

## Namibia Swimming Federation - Database

### RECORDS NASFED SC

#### SC Meters-Women

9-10	100 Back	1:14.23	<b>23-Sep-21</b>	AQUA	Roselinda Matyayi at NAMIBIA SHORT COURSE NATIONALS 2021
	200 Medley Relay	3:01.79	<b>18-Sep-09</b>	NASU	NASU Relay - Oberholzer, Majewski, Adelaar, Jager ('09)
11-12	50 Free	28.95	<b>8-Jun-16</b>	DOL	Viktoria Ellmies - NASU Night League 1 (June '16)
	100 Free	1:02.62	<b>25-Sep-15</b>	DOL	Joanne Liebenberg - Namibia National SC Champs (July '15)
	50 Fly	31.20	<b>23-Sep-21</b>	PHOEN	Esmeralda Nel - SC Nationals 2021
12 & U	200 Free	2:18.96	<b>11-Jun-16</b>	DOL	Viktoria Ellmies - NASU SC Gala 1 (June '16)
	400 Free	4:47.67	<b>5-Sep-15</b>	DOL	Joanne Liebenberg - NASU SC Gala 4 (Sep '15)
	1500 Free	19:10.95	<b>21-Jun-14</b>	DOL	Joanne Liebenberg -NASU SC Gala 2 (June '14)
13-14	800 Free	9:33.92	<b>25-Aug-16</b>	DOL	Joanne Liebenberg - SA SC Champs (Aug '16)
	1500 Free	19:09.80	<b>6-Jul-18</b>	DOL	Viktoria Ellmies - NASU SC Gala 2 (Jul '18)
	200 Free Relay	1:59.76	<b>18-Sep-09</b>	NASU	NASU Relay - Cloete, Briedenhann, Meadon-Torbitt, Beukes (Sep '09)
	200 Medley Relay	2:18.78	<b>18-Sep-09</b>	NASU	NASU Relay - Meadon-Torbitt, Schalken, Briedenhann, Cloete (Sep '09)
15-16	1500 Free	17:58.34	<b>27-Oct-18</b>	DOL	Joanne Liebeneberg - SC Nationals (Oct '18)
	200 Medley Relay	2:10.16	<b>12-Jul-19</b>	DOL	Dolphins Relay - T. Esslinger, H. Stergiadis, J. Liebenberg, V. Ellmies (Jul '19)
45 & O	50 Free	34.19	<b>8-Oct-21</b>	SWA	Lucy Louw at BWK NASFED LC-SC (SWA) Gala 1 08-09 Oct 21
	50 Breast	44.99	<b>7-Sep-18</b>	NSA	Jane Samson - NASFED SC Gala 4 (Sep '18)
	50 Fly	38.97	<b>23-Sep-21</b>	MAC	Jane Samson - SC Nationals 2021
Open	1500 Free	17:58.34	<b>27-Oct-18</b>	DOL	Joanne Liebenberg - SC Nationals (Oct '18)

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#### SC Meters-Men

9-10	50 Free	30.32	<b>15-May-15</b>	DOL	Bernhardt van der Walt - Night League (May '15)
	50 Back	34.56	<b>17-Jun-15</b>	DOL	Bernhardt van der Walt - Night League 2 (June '15)
	200 Free Relay	2:26.79	<b>21-Jun-19</b>	DOL	Dolphins Swimming Club R. McNamara, J. Langford, N. Jiao, L. Ellis
	200 Medley Relay	2:45.87	<b>12-Jul-19</b>	AQUA	Aqua Relay - L. Esterhuizen, E. Nakaleke, K. Benade, M. Tibazarwa
	400 Medley Relay	6:09.90	<b>21-Jun-19</b>	AQUA	Aqua Relay - L. Esterhuizen, E. Nakaleke, M. Tibazarwa, K. Bena
11-12	200 Free Relay	2:02.01	<b>2-Jul-16</b>	DOL	Dolphins Relay - Bernhard, Friederich, Christopher, Mikah
13-14	200 Free Relay	1:54.91	<b>18-Sep-09</b>	NASU	NASU Realy - Winkler, Lamprecht, Peens, Brock (Sep '09)
45 & 0	50 Free	28.64	<b>12-Jul-19</b>	DOL	Alexander Skinner - SC Gala 3 (July '19)
	50 Fly	32.46	<b>12-Jul-19</b>	DOL	Alexander Skinner - SC Gala 3 (Jul '19)
Open	50 Fly	25.66	<b>17-Aug-14</b>	DOL	Nicolaas Deacon - SC Champs 2014
	400 Medley Relay	4:15.00	<b>21-Jun-19</b>	NSA	NSA Relay - De Jager, Wantenaar, Canjulo, Fitzpatrick (June '19)

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**RECORDS NASFED SC****SC Meters-Mixed**

9-10	400 Free Relay	5:26.60	<b>12-Jul-19</b>	AQUA	Aqua Relay - Tibazarwa, Nitsche, Kapapa, Nakaleke (Jun '19)
17-18	400 Free Relay	4:00.16	<b>12-Jul-19</b>	DOL	Dolphins Relay - V. Ellmies, H. Stergiadis, M. Henning, A. Wellmann (Jul '19)