman at Commonwealth Youth Games Bahamas 2017	
	200	IM	2:10.82 *	31-Aug-17	TUKS	James S. Freeman at Commonwealth Youth Games Bahamas 2017	
	200	IM	2:10.82 *	31-Aug-17	TUKS	James S. Freeman at Commonwealth Youth Games Bahamas 2017	
	400	IM	4:36.91	31-Aug-17	TUKS	James S. Freeman at Commonwealth Youth Games Bahamas 2017	
	17-17	50	Free	24.20	27-Apr-12	BOT	Adrian Todd at Celtic Tri Nations
100		Free	52.43	20-Mar-19	TUKS- TS	James S. Freeman at SA National JNR Age Group Champs 2019-KZN	
200		Free	1:53.27	17-Jul-18	BOT	James S. Freeman at 2018 African Youth Games Algeria	
400		Free	3:55.27	17-Jul-18	BOT	James S. Freeman at 2018 African Youth Games Algeria	
800		Free	8:11.30	17-Jul-18	BOT	James S. Freeman at 2018 African Youth Games Algeria	
1500		Free	15:38.28	20-Mar-19	TUKS	James S. Freeman at SA National JNR Age Group Champs 2019-KZN	
50		Back	27.16	10-Dec-14	BOT	David Van Der Colff at African Union Sports-Region 5 Under 20 YTH Ga	
100		Back	58.04	10-Dec-14	BOT	David Van Der Colff at African Union Sports-Region 5 Under 20 YTH Ga	
200		Back	2:20.57	18-Jan-19	DMSS	James S. Freeman at 14th BSSA Nationals 18-20 Jan 2019	
50		Breast	29.83	21-Mar-18	VINE- WP	Adrian Robinson at SA National JNR Age Group Champs 2018-KZN	
100		Breast	1:07.41	21-Mar-18	VINE- WP	Adrian Robinson at SA National JNR Age Group Champs 2018-KZN	
200		Breast	2:33.54	20-Feb-20	BOT	Ethan J. Fischer at CANA Zone IV Championships	
50		Fly	26.12	8-Dec-18	BOT	James S. Freeman at AUSC -Region 5 Under 20 YTH Games 2018	
100		Fly	57.90	8-Dec-18	BOT	James S. Freeman at AUSC -Region 5 Under 20 YTH Games 2018	
200		Fly	2:17.31	18-Jan-19	DMSS	James S. Freeman at 14th BSSA Nationals 18-20 Jan 2019	
200		IM	2:13.84	8-Dec-18	BOT	James S. Freeman at AUSC -Region 5 Under 20 YTH Games 2018	
400		IM	5:26.96	18-Feb-22	DMSS	Benco G. van Rooyen at 2022 Grand Prix 2 Invitational Meet Durban	
18-18		50	Free	23.98	13-Dec-19	TUKS	James S. Freeman at Amstel Cup - Amsterdam
		100	Free	51.74	13-Dec-19	TUKS	James S. Freeman at Amstel Cup - Amsterdam
		200	Free	1:52.11	8-Apr-19	TUKS	James S. Freeman at Sa National Aquatic Championship 2019 Durban
	400	Free	3:53.18	8-Apr-19	TUKS	James S. Freeman at Sa National Aquatic Championship 2019 Durban	
	800	Free	8:07.67	8-Apr-19	TUKS	James S. Freeman at Sa National Aquatic Championship 2019 Durban	
	50	Back	26.88	3-Aug-15	DMSS	David Van Der Colff at Fina World Champs Kazan Russia 2015	
	100	Back	57.74	10-Apr-16	DMSS	David Van Der Colff at Sa National Aquatic Championship 2016 Durban	
	200	Back	2:07.15	10-Apr-16	DMSS	David Van Der Colff at Sa National Aquatic Championship 2016 Durban	
	50	Breast	28.85	8-Apr-19	AGC- TS	Adrian Robinson at Sa National Aquatic Championship 2019 Durban	
	100	Breast	1:04.41	8-Apr-19	AGC- TS	Adrian Robinson at Sa National Aquatic Championship 2019 Durban	
	200	Breast	2:31.43	16-Feb-19	BOT	Adrian Robinson at CANA Zone IV Championships 2019	
	50	Fly	25.50	8-Apr-19	TUKS	James S. Freeman at Sa National Aquatic Championship 2019 Durban	
	100	Fly	56.24	13-Dec-19	TUKS	James S. Freeman at Amstel Cup - Amsterdam	
	200	IM	2:15.74	20-Feb-20	BOT	James S. Freeman at CANA Zone IV Championships	
	400	IM	5:22.64	20-Aug-22	PSC	Benco G. van Rooyen at 15th CANA Senior African Championships	

RECORDS BW National Records

LC Meters-Women

50 Free	26,07	20-Mar-16 FIU Naomi Ruele	at 2016 GT Womens's LC Collegiate Invitational
100 Free	58,12	31-Aug-17 DMSS Naomi Ruele	at 2017 Ontario Summer Provincial Champs
200 Free	2:08,85	29-Jun-22 DMSS Maxine C. Egner	at SM/Para-SM/JSM (50m) 2022
400 Free	4:37,51	31-Mar-22 DMSS Maxine C. Egner	at Swim festival 2022
800 Free	10:01,28	13-May-22 DMSS Maxine C. Egner	at Distriktstandvården Neptuniaden 2022
1500 Free	21:09,64	30-Oct-21 VBOTS Amaru T. Dithlogo	at CANA Virtual Swimming Championships (LC) - BW
50 Back	29,17	4-Apr-18 BOT Naomi Ruele	at Gold Coast XXI Commonwealth Games 2018
100 Back	1:02,14	9-Jul-16 DMSS Naomi Ruele	at Southern Zone South Sectional Championship
200 Back	2:33,94	30-Oct-21 VBOTS Naya L. Hughes	at CANA Virtual Swimming Championships (LC) - BW
50 Breast	35,42	8-Dec-16 DMSS Bonita Imsirovic	at 12th BSSA Nationals 2016
100 Breast	1:20,23	19-Nov-16 DMSS Bonita Imsirovic	at 3rd League Gala 19 November 2016
200 Breast	2:51,41	10-Sep-15 DMSS Bonita Imsirovic	at Congo - Brassaville
50 Fly	28,32	31-Aug-17 DMSS Naomi Ruele	at AUSC Angola 2016
100 Fly	1:05,75	23-Feb-23 DMSS Maxine C. Egner	at 17th Botswana National Swimming Championships
200 Fly	2:44,70	4-Dec-22 BOT Kimberly N. Ingwe	at AUSC-Region 5 Under 20 YTH Games 2022-Malawi
200 IM	2:36,03	3-Jun-22 DMSS Maxine C. Egner	at TYR Invite Täby Sim
400 IM	5:54,46	4-Apr-19 DMSS Maxine C. Egner	at 2nd DMSS Gators Annual Swim Gala

RECORDS BW National Records

LC Meters-Men

50 Free	23,98	13-Dec-19 TUKS James S. Freeman	at Amstel Cup - Amsterdam
100 Free	51,31	14-Jul-22 UOFM James S. Freeman	at 2022 USA Swimming Speedo Championship Series
200 Free	1:50,63	28-Jul-22 BOT James S. Freeman	at Commonwealth Games 2022
400 Free	3:53,18	8-Apr-19 TUKS James S. Freeman	at Sa National Aquatic Championship 2019 Durban
800 Free	8:07,67	8-Apr-19 TUKS James S. Freeman	at Sa National Aquatic Championship 2019 Durban
1500 Free	15:38,28	20-Mar-19 TUKS James S. Freeman	at SA National JNR Age Group Champs 2019-KZN
50 Back	26,53	28-Jun-16 DMSS David Van Der Colff	at Bahamas National Championships
100 Back	57,48	28-Jun-16 DMSS David Van Der Colff	at Bahamas National Championships
200 Back	2:04,90	28-Jun-16 DMSS David Van Der Colff	at Bahamas National Championships
50 Breast	28,33	12-Apr-23 AGC Adrian Robinson	at SA National Aquatic SNR-Champ 2023-PE
100 Breast	1:03,13	28-Jul-22 BOT Adrian Robinson	at Commonwealth Games 2022
200 Breast	2:31,43	16-Feb-19 DMSS Adrian Robinson	at CANA Zone IV Championships 2019
50 Fly	25,50	8-Apr-19 TUKS James S. Freeman	at Sa National Aquatic Championship 2019 Durban
100 Fly	56,24	13-Dec-19 TUKS James S. Freeman	at Amstel Cup - Amsterdam
200 Fly	2:10,52	31-Aug-17 TUKS James S. Freeman	at Commomwealth Youth Games Bahamas 2017
200 IM	2:10,82	31-Aug-17 TUKS James S. Freeman	at Commomwealth Youth Games Bahamas 2017
400 IM	4:36,91	31-Aug-17 TUKS James S. Freeman	at Commomwealth Youth Games Bahamas 2017