

NASU Swimming Database

RECORDS Nasu Long Course

LC Meters-Women

9-10	200 Free Relay	2:23.88	1-Dec-12	DOL	Dolphins	Stergiadis H, Botha V, Liebenberg J, Esslinger C
11-12	400 Free Relay	5:12.15	15-Nov-19	DOL	Dolphins Rec Set	A Naukosho, A Spath, C Rossouw, M Ohm
12 & U	400 Free	4:42.54	18-Mar-16	NASU	Joanne Liebenberg	Level 3 Championships
	800 Free	9:39.96	18-Mar-16	NASU	Joanne Liebenberg	Level3 Championships
	1500 Free	19:37.42	4-Dec-14	DOL	Joanne Liebenberg at NTS Championships 2014	
13-14	800 Free	9:35.53	17-Mar-17	NASU	Joanne Liebenberg at SA	National JNR Age Group Champs 2017-KZN
	200 Fly	2:29.56	17-Mar-17		Joanne Liebenberg at SA	National JNR Age Group Champs 2017-KZN
45 & O	50 Free	33.10	20-Mar-19	MARL	Jane Samson	SAMS National Champs record set
	100 Free	1:15.90	6-Apr-19	MARL	Jane Samson	SAMS National Champs record set
	1500 Free	26:18.69	25-Jan-19	NSA	Mary Fitzpatrick	BWK LC Gala 4 record set
	50 Breast	42.45	20-Mar-19	MARL	Jane Samson	SAMS National Champs record set
	100 Breast	1:35.38	20-Mar-19	MARL	Jane Samson	SAMS National Champs record set
	50 Fly	36.91	23-Nov-18	NSA	Jane Samson	BWK LC Gala 3 record set
	200 IM	3:13.96	20-Mar-19	MARL	Jane Samson	SAMS National Champs record set

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LC Meters-Men

8 & U	50 Free	35.70	2-Feb-07	DOL	Alexander Skinner	
	200 Free Relay	2:47.06	21-Feb-19	DOL	Dolphins	Badenhorst A, Badenhorst J, Jiaon N, Steyn R
9-10	100 Free	1:10.36	5-Dec-08	DOL	Alexander Skinner	Record set NCASA
	200 Free Relay	2:16.92	26-Feb-15	DOL	B van der Walt. C. De Jager. E Von Alvensleben, M Burger	
45 & O	100 Back	1:26.88	27-Feb-20	MAC	Johan Bekker	BWK LC Nationals

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15-16	200	Medley Relay	2:10.39	15-Nov-19	DOL	Dolphins Rec Set	Esslinger, Burger, Henning, Ellmies
	400	Medley Relay	4:42.10	15-Nov-19	DOL	Dolphins Rec Set	Esslinger, Rathenam, Henning, Ellmies
17-18	400	Medley Relay	4:45.84	15-Nov-19	DOL	Dolphins Rec Set	Liebenberg, Wellmann, Gertze, Mutumbulua