

NASU Swimming Database

RECORDS**LC Meters-Women**

8 & U	200 IM	3:33.34	28-Jan-10	NSA	Yara Hierath	Namibian National Champs 2010
9-10	200 Free Relay	2:23.88	1-Dec-12	DOL	Dolphins	Stergiadis H, Botha V, Liebenberg J, Esslinger C

NASU Swimming Database

RECORDS

LC Meters-Men

8 & U	50 Free	35.70	2-Feb-07	DOL	Alexander Skinner	
	200 IM	3:27.93	1-Mar-07		Alexander Skinner	
9-10	100 Free	1:10.36	5-Dec-08	DOL	Alexander Skinner	Record set NCASA
	100 Back	1:23.12	5-Dec-08	DOL	Alexander Skinner	NCASA RSA
	200 Free Relay	2:21.27	1-Feb-09	DOL	Dolphins A 2008	A vd Merwe, S rapp, J-E Barnard, A Skinner
11-12	400 Free	4:57.95	29-Mar-05	DOLZZ	Rory Schanknecht	
	200 Medley Relay	2:27.42	1-Feb-09	DOL	Dolphins A 2008	J-P Burger, S Peens, K Pienaar,
12 & U	200 Free	2:21.04	29-Jan-05	DOL	Rory Schanknecht	