

# NMB AQUATICS RECORDS AS AT 30 MAY 2016

BOYS 11 YEARS					GIRLS 11 YEARS				
		EP AC	EP DOM				EP AC	EP DOM	
INDIVIDUAL					INDIVIDUAL				
<b>50M FREESTYLE</b>					<b>50M FREESTYLE</b>				
Christopher P. Reid	2007	EP	28.14		N. Joubert	2001	FS	29.58	
Christopher P. Reid	2007	EP		28.14	T. Roe	2004	EP		30.11
<b>100M FREESTYLE</b>					<b>100M FREESTYLE</b>				
Christopher P. Reid	2007	EP	1:01.04		N. Joubert	2001	FS	1:03.93	
Christopher P. Reid	2007	EP		1:01.04	Jessica S. Liss	2007	EP		1:04.81
<b>200M FREESTYLE</b>					<b>200M FREESTYLE</b>				
Christopher P. Reid	2007	EP	2:12.57		Jessica Liss	2007	EP	2:16.12	
Christopher P. Reid	2007	EP		2:12.57	Jessica S. Liss	2007	EP		2:16.12
<b>400M FREESTYLE</b>					<b>400M FREESTYLE</b>				
Christopher P. Reid	2007	EP	4:39.35		J. Liss	2007	EP	4:42.55	
Christopher P. Reid	2007	EP		4:39.35	J. Liss	2007	EP		4:42.55
<b>800M FREESTYLE</b>					<b>800M FREESTYLE</b>				
Christopher P. Reid	2007	EP	10:04.51		Jessica Liss	2007	EP	9:37.98	
Christopher P. Reid	2007	EP		10:04.51	Jessica S. Liss	2007	EP		9:37.98
<b>1500M FREESTYLE</b>					<b>1500M FREESTYLE</b>				
Christopher P. Reid	2007	EP	18:59.37		J. Liss	2007	EP	18:31.15	
Christopher P. Reid	2007	EP		18:59.37	Jessica S. Liss	2007	EP		18:31.15
<b>50M BACKSTROKE</b>					<b>50M BACKSTROKE</b>				
Christopher P. Reid	2007	EP	32.36		L. Vorster	2004	EP	34.24	
Christopher P. Reid	2007	EP		32.36	L. Vorster	2004	EP		34.24
<b>100M BACKSTROKE</b>					<b>100M BACKSTROKE</b>				
Christopher P. Reid	2007	EP	1:08.19		N. Joubert	2001	FS	1:12.69	
Christopher P. Reid	2007	EP		1:08.19	Jessica Beukes	2013	EP		1:13.40
<b>200M BACKSTROKE</b>					<b>200M BACKSTROKE</b>				
Christopher P. Reid	2007	EP	2:23.26		N. Joubert	2001	FS	2:37.52	
Christopher P. Reid	2007	EP		2:23.26	Jessica Beukes	2013	EP		2:37.94
<b>50M BREASTSTROKE</b>					<b>50M BREASTSTROKE</b>				
K. Paul	2003	EP	36.69		Jessica Liss	2007	EP	35.74	
K. Paul	2003	EP		36.69	Jessica S. Liss	2007	EP		35.74
<b>100M BREASTSTROKE</b>					<b>100M BREASTSTROKE</b>				
K. Paul	2003	EP	1:19.37		J. Liss	2007	EP	1:15.16	
K. Paul	2003	EP		1:19.37	J. Liss	2007	EP		1:15.16
<b>200M BREASTSTROKE</b>					<b>200M BREASTSTROKE</b>				
K. Paul	2003	EP	2:54.41		Jessica Liss	2007	EP	2:38.14	
K. Paul	2003	EP		2:54.41	Jessica S. Liss	2007	EP		2:38.14
<b>50M BUTTERFLY</b>					<b>50M BUTTERFLY</b>				
Christopher P. Reid	2007	EP	30.36		N. Joubert	2001	FS	32.05	
Christopher P. Reid	2007	EP		30.36	L. Vorster	2004	EP		32.56
<b>100M BUTTERFLY</b>					<b>100M BUTTERFLY</b>				
Christopher P. Reid	2007	EP	1:07.98		Jessica Liss	2007	EP	1:09.67	
Christopher P. Reid	2007	EP		1:07.98	Jessica S. Liss	2007	EP		1:09.67
<b>200M BUTTERFLY</b>					<b>200M BUTTERFLY</b>				
Christopher P. Reid	2007	EP	2:38.87		J. Liss	2007	EP	2:28.61	
Christopher P. Reid	2007	EP		2:38.87	J. Liss	2007	EP		2:28.61
<b>200M INDIVIDUAL MEDLEY</b>					<b>200M INDIVIDUAL MEDLEY</b>				
Christopher P. Reid	2007	EP	2:29.94		Jessica Liss	2007	EP	2:29.64	
Christopher P. Reid	2007	EP		2:29.94	Jessica S. Liss	2007	EP		2:29.64
<b>400M INDIVIDUAL MEDLEY</b>					<b>400M INDIVIDUAL MEDLEY</b>				
Christopher P. Reid	2007	EP	5:23.46		J. Liss	2007	EP	5:12.39	
Christopher P. Reid	2007	EP		5:23.46	J. Liss	2007	EP		5:12.39
<b>RELAYS</b>					<b>RELAYS</b>				
<b>4X50M FREESTYLE</b>					<b>4X50M FREESTYLE</b>				
Border	2002	BO	2:10.73		Team Watersmart	2012	EP	2:12.16	
EP	1998	EP		2:12.94	Team Watersmart	2012	EP		2:12.16
<b>4X100M FREESTYLE</b>					<b>4X100M FREESTYLE</b>				
Aquabear	2010	EP	5:18.31		Team Watersmart	2012	EP	4:56.21	
Aquabear	2010	EP		5:18.31	Team Watersmart	2012	EP		4:56.21
<b>4X200M FREESTYLE</b>					<b>4X200M FREESTYLE</b>				
No Record					No Record				
No Record					No Record				
<b>4X50M MEDLEY</b>					<b>4X50M MEDLEY</b>				
EP	2006	EP	2:27.93		PEA	2014	EP	2:24.21	
EP	2006	EP		2:27.93	PEA	2014	EP		2:24.21
<b>4X100M MEDLEY</b>					<b>4X100M MEDLEY</b>				
Aquabear	2013	EP	6:18.08		Team Watersmart	2012	EP	5:38.66	
Aquabear	2013	EP		6:18.08	Team Watersmart	2012	EP		5:38.66