

RECORDS**LC Meters-Female**

8 & U	50 Free	38.03	10-Dec-04	TSANM	Christine Briedenhann
	50 Back	43.00	1-Jan-00	TSUNM	Juanita Delaney
	50 Breast	46.00	1-Jan-00	TSUNM	Tesra Broodryk
	50 Fly	42.90	10-Dec-04	NSANM	Christine Briedenhann
	200 IM	3:35.00	15-Dec-04	NSANM	Christine Briedenhann
	200 Free Relay	3:06.70	1-Jan-00	MARNM	Marlins '84
	150 Medley Relay	2:27.81	1-Jan-00	MARNM	Marlins '84
	200 Medley Relay	3:14.43	1-Jan-00	MARNM	Marlins '84
9-10	50 Free	30.89	13-Dec-06	NSANM	Christine Briedenhann
	100 Free	1:07.28	13-Dec-06	NSANM	Christine Briedenhann
	50 Back	38.50	1-Jan-00	MARNM	Regine Hoffmann
	100 Back	1:22.05	13-Dec-06	NSANM	Christine Briedenhann
	50 Breast	41.58	13-Dec-06	NSANM	Christine Briedenhann
	100 Breast	1:32.11	13-Dec-06	NSANM	Christine Briedenhann
	50 Fly	33.96	13-Dec-06	NSANM	Christine Briedenhann
	100 Fly	1:21.18	13-Dec-06	NSANM	Christine Briedenhann
	200 IM	2:52.66	1-Dec-06	NSANM	Christine Briedenhann
	200 Free Relay	2:28.01	19-Mar-04	DOLNM	Dolphins
200 Medley Relay	2:47.84	19-Apr-93	DOLNM	Dolphins	
11-12	50 Free	29.75	18-Aug-05	DOLNM	Corinna Wahl
	100 Free	1:04.27	1-Jan-00	MARNM	Monica Dahl
	50 Back	35.66	1-Jan-00	MARNM	Monica Dahl
	100 Back	1:16.32	1-Jan-00	MARNM	Monica Dahl
	50 Breast	37.60	1-Jan-00	SWANM	Gwen Currie
	100 Breast	1:22.17	1-Jan-00	SWANM	Gwen Currie
	50 Fly	31.83	1-Jan-00	MARNM	Monica Dahl
	100 Fly	1:13.13	1-Jan-00	MARNM	Monica Dahl
	200 IM	2:40.26	1-Jan-00	MARNM	Monica Dahl

RECORDS

	200 Free Relay	2:07.28	11-Mar-05	DOLNM	Dolphins	Wahl, Preschel,Adrian,Minders
	200 Medley Relay	2:26.89	1-Jan-00	MARNM	Marlins 1988	
12 & U	200 Free	2:27.63	3-Dec-03	DOLNM	Jonay Briedehann	
	400 Free	5:05.73	3-Nov-88	MARNM	Monica Dahl	
	800 Free	10:58.14	3-Dec-04	DOLNM	Christine Minders	
	1500 Free	21:24.20	1-Dec-06	NSANM	Christine Briedenhann	
	200 Back	2:49.00	30-Sep-02	DOLNM	Jonay Briedenhann	
	200 Breast	3:03.77	3-Jan-04	SPANM	Daniela Lindemeier	
	200 Fly	2:46.92	3-Nov-04	SPANM	Daniela Lindemeier	
	400 IM	5:54.32	3-Dec-04	SPANM	Daniela Lindemeier	
13-14	50 Free	28.50	13-Mar-07	DOLNM	Corinna Wahl	
	100 Free	1:02.18	1-Jan-00	MARNM	Monica Dahl	
	200 Free	2:15.97	1-Jan-00	MARNM	Anita Kruger	
	400 Free	4:44.85	12-Dec-03	DOLNM	Marike Meyer	
	800 Free	9:45.33	12-Dec-03	DOLNM	Marike Meyer	
	1500 Free	19:02.16	13-Feb-04	DOLNM	Marike Meyer	
	50 Back	33.96	1-Jan-00	MARNM	Monica Dahl	
	100 Back	1:12.32	12-Feb-05	TSANM	Jonay Briedenhann	
	200 Back	2:35.39	15-Dec-04	TSANM	Jonay Briedenhann	
	50 Breast	36.74	24-Jun-06	SPANM	Daniela Lindemeier	
	100 Breast	1:20.76	24-Jun-06	SPANM	Daniela Lindemeier	
	200 Breast	2:51.06	30-Jun-07	SPAZZ	DANIELA LINDEMEIER at Strand Winter Gala	
	50 Fly	30.89	1-Jan-00	MARNM	Monica Dahl	
	100 Fly	1:07.96	1-Jan-00	MARNM	Monica Dahl	
	200 Fly	2:34.91	18-Mar-05	DOLNM	Nadja Sternagel	
	200 IM	2:32.94	27-Jun-03	DOLNM	Marike Meyer	
	400 IM	5:23.04	29-Mar-04	DOLNM	Marike Meyer	
	200 Free Relay	2:02.43	1-Jan-00	NAM	SWA Tour Team 1989	
	200 Medley Relay	2:20.37	1-Jan-00	MARNM	Marlins 1985	
	400 Medley Relay	5:13.08	1-Jan-00	NAM	SWA Team 1989	

RECORDS

15-16	50 Free	27.39	1-Jan-00	MARNM	Monica Dahl	
	100 Free	59.66	1-Jan-00	MARNM	Monica Dahl	
	200 Free	2:12.65	1-Jan-00	MARNM	Anita Kruger	
	400 Free	4:33.99	1-Jan-00	MARNM	Anita Kruger	
	800 Free	9:33.60	23-Aug-06	NSANM	Marike Meyer	
	1500 Free	18:34.94	1-Jan-00	MARNM	Anita Kruger	
	50 Back	32.80	13-Dec-06	NSANM	Jonay Briedenhann	
	100 Back	1:08.87	1-Jan-00	MARNM	Monica Dahl	
	200 Back	2:29.90	14-Dec-05	NSANM	Jonay Briedenhann	
	50 Breast	36.11	4-Nov-06	MARNM	Jonay Briedenhann	
	100 Breast	1:17.30	13-Nov-99	MARNM	Dorothea Neumeister	
	200 Breast	2:52.62	17-Aug-02	MARNM	Dannielle van Zijl	
	50 Fly	30.17	1-Jan-00	MARNM	Monica Dahl	
	100 Fly	1:07.81	14-Dec-05	NSANM	Jonay Briedenhann	
	200 Fly	2:29.50	1-Jan-00	MARNM	Dorothea Neumeister	
	200 IM	2:26.48	13-Dec-06	NSANM	Jonay Briedenhann	
	400 IM	5:13.70	1-Jan-00	MARNM	Dorothea Neumeister	
	200 Free Relay	1:59.61	1-Jan-00	MARNM	Marlins 1992	
	400 Free Relay	4:29.66	20-Aug-05	NAM	Namibia	Brock,Sternagel,Lumley,Meyer
	800 Free Relay	9:49.27	21-Aug-05	NAM	Namibia	Brock,Sternagel,Lumley,Meyer
	200 Medley Relay	2:18.37	1-Jan-00	MARNM	Marlins 1992	
	400 Medley Relay	5:03.31	1-Jan-00	NAM	Namibia	Brock,Sternagel,Lumley,Meyer
17-18	50 Free	26.95	1-Jan-00	MARNM	Monica Dahl	
	100 Free	58.47	1-Jan-00	MARNM	Monica Dahl	
	200 Free	2:10.81	1-Jan-00	MARNM	Anita Kruger	
	400 Free	4:34.01	1-Jan-00	MARNM	Ihona Schutte	
	800 Free	9:25.14	1-Jan-00	MARNM	Anita Kruger	
	1500 Free	19:12.78	1-Oct-95	MARNM	Anita Kruger	
	50 Back	32.17	1-Jan-00	MARNM	Monica Dahl	

RECORDS

100 Back	1:07.87	1-Jan-00	MARNM	Monica Dahl
200 Back	2:32.05	1-Jan-00	MARNM	Monica Dahl
50 Breast	34.66	7-Jan-05	MARNM	Dannielle van Zijl
100 Breast	1:16.39	1-Jan-00	MARNM	Dorothea Neumeister
200 Breast	2:45.18	29-Mar-04	MARNM	Dannielle van Zijl
50 Fly	30.10	1-Jan-00	MARNM	Monica Dahl
100 Fly	1:04.26	1-Jan-00	MARNM	Monica Dahl
200 Fly	2:25.92	1-Jan-00	MARNM	Dorothea Neumeister
200 IM	2:28.92	23-Mar-07	NSANM	Jonay Briedenhann
400 IM	5:21.89	23-Mar-07	NSANM	Jonay Briedenhann
200 Free Relay	2:07.60	1-Jan-00	NAM	SWA Team 1974
400 Free Relay	4:56.56	1-Jan-00	MARNM	Marlins 1995
800 Free Relay	10:50.93	1-Jan-95	MARNM	Marlins
200 Medley Relay	2:30.90	1-Jan-00	SWANM	Swakopmund 1974
400 Medley Relay	5:30.80	1-Jan-00	MARNM	Marlins 1995
50 Free	26.76	1-Jan-00	MARNM	Monica Dahl
100 Free	57.63	1-Jan-00	MARNM	Monica Dahl
200 Free	2:10.78	1-Jan-00	MARNM	Frauke Buecking
400 Free	4:33.47	1-Jan-00	MARNM	Anita Kruger
800 Free	9:25.14	1-Jan-00	MARNM	Anita Kruger
1500 Free	18:34.94	1-Jan-00	MARNM	Anita Kruger
50 Back	32.17	1-Jan-00	MARNM	Monica Dahl
100 Back	1:07.87	1-Jan-00	MARNM	Monica Dahl
200 Back	2:29.90	14-Dec-05	NSANM	Jonay Briedenhann
50 Breast	34.66	7-Jan-05	MARNM	Dannielle van Zijl
100 Breast	1:14.49	1-Jan-00	MARNM	Dorothea Neumeister
200 Breast	2:40.94	1-Jan-00	MARNM	Dorothea Neumeister
50 Fly	30.07	1-Jan-00	MARNM	Monica Dahl
100 Fly	1:04.26	1-Jan-00	MARNM	Monica Dahl
200 Fly	2:25.92	1-Jan-00	MARNM	Dorothea Neumeister

RECORDS

200 IM	2:24.97	1-Jan-00	MARNM	Dorothea Neumeister
400 IM	5:05.80	1-Jan-00	MARNM	Dorothea Neumeister
200 Free Relay	1:54.38	1-Jan-00	NAM	Namibia Team 1992
400 Free Relay	4:11.33	1-Jan-00	NAM	SWA C.C.Team 1980
800 Free Relay	9:08.62	1-Jan-00	NAM	Namibia Team 1992
200 Medley Relay	2:16.57	1-Jan-00	NAM	Namibia Team 1996
400 Medley Relay	4:45.14	1-Jan-00	NAM	SWA C.C. Team 1980

LC Meters-Male

8 & U	50 Free	35.70	2-Feb-07	DOLZZ	Alexander Skinner
	50 Back	41.93	1-Jan-00	SWANM	Kyle Owen-Smith
	50 Breast	47.88	1-Jan-00	SPANM	Francois Saayman
	50 Fly	42.10	25-Oct-02	NOONM	Hardus Louw
	200 IM	3:27.93	1-Mar-07	DOLNM	Alexander Skinner
	200 Free Relay	2:53.34	1-Jan-00	TIGNM	Windhoek Tigers '86
	150 Medley Relay	2:35.75	1-Jan-00	SWANM	Swakop '84
	200 Medley Relay	3:08.92	1-Jan-00	TIGNM	Windhoek Tigers '86
9-10	50 Free	31.70	1-Jan-00	STPNM	Sean Lubbe
	100 Free	1:12.03	1-Jan-00	MARNM	Tristan Cowley
	50 Back	37.90	1-Jan-00	KTMNM	Leon v.d.Heever
	100 Back	1:24.00	1-Jan-00	KTMNM	Leon v.d. Heever
	50 Breast	41.54	1-Jan-00	MARNM	Mark Horne
	100 Breast	1:29.44	1-Jan-00	TIGNM	Ricardo Eerenstein
	50 Fly	35.78	1-Jan-00	SWANM	Markus Koelle
	100 Fly	1:31.85	1-Jan-00	SWANM	Jock Currie
	200 IM	2:57.06	1-Jan-00	TIGNM	Andre Eerenstein
	200 Free Relay	2:24.87	1-Jan-00	NAM	SWA Team '88
	200 Medley Relay	2:38.82	1-Jan-00	NAM	SWA Team '88
11-12	50 Free	28.29	29-Jan-05	DOLNM	Quinton Delie

RECORDS

	100 Free	1:03.41	12-Feb-05	DOLNM	Quinton Delie
	50 Back	35.57	1-Jan-00	MARNM	Joachim von Alvensleben
	100 Back	1:16.04	11-Mar-05	DOLNM	Abraham Louw
	50 Breast	35.79	1-Jan-00	MARNM	Mark Horne
	100 Breast	1:17.26	1-Jan-00	TIGNM	Ricardo Eerenstein
	50 Fly	32.16	1-Jan-00	SWANM	Markus Koelle
	100 Fly	1:11.77	1-Jan-00	TIGNM	Ricardo Eerenstein
	200 IM	2:37.96	29-Mar-04	DOLNM	Byron Briedenhann
	200 Free Relay	2:09.73	1-Jan-00	MARNM	Marlins 1985
	200 Medley Relay	2:30.22	1-Jan-00	SPANM	Spartans 1985
12 & U	200 Free	2:21.45	3-Nov-03	DOLNM	Quinton Delie
	400 Free	5:02.32	3-Nov-03	DOLNM	Byron Briedenhann
	800 Free	10:35.16	5-Dec-03	DOLNM	Byron Briedenhann
	1500 Free	19:58.63	7-Nov-03	DOLNM	Byron Briedenhann
	200 Back	2:47.96	3-Nov-03	NOORD	Abraham Louw
	200 Breast	2:48.97	18-Mar-92	MARNM	Mark Horne
	200 Fly	2:41.75	3-Jan-03	DOLNM	Byron Briedenhann
	400 IM	5:50.29	12-Dec-03	DOLNM	Byron Briedenhann
13-14	50 Free	26.14	23-Aug-06	DOLNM	Quinton Delie
	100 Free	56.67	17-Feb-07	DOLNM	Quinton Delie
	200 Free	2:03.43	23-Aug-06	DOLNM	Quinton Delie
	400 Free	4:24.51	13-Mar-07	NSANM	Tristan McDonald
	800 Free	9:18.10	1-Mar-07	NSANM	Tristan McDonald
	1500 Free	18:16.79	29-Mar-04	DOLNM	Stefan van Zijl
	50 Back	30.95	5-Jan-07	DOLNM	Quinton Delie
	100 Back	1:06.16	5-Jan-07	DOLNM	Quinton Delie
	200 Back	2:22.77	1-Mar-07	NSANM	Tristan McDonald
	50 Breast	33.05	1-Mar-07	DOLNM	Abraham Louw
	100 Breast	1:09.50	1-Jan-00	TIGNM	Ricardo Eerenstein
	200 Breast	2:29.31	1-Jan-00	TIGNM	Ricardo Eerenstein

RECORDS

	50 Fly	28.10	23-Aug-06	DOLNM	Quinton Delie
	100 Fly	1:01.46	5-Jan-07	DOLNM	Quinton Delie
	200 Fly	2:19.66	14-Mar-06	DOLNM	Quinton Delie
	200 IM	2:22.68	23-Aug-06	DOLNM	Quinton Delie
	400 IM	5:05.01	14-Dec-05	NSANM	Byron Briedenhann
	200 Free Relay	1:57.20	1-Jan-00	NAM	SWA Tour Team 1974
	200 Medley Relay	2:13.74	1-Jan-00	MARNM	Marlins 1989
15-16	50 Free	25.94	1-Jan-00	MARNM	J. von Alvensleben
	100 Free	55.99	13-Mar-07	DOLNM	Quinton Delie
	200 Free	2:03.78	13-Mar-07	DOLNM	Quinton Delie
	400 Free	4:26.08	13-Mar-07	DOLNM	Quinton Delie
	800 Free	9:35.61	16-Nov-05	NSANM	Stefan van Zijl
	1500 Free	18:00.46	28-Jun-99	MARNM	Derrick Langford
	50 Back	30.10	1-Jan-00	MARNM	J. von Alvensleben
	100 Back	1:04.21	13-Mar-07	DOLNM	Quinton Delie
	200 Back	2:21.21	14-Mar-06	NSANM	Stefan van Zijl
	50 Breast	32.59	8-Jan-02	MARNM	Günther Streit
	100 Breast	1:10.26	17-Mar-00	MARNM	Mark Horne
	200 Breast	2:29.94	1-Jan-00	MARNM	Derrick Langford
	50 Fly	27.07	26-Mar-02	MARNM	Günther Streit
	100 Fly	59.00	27-Mar-02	MARNM	Günther Streit
	200 Fly	2:14.38	25-Mar-02	MARNM	Günther Streit
	200 IM	2:20.36	23-Aug-06	NSANM	Byron Briedenhann
	400 IM	4:55.81	1-Jan-00	MARNM	Jurie Badenhorst
	200 Free Relay	1:49.89	1-Jan-00	NAM	NASU Team 1993
	400 Free Relay	4:05.08	1-Jan-00	NAM	NASU Team 1993
	800 Free Relay	9:11.99	1-Jan-00	NAM	Nam Team Afr Jun 98
	200 Medley Relay	2:02.08	1-Jan-00	MARNM	Marlins 1985
	400 Medley Relay	4:31.11	1-Jan-00	NAM	NASU Team 1993

RECORDS

17-18	50 Free	25.13	1-Jan-00	MARNM	Frank Dahl
	100 Free	54.92	1-Jan-00	MARNM	J.v.Alvnlbn/H.Horn
	200 Free	1:59.18	1-Jan-00	MARNM	Heiko Horn
	400 Free	4:17.09	1-Jan-00	MARNM	Heiko Horn
	800 Free	9:21.40	1-Jan-00	MARNM	J. von Alvensleben
	1500 Free	17:40.25	1-Jan-00	MARNM	J.von Alvensleben
	50 Back	29.73	1-Jan-00	MARNM	Harald Ruck
	100 Back	1:04.44	1-Jan-00	MARNM	Albert Strydom
	200 Back	2:21.57	27-Aug-06	NSANM	Stefan van Zijl
	50 Breast	32.39	1-Jan-00	MARNM	Joerg Lindemeier
	100 Breast	1:09.13	14-Jan-00	MARNM	Derrick Langford
	200 Breast	2:27.59	15-Jan-00	MARNM	Derrick Langford
	50 Fly	25.99	4-May-04	MARNM	Günther Streit
	100 Fly	56.74	4-May-04	MARNM	Günther Streit
	200 Fly	2:08.88	4-May-04	MARNM	Günther Streit
	200 IM	2:17.99	16-Jan-00	MARNM	Derrick Langford
	400 IM	4:53.56	1-Jan-00	MARNM	Jurie Badenhorst
	200 Free Relay	1:47.49	1-Jan-00	NAM	SWA Team 1988
	400 Free Relay	4:10.59	1-Jan-00	NAM	Zim Tour Team 1995
	800 Free Relay	9:36.59	1-Jan-00	SWANM	Swakopmund 1995
	200 Medley Relay	2:08.91	16-Mar-20	NAMNM	Newcastle 2002
	400 Medley Relay	4:34.58	1-Jan-00	NAM	Zim Tour Team 1995
	50 Free	24.85	1-Jan-00	MARNM	Heinrich Mohrmann
	100 Free	54.35	1-Jan-00	MARNM	Heiko Horn
	200 Free	1:58.04	1-Jan-00	MARNM	Heiko Horn
	400 Free	4:13.09	1-Jan-00	MARNM	Heiko Horn
	800 Free	9:18.10	3-Mar-07	NSANM	Tristan McDonald
	1500 Free	17:40.25	1-Jan-00	MARNM	J. von Alvensleben
	50 Back	29.32	1-Jan-00	MARNM	Harald Ruck
	100 Back	1:03.10	1-Jan-00	MARNM	J v. Alvensleben

RECORDS

200 Back	2:20.63	1-Jan-00	MARNM	Albert Strydom
50 Breast	29.96	1-Jan-00	SPANM	Joerg Lindemeier
100 Breast	1:04.60	1-Jan-00	SPANM	Joerg Lindemeier
200 Breast	2:23.25	1-Jan-00	MARNM	Joerg Lindemeier
50 Fly	25.99	4-May-04	MARNM	Günther Streit
100 Fly	56.74	4-May-04	MARNM	Günther Streit
200 Fly	2:08.88	4-May-04	MARNM	Günther Streit
200 IM	2:14.52	1-Jan-98	MARNM	Werner Wagner
400 IM	4:48.24	1-Jan-00	MARNM	Werner Wagner
200 Free Relay	1:43.39	1-Jan-00	NAM	Namibia Team 1992
400 Free Relay	3:50.87	1-Jan-00	NAM	SWA C.C. Team 1982
800 Free Relay	8:36.39	1-Jan-00	NAM	SWA C.C. Team 1983
200 Medley Relay	1:54.79	1-Jan-00	NAM	Namibia Team 1991
400 Medley Relay	4:12.53	1-Jan-00	NAM	Namibia AllAfrica 95