

USSA Swimming Championships - 2019-09-20 to 2019-09-21**USSA Records - Records**

101	Men 200 Free	1:51,65	2013-12-02	Jacques Van Wyk - TUKS
102	Women 200 Free	2:06,07	2014-11-30	Caitlin Kat - MATIES
103	Men 100 Back	56,02	2014-11-29	Niel de Villiers - TUKS
104	Women 100 Back	1:03,31	2013-12-03	Jessica Ashley-Cooper - VC
105	Men 200 Fly	2:04,16	2019-09-20	Ross M Hartigan - Tuks
106	Women 200 Fly	2:19,89	2005-12-05	Charne Gehring - TUKS
107	Men 50 Breast	28,41	2018-08-24	Alaric B Basson - NMU
108	Women 50 Breast	30,93	2019-09-20	Tatjana R Schoenmaker - Tuks
109	Men 400 Free Relay	3:26,37	2013-12-02	University of Pretoria - TUKS N. Meyer, D. Erasmus, J. Van Wyk, P. Swart
110	Women 400 Free Relay	3:56,72	2019-09-20	TuksSwimming - Tuks Weidemann, Labuschagne, Blignaut, Schoenmaker
201	Mixed 200 Medley Relay	1:50,44	2019-09-20	TuksSwimming - Tuks N Fair, T Schoenmaker, R Hartigan, I Weidemann
202	Men 100 Free	50,57	2015-11-29	Douglas Erasmus - TUKS
203	Women 100 Free	57,20	2007-12-06	Lize-Mari Retief - TUKS
204	Men 100 Breast	1:02,67	2019-09-20	Alaric B Basson - NMU
205	Women 100 Breast	1:06,59	2019-09-20	Tatjana R Schoenmaker - Tuks
206	Men 200 IM	2:06,05	2014-11-30	Niel de Villiers - TUKS
207	Women 200 IM	2:19,29	2007-12-05	Suzaan Van Biljon - TUKS
208	Men 50 Fly	24,65	2014-11-30	Nico Meyer - TUKS
209	Women 50 Fly	26,70	2007-12-06	Lize-Mari Retief - TUKS
210	Men 400 Free	3:56,47	2010-12-02	Heerden Herman - MATIES
211	Women 400 Free	4:23,36	2013-12-04	Caitlin Kat - MATIES
212	Mixed 200 Free Relay	1:41,79	2017-09-23	University of Stellenbosch - Matie B Pendock, E Chelius, A Kruger, J Opperman
301	Women 200 Breast	2:26,61	2019-09-21	Tatjana R Schoenmaker - Tuks
302	Men 200 Breast	2:14,80	2007-12-05	William Diering - TUKS
303	Women 50 Free	26,09	2007-12-05	Lize-Mari Retief - TUKS
304	Men 50 Free	22,66	2015-11-28	Douglas Erasmus - TUKS
305	Women 200 Back	2:17,50	2019-09-21	Nathania Van Niekerk - Tuks
306	Men 200 Back	2:03,48	2019-09-21	Martin Binedell - VARS-ETH
307	Women 400 IM	4:57,60	2011-11-30	Rene Warnes - VC
308	Men 400 IM	4:32,46	2018-08-25	Neil Fair - Tuks
309	Women 200 Medley Relay	1:59,74	2018-08-25	TuksSwimming Club - Tuks Van Niekerk, Schoenmaker, Viljoen, Blignaut
310	Men 200 Medley Relay	1:43,61	2014-11-30	University of Pretoria - TUKS N. de Villiers, D. Lambrechts, N. Meyer, J. Van Wyk
401	Men 1500 Free	15:17,96	2010-12-03	Heerden Herman - MATIES
402	Women 800 Free	9:02,28	2013-12-03	Caitlin Kat - MATIES
403	Men 50 Back	26,32	2013-12-03	Coenraad Swart - TUKS
404	Women 50 Back	29,38	2014-11-29	Jessica Ashley-Cooper - VC
405	Men 100 Fly	53,96	2014-11-29	Nico Meyer - TUKS
406	Women 100 Fly	59,17	2007-12-05	Lize-Mari Retief - TUKS
407	Men 200 Free Relay	1:31,51	2015-11-29	University of Pretoria - TUKS D. Erasmus, C. Muller, J. Van Wyk, M. Binedell
408	Women 200 Free Relay	1:49,01	2015-11-29	University of Stellenbosch - MATIE A. Kruger, B. Malan, C. Kat, E. Chelius