

**2017-07-03 Long Course Relays****GMS record - Records**

#412	Women 76-99 4x50 Free Relay	2:13.48	2005-03-19	Killer Whales (Grm) B Meyer, K Morris, B Stone, K Taylor
#414	Women 76-99 4x100 Free Relay	59:59.99		Vacant
#416	Women 76-99 4x200 Free Relay	59:59.99		Vacant
#452	Women 76-99 4x50 Medley Relay	2:29.86	2005-03-19	Killer Whales (Grm) C Elcott, T Gardiner, C Coetzee, B Stone
#454	Women 76-99 4x100 Medley Relay	59:59.99		Vacant
#412	Women 100-119 4x50 Free Relay	1:54.22	2015-03-19	Phoenix (Jhb) S Gunther, L Cloete, A Landau, E Werth
#414	Women 100-119 4x100 Free Relay	59:59.99		Vacant
#416	Women 100-119 4x200 Free Relay	59:59.99		Vacant
#452	Women 100-119 4x50 Medley Rela	2:15.16	2015-03-21	Phoenix (Jhb) S Hunter, A Landau, L Cloete, E Werth
#454	Women 100-119 4x100 Medley Rel	59:59.99		Vacant
#412	Women 120-159 4x50 Free Relay	2:02.95	2005-03-19	Wahoo (Grm) T Souster, T Fryer, L Haupt, E Scholtz
#414	Women 120-159 4x100 Free Relay	5:14.53	2016-03-18	Wahoo (Dbn) C Andrew, N Candy, K McWilliam, R Altmann
#416	Women 120-159 4x200 Free Relay	59:59.99		Vacant
#452	Women 120-159 4x50 Medley Rela	2:17.02	2005-03-19	Wahoo (Grm) S Barton, E Scholtz, T Souster, D Carroll
#454	Women 120-159 4x100 Medley Rel	59:59.99		Vacant
#412	Women 160-199 4x50 Free Relay	2:09.83	1998-04-04	Wanderers A
#414	Women 160-199 4x100 Free Relay	6:11.94	2016-03-18	Wahoo (Dbn) C Bridges, S Coucumbros, T Sheftz, E Scholtz
#416	Women 160-199 4x200 Free Relay	59:59.99		Vacant
#452	Women 160-199 4x50 Medley Rela	2:19.93	2007-03-16	Phoenix (Sas) A Dressler, H Morris-Eyton, R Isakov, D Lake
#454	Women 160-199 4x100 Medley Rel	59:59.99		Vacant
#412	Women 200-239 4x50 Free Relay	2:07.28	2015-03-19	Phoenix (Jhb) M Rollnick, C Mason, K Kennedy, J Fagan
#414	Women 200-239 4x100 Free Relay	59:59.99		Vacant
#416	Women 200-239 4x200 Free Relay	59:59.99		Vacant
#452	Women 200-239 4x50 Medley Rela	2:33.52	2016-03-19	Phoenix (Dbn) M Davie, L Callanan, K Kennedy, M Rollnick
#454	Women 200-239 4x100 Medley Rel	59:59.99		Vacant
#412	Women 240-279 4x50 Free Relay	2:18.47	2016-03-17	Phoenix (Dbn) M Davie, M Mons, M Rollnick, C Mason
#414	Women 240-279 4x100 Free Relay	7:16.23	2016-03-18	Wahoo (Dbn) M Vorster, J Dick, M Adan, D du Rand
#416	Women 240-279 4x200 Free Relay	59:59.99		Vacant
#452	Women 240-279 4x50 Medley Rela	2:56.51	2009-03-13	Phoenix (EL) M Davie, A Jones, L Crawford, G Williamson
#454	Women 240-279 4x100 Medley Rel	59:59.99		Vacant
#412	Women 280-319 4x50 Free Relay	2:36.00	2015-03-19	Phoenix (Jhb) A Jones, S Leuner, J Hulley, L Crawford
#414	Women 280-319 4x100 Free Relay	59:59.99		Vacant
#416	Women 280-319 4x200 Free Relay	59:59.99		Vacant
#452	Women 280-319 4x50 Medley Rela	3:11.40	2015-03-21	Phoenix (Jhb) S Leuner, A Jones, L Crawford, J Hulley
#454	Women 280-319 4x100 Medley Rel	59:59.99		Vacant
#412	Women 320-359 4x50 Free Relay	59:59.99		Vacant
#414	Women 320-359 4x100 Free Relay	59:59.99		Vacant
#416	Women 320-359 4x200 Free Relay	59:59.99		Vacant
#452	Women 320-359 4x50 Medley Rela	59:59.99		Vacant
#454	Women 320-359 4x100 Medley Rel	59:59.99		Vacant
#412	Women 360-399 4x50 Free Relay	59:59.99		Vacant
#414	Women 360-399 4x100 Free Relay	59:59.99		Vacant
#416	Women 360-399 4x200 Free Relay	59:59.99		Vacant
#452	Women 360-399 4x50 Medley Rela	59:59.99		Vacant
#454	Women 360-399 4x100 Medley Rel	59:59.99		Vacant
#512	Men 76-99 4x50 Free Relay	1:58.94	2005-03-19	Killer Whales (Grm)

## 2017-07-03 Long Course Relays

## GMS record - Records

				T Barsdorf, J Wagner, N Crawford, T Venter
#514	Men 76-99 4x100 Free Relay	59:59.99		Vacant
#516	Men 76-99 4x200 Free Relay	59:59.99		Vacant
#552	Men 76-99 4x50 Medley Relay	2:00.39	2005-03-19	Killer Whales (Grm) N Crawford, A Crawford, T Venter, T Barsdorf
#554	Men 76-99 4x100 Medley Relay	59:59.99		Vacant
#512	Men 100-119 4x50 Free Relay	1:43.80	2006-03-04	Wahoo (Mal) N Winstone, A Fok, J Thom, P Fryer
#514	Men 100-119 4x100 Free Relay	59:59.99		Vacant
#516	Men 100-119 4x200 Free Relay	59:59.99		Vacant
#552	Men 100-119 4x50 Medley Relay	1:56.90	1991	Transvaal (Pta)
#554	Men 100-119 4x100 Medley Relay	59:59.99		Vacant
#512	Men 120-159 4x50 Free Relay	1:44.05	2013-03-15	Wahoo (PE) M Josephson, S Malan, J Erasmus, S Thirsk
#514	Men 120-159 4x100 Free Relay	59:59.99		Vacant
#516	Men 120-159 4x200 Free Relay	59:59.99		Vacant
#552	Men 120-159 4x50 Medley Relay	1:52.77	2013-03-16	Wahoo (PE) S Thirsk, M Josephson, A Steynberg, J Erasmus
#554	Men 120-159 4x100 Medley Relay	59:59.99		Vacant
#512	Men 160-199 4x50 Free Relay	1:46.50	2015-03-19	Wahoo (Jhb) A Marshall, J Erasmus, R Wittels, S Thirsk
#514	Men 160-199 4x100 Free Relay	3:59.89	2016-03-18	Wahoo (Dbn) S Collins, R Wittels, A Steynberg, S Thirsk
#516	Men 160-199 4x200 Free Relay	59:59.99		Vacant
#552	Men 160-199 4x50 Medley Relay	2:01.87	1994-03-19	Transvaal
#554	Men 160-199 4x100 Medley Relay	59:59.99		Vacant
#512	Men 200-239 4x50 Free Relay	1:49.56	2016-03-17	Wahoo (Dbn) T v Bardeleben, G Mottram, J Pieters, A Steynberg
#514	Men 200-239 4x100 Free Relay	5:08.18	2016-03-18	Wahoo (Dbn) B McManus, W Felix, M Pryke, G Mottram
#516	Men 200-239 4x200 Free Relay	59:59.99		Vacant
#552	Men 200-239 4x50 Medley Relay	2:03.98	2010-03-19	Wahoo (Pta) A Steynberg, R Hatherly, S Haupt, G Harker
#554	Men 200-239 4x100 Medley Relay	59:59.99		Vacant
#512	Men 240-279 4x50 Free Relay	2:02.27	2002-02-28	Phoenix (Oud) J Petersen, M Edwards, D McLachlan, W Wilson
#514	Men 240-279 4x100 Free Relay	59:59.99		Vacant
#516	Men 240-279 4x200 Free Relay	59:59.99		Vacant
#552	Men 240-279 4x50 Medley Relay	2:21.28	2002-02-28	Phoenix (Oud) W Wilson, D McLachlan, J Petersen, M Edwards
#554	Men 240-279 4x100 Medley Relay	59:59.99		Vacant
#512	Men 280-319 4x50 Free Relay	2:18.83	2015-03-19	Phoenix (Jhb) J Petersen, D Johnston, A Rivers, Q Kohler
#514	Men 280-319 4x100 Free Relay	6:39.66	2016-03-18	Wahoo (Dbn) B Selmer-Olsen, P Hutchings, J Garson, G Harker
#516	Men 280-319 4x200 Free Relay	59:59.99		Vacant
#552	Men 280-319 4x50 Medley Relay	2:43.53	2011-03-17	Wahoo (Oud) T Mitchell, B Nelson, P Galvin, K Williams
#554	Men 280-319 4x100 Medley Relay	59:59.99		Vacant
#512	Men 320-359 4x50 Free Relay	59:59.99		Vacant
#514	Men 320-359 4x100 Free Relay	59:59.99		Vacant
#516	Men 320-359 4x200 Free Relay	59:59.99		Vacant
#552	Men 320-359 4x50 Medley Relay	59:59.99		Vacant
#554	Men 320-359 4x100 Medley Relay	59:59.99		Vacant
#512	Men 360-399 4x50 Free Relay	59:59.99		Vacant
#514	Men 360-399 4x100 Free Relay	59:59.99		Vacant
#516	Men 360-399 4x200 Free Relay	59:59.99		Vacant
#552	Men 360-399 4x50 Medley Relay	59:59.99		Vacant
#554	Men 360-399 4x100 Medley Relay	59:59.99		Vacant
#612	Mixed 76-99 4x50 Free Relay	1:58.66	2005-03-18	Killer Whales (Grm) T Barsdorf, K Morris, B Meyer, T Venter
#614	Mixed 76-99 4x100 Free Relay	59:59.99		Vacant

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#616	Mixed 76-99 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 76-99 4x50 Medley Relay	2:12.85	2005-03-17	Killer Whales (Grm) N Crawford, N Simoes, T Venter, K Taylor
#654	Mixed 76-99 4x100 Medley Relay	59:59.99		Vacant
#612	Mixed 100-119 4x50 Free Relay	1:52.44	2012-03-16	Phoenix (CT) K Bulkin, J Sabiston, S Gunther, T Venter
#614	Mixed 100-119 4x100 Free Relay	4:05.77	2012-03-14	Phoenix (CT) K Bulkin, A Homveld, S Gunther, T Venter
#616	Mixed 100-119 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 100-119 4x50 Medley Relay	2:08.02	2012-03-16	Phoenix (CT) S Gunther, K Bulkin, T Venter, A Homveld
#654	Mixed 100-119 4x100 Medley Rela	6:32.35	2013-03-13	Wahoo (PE) D Lawless, K Scott, J Erasmus, Y Barnard
#612	Mixed 120-159 4x50 Free Relay	1:50.97	2006-03-03	Wahoo (Mal) T Souster, N Winstone, T Fryer, P Fryer
#614	Mixed 120-159 4x100 Free Relay	4:40.78	2012-03-14	Wahoo (CT) J Erasmus, N Lee, E Scholtz, O Sheftz
#616	Mixed 120-159 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 120-159 4x50 Medley Relay	2:07.53	2002-02-28	Linrand (Oud) D Carroll, L Haupt, S Haupt, D Mayers
#654	Mixed 120-159 4x100 Medley Rela	5:05.50	2013-03-13	Phoenix (PE) A Homveld, G Greaves, T Venter, S Gunther
#612	Mixed 160-199 4x50 Free Relay	1:55.66	2012-03-16	Wahoo (CT) A Steynberg, D Carroll, E Scholtz, J Erasmus
#614	Mixed 160-199 4x100 Free Relay	4:58.49	2012-03-14	Phoenix (CT) B Troup, J Brits, A Allner, M Davie
#616	Mixed 160-199 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 160-199 4x50 Medley Relay	2:09.80	2013-03-15	Wahoo (PE) S Thirsk, E Scholtz, A Steynberg, C Strydom
#654	Mixed 160-199 4x100 Medley Rela	6:20.44	2013-03-13	Wahoo (PE) C Strydom, G Parsons, C Bridges, O Sheftz
#612	Mixed 200-239 4x50 Free Relay	2:00.38	2013-03-16	Phoenix (PE) C Davie, K Kennedy, J Gittings, T Clark
#614	Mixed 200-239 4x100 Free Relay	4:35.17	2012-03-14	Wahoo (CT) G Parsons, D Carroll, E Alder, A Steynberg
#616	Mixed 200-239 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 200-239 4x50 Medley Relay	2:17.23	2011-03-18	Wahoo (Oud) D Carroll, R Hatherly, A Steynberg, J Lecuona
#654	Mixed 200-239 4x100 Medley Rela	5:43.81	2013-03-13	Wahoo (PE) E Alder, E Scholtz, A Sternberg, C Jacka
#612	Mixed 240-279 4x50 Free Relay	2:06.34	2007-03-15	Phoenix (Sas) W Wilson, A Jones, M Rollnick, D Wilson
#614	Mixed 240-279 4x100 Free Relay	5:25.00	2012-03-14	Phoenix (CT) M Rollnick, A Rivers, J Petersen, K Kennedy
#616	Mixed 240-279 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 240-279 4x50 Medley Relay	2:37.36	2009-03-12	Phoenix (EL) D Wilson, A Jones, M Davie, W Wilson
#654	Mixed 240-279 4x100 Medley Rela	7:05.67	2013-03-13	Wahoo (PE) M Adan, W Koslowski, M Lukaszewicz, J Dick
#612	Mixed 280-319 4x50 Free Relay	2:25.98	2015-03-20	Phoenix (Jhb) A Jones, S Leuner, A Rivers, J Petersen
#614	Mixed 280-319 4x100 Free Relay	59:59.99		Vacant
#616	Mixed 280-319 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 280-319 4x50 Medley Relay	2:55.09	2010-03-17	Phoenix (Pta) D Johnston, R Wolpe, L Crawford, G Williamson
#654	Mixed 280-319 4x100 Medley Rela	7:09.93	2013-03-13	Phoenix (PE) M Rollnick, I Schlapobersky, L Crawford, R Wolpe
#612	Mixed 320-359 4x50 Free Relay	59:59.99		Vacant
#614	Mixed 320-359 4x100 Free Relay	59:59.99		Vacant
#616	Mixed 320-359 4x200 Free Relay	59:59.99		Vacant
#652	Mixed 320-359 4x50 Medley Relay	59:59.99		Vacant
#654	Mixed 320-359 4x100 Medley Rela	59:59.99		Vacant

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#612	Mixed 360-399 4x50 Free Relay	59:59.99	Vacant
#614	Mixed 360-399 4x100 Free Relay	59:59.99	Vacant
#616	Mixed 360-399 4x200 Free Relay	59:59.99	Vacant
#652	Mixed 360-399 4x50 Medley Relay	59:59.99	Vacant
#654	Mixed 360-399 4x100 Medley Rela	59:59.99	Vacant