

NASU Swimming Database

RECORDS

LC Meters-Women

Open	400 Free	4:24.18	14-Apr-82	P Butcher	South Africa
	100 Fly	1:03.78	14-Apr-82	B Harris	USA
	400 Free Relay	4:06.50	14-Apr-82	USA/Canada	

NASU Swimming Database

RECORDS

LC Meters-Men

11-12	100 Free	1:02.40	7-Jan-05		Daniel van der Linde	South Africa
	50 Fly	31.19	7-Jan-05		Daniel van der Linde	South Africa
	100 Fly	1:10.82	7-Oct-05		Daniel van der Linde	South Africa
	200 Medley Relay	2:27.02	31-Aug-89		Bloemfontein Otters	
13-14	50 Breast	32.75	7-Jan-05		Timothy Ferris	Zimbabwe
	200 Free Relay	1:52.62	26-Jan-12	MP	Mpumalanga	D. Van Rooyen, G. Kasa, J. Smit, M. van Veenhuysen
	200 Medley Relay	2:09.41	29-Jan-12		Mpumalanga	J. Smit, R. van Tonder, M. van Veenhuysen, D. Van
Open	400 Free	4:02.43	14-Apr-82		G Brinkman	South Africa
	400 Medley Relay	4:06.31	14-Apr-82		RSA	