

Namibia Swimming Federation - Database

RECORDS NASFED LC

LC Meters-Women

9-10	50 Fly	33.84	4-Apr-24	DOL	Xinyue Huang	at BWK Namibia National LC Championsl
	100 Fly	1:17.46	21-Mar-24	NSFED	Xinyue Huang	at SA Level 3 Regional Age Group Champs 2024-F
	200 Free Relay	2:23.88	1-Dec-12	DOL	Dolphins	Stergiadis H, Botha V, Liebenberg J, Esslinge
10 & U	400 Medley Relay	6:39.46	27-Nov-20	DOL	Dolphins LC Gala 3	A. Naukosho, E. Brinkmann, M. Prinsloo
11-12	400 Free Relay	5:12.15	15-Nov-19	DOL	Dolphins Rec Set	A Naukosho, A Spath, C Rossouw, M Ohr
	400 Medley Relay	5:40.03	10-Nov-19	DOL	Dolphins Record Set LC gala 1	M.Brinkmann, C.Rossouw, A.Nauk
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 201
	200 Fly	2:29.56	17-Mar-17		Joanne Liebenberg	at SA National JNR Age Group Champs 201
45 & O	50 Free	32.61	25-Nov-22	MAC	Jane Samson	at LC Gala 3 (25 - 26 November 2022)
	100 Free	1:15.90	6-Apr-19	MARL	Jane Samson	- SAMS National Champs 2019
	1500 Free	26:18.69	25-Jan-19	NSA	Mary Fitzpatrick	- BWK LC Gala 4 (15 Jan '19)
	50 Breast	42.45	20-Mar-19	MARL	Jane Samson	- SAMS National Champs 2019
	100 Breast	1:35.38	20-Mar-19	MARL	Jane Samson	- SAMS National Champs 2019
	50 Fly	36.91	23-Nov-18	NSA	Jane Samson	- BWK LC Gala 3 (23 Nov '18)
	200 IM	3:13.96	20-Mar-19	MARL	Jane Samson	- SAMS National Champs 2019

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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, Jiao 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	
10 & U	400 Medley Relay	6:09.42	27-Nov-20	DOL	Dolphins LC Gala 3	R.Steyn, E. Jansen, N. Jiao, A. Badenhors
11-12	200 Medley Relay	2:17.93	23-Feb-17	DOL	Dolphins Swimming Club	B. van der Walt, M. Burger, J. Canjul
12 & U	800 Free	10:17.47	21-Mar-23	NSFED	Naan Jiao at SA National	Junior Age Group Champs KZN 2023
13-14	400 Medley Relay	4:47.47	27-Nov-20	DOL	Dolphins LC Gala 3	O. Durand, R. Zhou, N. Esslinger, O. Ohr
45 & O	100 Back	1:26.88	27-Feb-20	MAC	Johan Bekker Record Set	BWK LC Nationals
	200 Breast	3:52.37	15-Nov-19	MAC	Johan Bekker Record Set	BWK LC Gala 2

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LC Meters-Mixed

10 & U	400 Free Relay	4:53.61	11-Oct-19	AQUA	Aqua Swimming and Fitness Club
	400 Medley Relay	5:54.34	20-Oct-23	DOL	Dolphins Swimming Club A. Diehl, D. Badenhorst, X. Huang, S
15-16	200 Free Relay	1:49.62	26-Jan-24	AQUA	Aqua Swimming and Fitness ClubT. Kapapa, Q. Benade, J. Humph
	400 Free Relay	3:59.12	28-Mar-17	MAC	Marlins Swimming Club
	400 Medley Relay	4:26.82	28-Mar-17	NAM	Namibia T. Esslinger, R. Wantenaar, C. Le Roux, Z. We
17-18	400 Free Relay	4:00.63	11-Oct-21	NAM	Namibia M. Burger, R. Westerduin, T. Mutumbulua, J.
	400 Medley Relay	4:22.88	11-Oct-21	NAM	Namibia J. Canjulo, N. Redecker, M. Burger, T. Mutum
Open	200 Free Relay	1:49.62	26-Jan-24		Aqua Swimming and Fitness ClubT. Kapapa, Q. Benade, J. Humph