

NASU Swimming Database

RECORDS NASU Short Cour

SC Meters-Women

9-10	100 Back	1:17.65	15-Aug-14	DOL	Tiana Esslinger	SC Championships 2014
	200 Medley Relay	3:01.79	18-Sep-09	NASU	NASU 2009 Best time	Oberholzer, Majewski, Adelaar, Jager
11-12	50 Free	28.95	8-Jun-16	DOL	Viktoria Ellmies	NASU Night League 1
	100 Free	1:02.62	25-Sep-15	DOL	Joanne Liebenberg	Namibia National SC Championships
12 & U	200 Free	2:18.96	11-Jun-16	DOL	Viktoria Ellmies	NASU Short Course Gala 1
	400 Free	4:47.67	5-Sep-15	DOL	Joanne Liebenberg	NASU SC Gala 4
	1500 Free	19:10.95	21-Jun-14	DOL	Joanne Liebenberg	NASU SC Gala 2
13-14	800 Free	9:33.92	25-Aug-16	DOL	Joanne Liebenberg	SA Short Course Champs 16
	1500 Free	19:09.80	6-Jul-18	DOL	Viktoria Ellmies	NASU SC Gala 2
	200 Free Relay	1:59.76	18-Sep-09	NASU	NASU 2009 Best time	Cloet, Briedenhann, Meadon-Torbitt, Beukes
	200 Medley Relay	2:18.78	18-Sep-09	NASU	NASU 2009 Best time	Meadon-Torbitt, Schalken, Briedenhann, Cloete
15-16	1500 Free	17:58.34	27-Oct-18	DOL	Joanne Liebenebrg	SC Nationals
	200 Medley Relay	2:10.16	12-Jul-19	DOL	Dolphins Record Set	T Esslinger, S Stergiadis, J Liebenber, V Ellmies
45 & O	50 Free	34.38	3-Aug-18	NSA	Jane Samson	NASU SC Gala 3 record set
	50 Breast	44.99	7-Sep-18	NSA	Jane Samson	NASU SC Gala 4 record set
Open	1500 Free	17:58.34	27-Oct-18	DOL	Joanne Liebenberg	SC Nationals

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SC Meters-Men

9-10	50 Free	30.32	15-May-15	DOL	Bernhardt van der Walt	at Night League 1
	50 Back	34.56	17-Jun-15	DOL	Bernhardt van der Walt	at Night League 2
	200 Free Relay	2:31.25	17-Jun-15	DOL	Dolphins Relay A	Von Alvensleben, Burger, Bruwer, Van der Walt
	200 Medley Relay	2:45.87	12-Jul-19	AQUA	Aqua Swimming Club	L Esterhuizen, E Nakaleke, K Benade, M Tibazarwa
	400 Medley Relay	6:09.90	21-Jun-19	AQUA	Aqua Club Record Set	L. Esterhuizen, E. Nakaleke, M. Tibazarwa, K. Ben
11-12	200 Free Relay	2:02.01	2-Jul-16	DOL	Dolphins	Bernhard, Friederich, Christopher, Mikah
13-14	200 Free Relay	1:54.91	18-Sep-09	NASU	NASU 2009 Best time	Winkler, Lamprecht, Peens, Brock
45 & 0	50 Free	28.64	12-Jul-19	DOL	Alex Skinner	SC Gala 3
	50 Fly	32.46	12-Jul-19	DOL	Alex Skinner	SC gala 3
Open	50 Fly	25.66	17-Aug-14	DOL	Nicolaas Deacon	SC Championships 2014
	400 Medley Relay	4:15.00	21-Jun-19	NSA	NSA Record Set	De Jager, Wantenaar, Canjulo, Fitzpatrick

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9-10	400 Free Relay	5:26.60	12-Jul-19	AQUA	AQUA Record Set	Tibazarwa, Nitsche, Kapapa, Nakaleke
17-18	400 Free Relay	4:00.16	12-Jul-19	DOL	Dolphins Record Set	Ellmies, Stergiadis, Henning, Wellmann