

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

#### LC Meters-Female

7 & U	50 Free	40.39	<b>22-Nov-08</b>	NSSAK	Bernadette G. Doyle at 2008 Junior Age Championships	
	100 Free	1:35.92	<b>10-Jun-17</b>	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June	
	200 Free	8:00.00	<b>1-Jan-01</b>		Standard	
	400 Free	16:00.00	<b>1-Jan-01</b>		Standard	
	800 Free	30:00.00	<b>1-Jan-01</b>		Standard	
	1500 Free	50:00.00	<b>1-Jan-01</b>		Standard	
	50 Back	47.22	<b>26-Oct-08</b>	NSSAK	Bernadette G. Doyle at WAQ 50's 2008	
	100 Back	1:46.57	<b>11-May-19</b>	NSSAK	Sophia Z. Kivileva at 2019 Golden Homes Swimfest 11th May	
	200 Back	8:00.00	<b>1-Jan-01</b>		Standard	
	50 Breast	1:00.53	<b>27-Apr-16</b>	NSSAK	Ruby Y. Qu at 2016 Club Night April 27th	
	100 Breast	2:17.42	<b>10-Jun-17</b>	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June	
	200 Breast	4:48.25	<b>10-Jun-17</b>	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June	
	50 Fly	50.67	<b>10-Jun-17</b>	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June	
	100 Fly	4:00.00	<b>1-Jan-01</b>		Standard	
	200 Fly	8:00.00	<b>1-Jan-01</b>		Standard	
	200 IM	8:00.00	<b>1-Jan-01</b>		Standard	
	400 IM	16:00.00	<b>1-Jan-01</b>		Standard	
	8-8	50 Free	36.50	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
		100 Free	1:19.69	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
		200 Free	3:01.45	<b>11-Oct-09</b>	NSSAK	Bernadette G. Doyle at Level 2 October 2009
400 Free		6:16.39	<b>9-Aug-09</b>	NSSAK	Bernadette G. Doyle at LME L2 9th Aug 2009	
800 Free		20:00.00	<b>1-Jan-01</b>		Standard	
1500 Free		40:00.00	<b>1-Jan-01</b>		Standard	
50 Back		40.96	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
100 Back		1:29.02	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
200 Back		3:07.51	<b>12-Sep-09</b>	NSSAK	Bernadette G. Doyle at WAQ Level 2 September 2009	
50 Breast		49.93	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
100 Breast		1:45.55	<b>19-Aug-07</b>	NSSAK	Katerina Kovalenko at WAQ Level 2 August	
200 Breast		3:48.77	<b>12-Jul-07</b>	NSSAK	Katerina Kovalenko at Hamilton Winter Meet	
50 Fly		41.29	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
100 Fly		1:38.63	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
200 Fly		6:00.00	<b>1-Jan-01</b>		Standard	
200 IM		3:15.95	<b>21-Nov-09</b>	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships	
400 IM		7:46.84	<b>19-Sep-09</b>	NSSAK	Bernadette G. Doyle at Waterhole 400s	
9-9		50 Free	33.10	<b>14-Dec-02</b>	NSSAK- AK	Jessica AH KOY at AUCKLAND SWIMMING CHAMPS 12/U
		100 Free	1:16.16	<b>26-Nov-10</b>	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
		200 Free	2:52.16	<b>9-Jul-10</b>	NSSAK	Bernadette G. Doyle at Hamilton Winter Meet 2010
	400 Free	5:54.36	<b>3-Nov-12</b>	NSSAK	Astaria T. Teaukura at WATERHOLE 400S NOVEMBER 2012	
	400 Free	5:54.36	<b>3-Nov-12</b>	NSSAK	Astaria T. Teaukura at WATERHOLE 400S NOVEMBER 2012	
	800 Free	13:01.84	<b>30-Jan-10</b>	NSSAK	Bernadette G. Doyle at WAQ Last Chance Meet 2010	
	1500 Free	40:00.00	<b>1-Jan-01</b>		Standard	
	50 Back	38.58	<b>22-Mar-03</b>	NSSAK- AK	Courtney STEEL at Waikato 50m Sprints & Relay Championships	
	100 Back	1:22.95	<b>26-Nov-10</b>	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet	
	200 Back	2:57.31	<b>26-Nov-10</b>	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet	
	50 Breast	47.16	<b>17-Feb-07</b>	NSSAK- AK	Charlotte L. O'Hara at 2007 NZ Junior Championships	
	100 Breast	1:41.43	<b>25-Aug-02</b>	NSSAK- AK	Karen McKinnon at West Auckland Aquatics Level 2	
	200 Breast	3:31.64	<b>25-Aug-02</b>	NSSAK- AK	Karen McKinnon at West Auckland Aquatics Level 2	
	50 Fly	37.79	<b>6-Nov-10</b>	NSSAK	Bernadette G. Doyle at WAQ 50's Sprint Meet 2010	
	100 Fly	1:25.46	<b>26-Nov-10</b>	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet	
	200 Fly	3:28.71	<b>11-Jul-08</b>	NSSAK- AK	Imogen Z. Pangalila at Hamilton Winter Meet 2008	
	200 IM	3:06.74	<b>26-Nov-10</b>	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet	
	400 IM	6:45.65	<b>23-Jan-09</b>	NSSAK	Imogen Z. Pangalila at 2009 CO Age Group Championships	

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10-10	50 Free	31.63	<b>13-Nov-04</b>	NSSAK	Holly Thomas at Auckland Junior Championships	
	100 Free	1:09.46	<b>16-Feb-13</b>	QESCB	Mine Z. Nel at State 2013 NZ Junior Championships	
	200 Free	2:32.13	<b>10-Feb-01</b>		Jessie Blundell	
	400 Free	5:23.01	<b>6-Sep-01</b>		Jessie Blundell	
	800 Free	11:04.32	<b>18-Nov-00</b>		Jessie Blundell	
	1500 Free	21:47.10	<b>24-Jan-09</b>	NSSAK	Ruth A. Palmer at WAQ Last Chance Meet 2008	
	50 Back	36.00	<b>21-Feb-09</b>	NSSAK- AK	Annika J. Anderson at 2009 NZ Junior Championships	
	100 Back	1:17.59	<b>10-Feb-01</b>	NSSAK	JESSIE L BLUNDELL at NZ Junior Championships 2001	
	200 Back	2:41.95	<b>10-Feb-01</b>		Jessie Blundell	
	50 Breast	41.09	<b>16-Feb-08</b>	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships	
	100 Breast	1:29.14	<b>16-Feb-08</b>	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships	
	200 Breast	3:14.08	<b>16-Feb-08</b>	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships	
	50 Fly	34.86	<b>14-Aug-11</b>	NSSAK	snz Tarrant at LME L2 Aug 2011	
	100 Fly	1:15.29	<b>25-Nov-11</b>	NSSAK	Bernadette G. Doyle at 2011 Auckland Junior Invitational	
	200 Fly	3:15.35	<b>9-Jul-10</b>	CSCAK- AK	Ella M. Drinnan at Hamilton Winter Meet 2010	
	200 IM	2:51.38	<b>25-Nov-11</b>	NSSAK	Bernadette G. Doyle at 2011 Auckland Junior Invitational	
	400 IM	6:16.96	<b>23-May-09</b>	NSSAK	Ellie C. Williams at LME L123 MAY 2009	
	11-11	50 Free	30.50	<b>4-Sep-04</b>	NSSAK- AK	Jessica AH KOY at 2004 North Shore Swim Club Level 2
		100 Free	1:04.82	<b>19-Feb-11</b>	NSSAK- AK	Yeonsu Z. Lee at 2011 NZ Junior Championships
		200 Free	2:20.61	<b>19-Feb-11</b>	NSSAK- AK	Yeonsu Z. Lee at 2011 NZ Junior Championships
400 Free		5:01.66	<b>30-Jan-10</b>	NSSAK	Ruth A. Palmer at WAQ Last Chance Meet 2010	
800 Free		10:06.58	<b>15-Dec-01</b>	NSSAK	JESSIE L BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U	
1500 Free		20:08.29	<b>1-Nov-09</b>	NSSAK	Ruth A. Palmer at 2009 Distance & Reverse Distance Champs	
50 Back		34.07	<b>21-Feb-09</b>	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships	
100 Back		1:12.69	<b>19-Jul-08</b>	NSSAK	Roxanne Z. Adams at Waterhole Level 1	
200 Back		2:36.42	<b>19-Jul-08</b>	NSSAK	Roxanne Z. Adams at Waterhole Level 1	
50 Breast		36.98	<b>17-Feb-07</b>	NSSAK- AK	STACEY HUGHES at 2007 NZ Junior Championships	
100 Breast		1:21.74	<b>21-Feb-09</b>	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships	
200 Breast		2:53.24	<b>21-Feb-09</b>	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships	
50 Fly		32.24	<b>14-Feb-14</b>	QESCB	Mine Z. Nel at State 2014 NZ Junior Championships	
100 Fly		1:11.46	<b>23-Nov-12</b>	NSSAK- AK	Bernadette G. Doyle at 2012 Auckland Junior Invitational	
200 Fly		2:42.28	<b>11-Jul-08</b>	NSSAK- AK	Danielle B. Donaldson at Hamilton Winter Meet 2008	
200 IM		2:39.56	<b>21-Feb-09</b>	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships	
400 IM		5:40.73	<b>15-Dec-01</b>	NSSAK	JESSIE L BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U	
12-12		50 Free	28.56	<b>17-Jun-19</b>	NSSAK	Gabrielle A. Doyle at 2019 Aon NZ Open Championships
		100 Free	1:02.59	<b>18-Feb-12</b>	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships
		200 Free	2:13.69	<b>21-Feb-09</b>	NSSAK- AK	Roxanne Z. Adams at 2009 NZ Junior Championships
	400 Free	4:41.65	<b>21-Feb-09</b>	NSSAK- AK	Roxanne Z. Adams at 2009 NZ Junior Championships	
	800 Free	9:49.08	<b>14-Dec-02</b>	NSSAK- AK	Jessie BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U	
	1500 Free	19:06.71	<b>3-Dec-10</b>	NSSAK	Ruth A. Palmer at 2010 Auckland Distance and Relay Championship	
	50 Back	32.17	<b>17-Jun-19</b>	NSSAK	Gabrielle A. Doyle at 2019 Aon NZ Open Championships	
	100 Back	1:08.71	<b>5-Jul-03</b>	NSSAK- AK	Jessie BLUNDELL at Thuringen State Championships	
	200 Back	2:25.68	<b>2-Mar-03</b>	NSSAK	Jessie BLUNDELL at National Age Group Championship 2003	
	50 Breast	35.18	<b>21-Nov-09</b>	NSSAK	Charlotte L. O'Hara at 2009 Junior Age Championships	
	100 Breast	1:17.39	<b>5-Mar-02</b>	NSSAK	Rachel K AH Koy at New Zealand Age Groups	
	200 Breast	2:44.69	<b>5-Mar-02</b>	NSSAK	Rachel K AH Koy at New Zealand Age Groups	
	50 Fly	30.58	<b>19-Mar-21</b>	NSSAK	Ania Z. Maritz at 2021 ASA Age Group Championships	
	100 Fly	1:08.88	<b>10-Feb-01</b>		Emma Hotchin	
	200 Fly	2:29.06	<b>10-Feb-01</b>		Emma Hotchin	
	200 IM	2:30.72	<b>18-Feb-12</b>	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships	
	400 IM	5:21.44	<b>18-Feb-12</b>	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships	
	13-13	50 Free	27.79	<b>17-Apr-18</b>	NSSAK	Zoe D. Crawford at 2018 NZ Age Group Championships

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13-13	100	Free	59.76	<b>16-Apr-19</b>	NSSAK	Summer D. Osborne at 2019 NZ Age Group Championships	
	200	Free	2:08.92	<b>26-Feb-13</b>	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships	
	400	Free	4:30.41	<b>26-Feb-13</b>	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships	
	800	Free	9:17.38	<b>11-Aug-01</b>	NSSAK	Brooke Jackson at Parnell Breville L1	
	1500	Free	18:39.25	<b>11-Nov-12</b>	NSSAK	Ella G. Cripps at Level 1	
	50	Back	31.62	<b>29-Apr-14</b>	CSCAK- AK	Victoria A. McTeigue at Mayfair Pools 2014 NZ Age Group Championships	
	100	Back	1:07.84	<b>2-Mar-04</b>	NSSAK- AK	Jessie BLUNDELL at National Age Group Championship 2004	
	200	Back	2:23.54	<b>1-Sep-01</b>	NSSAK- AK	Brooke Jackson at Auckland Winter Championships	
	50	Breast	33.76	<b>2-Mar-03</b>	NSSAK	Rachel AH KOY at National Age Group Championship 2003	
	100	Breast	1:15.49	<b>9-Jan-03</b>	NSS- AK	Rachel AH KOY at Auckland Age Group Championships	
	200	Breast	2:40.23	<b>1-Dec-06</b>	NSSAK	Chloe E. Francis at 2006 Auckland Age Group Championships	
	50	Fly	29.38	<b>21-May-21</b>	NSSAK	Ania Z. Maritz at 2021 Golden Homes Swimfest 21-23 May	
	100	Fly	1:04.11	<b>26-Feb-13</b>	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships	
	200	Fly	2:23.82	<b>7-Dec-12</b>	NSSAK	Yeonsu Z. Lee at 2012 Auckland Age Groups Invitational	
	200	IM	2:25.10	<b>26-Feb-13</b>	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships	
	400	IM	5:06.23	<b>26-Feb-13</b>	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships	
	14-14	50	Free	27.50	<b>19-Apr-21</b>	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships
		100	Free	58.89	<b>4-Apr-97</b>		Monique Robins
		200	Free	2:06.15	<b>10-Apr-00</b>		Natalie Bernard
		400	Free	4:25.14	<b>14-Mar-00</b>		Natalie Bernard
800		Free	9:18.48	<b>14-Mar-00</b>		Melissa Ingram	
1500		Free	18:21.96	<b>4-Sep-10</b>	NSSAK	Monique Z. King at WAQ Level 1 September 2010	
50		Back	30.38	<b>19-Apr-21</b>	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships	
100		Back	1:04.41	<b>17-Dec-19</b>	NSSAK	Zoe D. Crawford at 2020 Victorian Age Championships	
200		Back	2:20.75	<b>10-Apr-00</b>		Melissa Ingram	
50		Breast	33.20	<b>17-Jun-19</b>	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships	
100		Breast	1:11.28	<b>17-Jun-19</b>	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships	
200		Breast	2:34.54	<b>17-Jun-19</b>	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships	
50		Fly	29.23	<b>14-Mar-00</b>		Natalie Bernard	
100		Fly	1:04.15	<b>16-Feb-14</b>	NSSAK- AK	Yeonsu Z. Lee at Roskill Level 1 + 2 Feb 16th 2014	
200		Fly	2:20.55	<b>30-Mar-00</b>	NSSAK	NATALIE Z BERNARD at NZ OPEN CHAMPS 2000	
200		IM	2:23.73	<b>19-Apr-21</b>	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships	
400		IM	5:04.83	<b>23-Apr-02</b>	NSSAK- AK	Brooke JACKSON at 2002 NZ Opens	
15-15		50	Free	26.27	<b>19-Apr-21</b>	NSSAK	Summer D. Osborne at 2021 NZ National Age Group Championships
	100	Free	57.06	<b>2-Jul-18</b>	NSSAK	Amadika Z. Atkinson at 2018 NZ Open Championships	
	200	Free	2:02.77	<b>2-Jul-18</b>	NSSAK	Amadika Z. Atkinson at 2018 NZ Open Championships	
	400	Free	4:21.62	<b>8-Jan-09</b>	NSSAK	Chloe E. Francis at 2009 Junior Pan Pacific Championships	
	800	Free	8:56.89	<b>3-Mar-09</b>	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships	
	1500	Free	17:28.82	<b>21-Oct-00</b>		Melissa Ingram	
	50	Back	29.77	<b>4-Apr-22</b>	NSSAK	Savannah-Eve A. Martin at 2022 Apollo Projects NZ Swimming Championships	
	100	Back	1:04.12	<b>19-Apr-21</b>	NSSAK	Summer D. Osborne at 2021 NZ National Age Group Championships	
	200	Back	2:16.25	<b>19-Apr-01</b>		Melissa Ingram	
	50	Breast	33.52	<b>3-Mar-09</b>	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships	
	100	Breast	1:11.47	<b>6-Mar-20</b>	NSSAK	Melissa L. Cowen at 2020 ASA Age Group Championships	
	200	Breast	2:32.64	<b>9-Dec-20</b>	NSSAK	Melissa L. Cowen at 2020 ASA Open Championships	
	50	Fly	28.47	<b>5-Apr-21</b>	NSSAK	Summer D. Osborne at 2021 Aon New Zealand Swimming Championships	
	100	Fly	1:02.50	<b>12-Mar-15</b>	NSSAK	Yeonsu Z. Lee at 2015 Auckland Open Championships	
	200	Fly	2:15.13	<b>8-Feb-15</b>	NSSAK	Yeonsu Z. Lee at 2015 Zonal Championships	
	200	IM	2:19.58	<b>3-Mar-09</b>	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships	
	400	IM	4:56.59	<b>3-Mar-09</b>	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships	
	16-16	50	Free	26.09	<b>10-Apr-00</b>		Monique Robins
100		Free	56.72	<b>30-Mar-00</b>		Monique Robins	
200		Free	2:01.26	<b>2-Mar-10</b>	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha	

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16-16	400 Free	4:14.45	<b>2-Mar-10</b>	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha	
	800 Free	8:43.25	<b>9-Apr-12</b>	NSSAK	Tabitha A. Baumann at 2012 Australian Age Championships	
	1500 Free	17:18.00	<b>23-Apr-02</b>	NSSAK- AK	Melissa INGRAM at 2002 NZ Opens	
	50 Back	29.91	<b>6-Mar-12</b>	NSSAK- AK	Tirol G. Palmer at Mayfair Pools 2012 New Zealand Age Group Cha	
	100 Back	1:03.72	<b>10-Apr-00</b>	NSSAK	MONIQUE R ROBINS at AUSTRALIAN AGE	
	200 Back	2:14.32	<b>1-Sep-01</b>	NSSAK- AK	Melissa INGRAM at Auckland Winter Championships	
	50 Breast	32.73	<b>5-Apr-21</b>	NSSAK	Melissa L. Cowen at 2021 Aon New Zealand Swimming Championships	
	100 Breast	1:12.21	<b>2-Mar-10</b>	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha	
	200 Breast	2:34.97	<b>19-Apr-21</b>	NSSAK	Melissa L. Cowen at 2021 NZ National Age Group Championships	
	50 Fly	27.94	<b>30-Mar-00</b>		Monique Robins	
	100 Fly	1:02.44	<b>13-Feb-16</b>	AQKNT	Yeonsu Z. Lee at 2016 Zonal Championships	
	200 Fly	2:17.26	<b>14-Apr-15</b>	NSSAK- AK	Yeonsu Z. Lee at 2015 NZ Open Championships	
	200 IM	2:16.99	<b>2-Mar-10</b>	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha	
	400 IM	4:58.49	<b>27-Jul-78</b>		Monique Rodalh	
	17-17	50 Free	26.39	<b>11-Jan-01</b>		Monique Robins
		100 Free	57.25	<b>11-Jan-01</b>		Monique Robins
		200 Free	2:01.73	<b>7-Dec-12</b>	NSSAK	Tabitha A. Baumann at 2012 Auckland Age Groups Invitational
400 Free		4:12.99	<b>7-Dec-12</b>	NSSAK	Tabitha A. Baumann at 2012 Auckland Age Groups Invitational	
800 Free		8:45.28	<b>26-Feb-13</b>	NSSAK- AK	Tabitha A. Baumann at Mayfair Pools 2013 NZ Age Group Championships	
1500 Free		16:46.83	<b>17-Mar-13</b>	NSSAK- AK	Tabitha A. Baumann at State 2013 NZ Open Championships	
50 Back		29.61	<b>12-May-00</b>		Monique Robins	
100 Back		1:03.22	<b>19-Jul-02</b>	NSS- AK	Melissa INGRAM at Comenwealth Games	
200 Back		2:14.30	<b>19-Jul-02</b>	NSSAK- AK	Melissa INGRAM at Comenwealth Games	
50 Breast		33.10	<b>7-Dec-17</b>	NSSAK	Victoria A. McTeigue at 2017 ASA Age Group Championships	
100 Breast		1:11.87	<b>7-Dec-17</b>	NSSAK	Victoria A. McTeigue at 2017 ASA Age Group Championships	
200 Breast		2:36.70	<b>3-Apr-11</b>	NSSAK- AK	Chloe E. Francis at State Insurance 2011 NZ Open Championships	
50 Fly		28.03	<b>21-Mar-17</b>	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships	
100 Fly		1:01.05	<b>21-Mar-17</b>	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships	
200 Fly		2:14.39	<b>21-Mar-17</b>	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships	
200 IM		2:18.03	<b>3-Apr-11</b>	NSSAK- AK	Chloe E. Francis at State Insurance 2011 NZ Open Championships	
400 IM		4:58.07	<b>26-Feb-13</b>	NSSAK- AK	Tabitha A. Baumann at Mayfair Pools 2013 NZ Age Group Championships	
18-18	50 Free	25.70	<b>25-Mar-08</b>	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials	
	100 Free	55.30	<b>25-Mar-08</b>	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials	
	200 Free	2:01.42	<b>25-Mar-08</b>	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials	
	400 Free	4:21.30	<b>6-Mar-14</b>	NSSAK	Monique Z. King at 2014 Auckland Open Championships	
	800 Free	8:56.15	<b>6-Mar-14</b>	NSSAK	Monique Z. King at 2014 Auckland Open Championships	
	1500 Free	16:58.62	<b>8-Apr-14</b>	NSSAK- AK	Monique Z. King at State 2014 NZ Open Championships	
	50 Back	28.88	<b>17-Jun-19</b>	NSSAK	Gina M. Galloway at 2019 Aon NZ Open Championships	
	100 Back	1:01.47	<b>17-Jun-19</b>	NSSAK	Gina M. Galloway at 2019 Aon NZ Open Championships	
	200 Back	2:12.65	<b>4-Jul-08</b>	NZL	Penelope M. Marshall at 2008 Telstra Grand Prix 2	
	50 Breast	33.43	<b>5-Jan-99</b>		Jolie Workman	
	100 Breast	1:11.88	<b>22-Aug-99</b>		Jolie Workman	
	200 Breast	2:35.36	<b>23-Feb-12</b>	NSSAK	Chloe E. Francis at 2012 Auckland Open Championships	
	50 Fly	27.71	<b>3-Apr-17</b>	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Open Championships	
	100 Fly	1:01.24	<b>3-Apr-17</b>	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Open Championships	
	200 Fly	2:17.58	<b>7-Dec-17</b>	NSSAK	Yeonsu Z. Lee at 2017 ASA Age Group Championships	
	200 IM	2:17.72	<b>10-Feb-12</b>	NSSAK- AK	Chloe E. Francis at 2012 NSW State Open Championships Without MC	
	400 IM	4:56.53	<b>17-Jun-19</b>	NSSAK	Mya R. Rasmussen at 2019 Aon NZ Open Championships	
Open	50 Free	25.01	<b>5-Oct-10</b>	NSSAK	Hayley Z. Palmer at Commonwealth Games	
	100 Free	53.91	<b>30-Jul-09</b>	NSSAK	Hayley Z. Palmer at 13th FINA World Championships - Rome	
	200 Free	1:57.72	<b>24-Jul-11</b>	NSSAK- AK	Lauren M. Boyle at 14th FINA World Championships	
	400 Free	4:03.63	<b>28-Jul-12</b>	NZL	Lauren M. Boyle at 2012 London Olympics	
	800 Free	8:18.58	<b>20-Jul-13</b>	NZL	Lauren M. Boyle at 2013 FINA World Championships	

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

Open	1500 Free	15:44.71	<b>20-Jul-13</b>	NZL	Lauren M. Boyle at 2013 FINA World Championships
	50 Back	28.39	<b>5-Apr-10</b>	NSSAK- AK	Emily G. Thomas at 2010 NZ Open Championships
	100 Back	1:00.22	<b>12-Dec-09</b>	SEN	Emily G. Thomas at 2009 Zoggs QLD Swimming Championships
	200 Back	2:09.13	<b>12-Dec-09</b>	SEN	Melissa INGRAM at 2009 Zoggs QLD Swimming Championships
	50 Breast	32.85	<b>19-Apr-21</b>	NSSAK	Melissa L. Cowen at 2021 NZ National Age Group Championships
	100 Breast	1:11.88	<b>22-Aug-99</b>		Jolie Workman (13/2/81)
	200 Breast	2:34.40	<b>22-Jun-10</b>	NSSAK	Grace E. Francis at Oceania Championship
	50 Fly	26.64	<b>8-Apr-14</b>	NSSAK- AK	Laura G. Quilter at State 2014 NZ Open Championships
	100 Fly	59.83	<b>21-Jun-16</b>	NZL	Helena D. Gasson at 11th Oceania Swimming Championships
	200 Fly	2:10.98	<b>4-Mar-16</b>	NZL	Helena D. Gasson at 2016 NSW State Open Championships
	200 IM	2:14.00	<b>25-Mar-08</b>	NSSAK- AK	Helen Norfolk at Absolute Insurance 2008 Olympic Trials
	400 IM	4:39.07	<b>25-Mar-08</b>	NSSAK- AK	Helen Norfolk at Absolute Insurance 2008 Olympic Trials

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

#### LC Meters-Male

7 & U	50 Free	40.84	*	<b>31-Jul-10</b>	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010	
	50 Free	40.84	*	<b>31-Jul-10</b>	NSSAK	Sungju J. Kim at WAQ July Level 2 2010	
	100 Free	1:28.84	*	<b>22-Jan-10</b>	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships	
	100 Free	1:28.84	*	<b>22-Jan-10</b>	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships	
	200 Free	3:31.58		<b>23-Jan-09</b>	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships	
	400 Free	6:36.99	*	<b>31-Jul-10</b>	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010	
	400 Free	6:36.99	*	<b>31-Jul-10</b>	NSSAK	Sungju J. Kim at WAQ July Level 2 2010	
	800 Free	30:00.00		<b>1-Jan-01</b>		Standard	
	1500 Free	50:00.00		<b>1-Jan-01</b>		Standard	
	50 Back	49.38	*	<b>22-Jan-10</b>	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships	
	50 Back	49.38	*	<b>22-Jan-10</b>	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships	
	100 Back	1:36.50	*	<b>22-Jan-10</b>	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships	
	100 Back	1:36.50	*	<b>22-Jan-10</b>	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships	
	200 Back	3:16.81	*	<b>31-Jul-10</b>	NSSAK	Sungju J. Kim at WAQ July Level 2 2010	
	200 Back	3:16.81	*	<b>31-Jul-10</b>	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010	
	50 Breast	57.08		<b>2-Jul-16</b>	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016	
	100 Breast	2:13.32		<b>23-Jan-09</b>	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships	
	200 Breast	4:34.22		<b>23-Jan-09</b>	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships	
	50 Fly	49.42		<b>2-Jul-16</b>	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016	
	100 Fly	1:53.93		<b>2-Jul-16</b>	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016	
	200 Fly	8:00.00		<b>1-Jan-01</b>		Standard	
	200 IM	3:31.53	*	<b>31-Jul-10</b>	NSSAK	Sungju J. Kim at WAQ July Level 2 2010	
	200 IM	3:31.53	*	<b>31-Jul-10</b>	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010	
	400 IM	16:00.00		<b>1-Jan-01</b>		Standard	
	8-8	50 Free	37.28		<b>21-May-21</b>	NSSAK	Austin T. Sun at 2021 Golden Homes Swimfest 21-23 May
		100 Free	1:21.97		<b>4-Dec-20</b>	NSSAK	Grayson A. Coulter at NSS Golden Homes Sprints & Skins
		200 Free	3:07.99		<b>27-Jan-11</b>	NSSAK	Ky A. Codd at Anthony Mosse Classic 2011
		400 Free	6:11.65	*	<b>31-Oct-10</b>	NSSAK	Sungju Z. Kim at Waterhole 400's
		400 Free	6:11.65	*	<b>31-Oct-10</b>	NSSAK	Sungju J. Kim at Waterhole 400's
		800 Free	20:00.00		<b>1-Jan-01</b>		Standard
		1500 Free	40:00.00		<b>1-Jan-01</b>		Standard
		50 Back	40.75	*	<b>27-Jan-11</b>	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
50 Back		40.75	*	<b>27-Jan-11</b>	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011	
100 Back		1:26.04	*	<b>19-Feb-11</b>	NSSAK- AK	Sungju Z. Kim at 2011 NZ Junior Championships	
100 Back		1:26.04	*	<b>19-Feb-11</b>	NSSAK- AK	Sungju J. Kim at 2011 NZ Junior Championships	
200 Back		3:01.90	*	<b>27-Jan-11</b>	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011	
200 Back		3:01.90	*	<b>27-Jan-11</b>	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011	
50 Breast		49.13		<b>21-Nov-09</b>	NSSAK	Bailey H. Wang at 2009 Junior Age Championships	
100 Breast		1:43.63	*	<b>27-Jan-11</b>	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011	
100 Breast		1:43.63	*	<b>27-Jan-11</b>	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011	
200 Breast		3:47.88		<b>30-Jan-10</b>	NSSAK	Bailey H. Wang at WAQ Last Chance Meet 2010	
50 Fly		40.42		<b>27-Jan-11</b>	NSSAK	Ky A. Codd at Anthony Mosse Classic 2011	
100 Fly		1:38.87		<b>10-Jun-17</b>	NSSAK	Harira Z. Won at 2017 Golden Homes Swimfest 10th June	
200 Fly		6:00.00		<b>1-Jan-01</b>		Standard	
200 IM		3:12.23	*	<b>27-Jan-11</b>	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011	
200 IM		3:12.23	*	<b>27-Jan-11</b>	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011	
400 IM		10:00.00		<b>1-Jan-01</b>		Standard	
9-9		50 Free	32.80		<b>6-Dec-19</b>	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships
	100 Free	1:12.37		<b>6-Dec-19</b>	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships	
	200 Free	2:38.64		<b>6-Dec-19</b>	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships	
	400 Free	5:36.12		<b>25-Jan-02</b>	NSSAK	CRAIG W HUSTLER at 2002 COUNTIES MANUKAU CHAMPION	
	800 Free	12:55.29		<b>24-Jan-09</b>	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008	

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

9-9	1500 Free	24:51.56	<b>24-Jan-09</b>	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008	
	50 Back	37.51	<b>6-Dec-19</b>	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships	
	100 Back	1:19.85	<b>15-Sep-13</b>	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1	
	200 Back	2:52.24 *	<b>18-Feb-12</b>	NSSAK- AK	Sungju J. Kim at State 2012 NZ Junior Championships	
	200 Back	2:52.24 *	<b>18-Feb-12</b>	NSSAK- AK	Sungju Z. Kim at State 2012 NZ Junior Championships	
	50 Breast	41.72	<b>9-Dec-20</b>	NSSAK	Henry Z. Wang at 2020 ASA Open Chanpionships	
	100 Breast	1:31.09	<b>9-Dec-20</b>	NSSAK	Henry Z. Wang at 2020 ASA Open Chanpionships	
	200 Breast	3:19.02	<b>28-Oct-17</b>	NSSAK	Joseph J. Shin at October level 1 and 2 combined	
	50 Fly	33.74	<b>15-Sep-13</b>	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1	
	100 Fly	1:20.83	<b>15-Sep-13</b>	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1	
	200 Fly	3:41.44	<b>24-Jan-09</b>	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008	
	200 IM	2:55.06 *	<b>25-Nov-11</b>	NSSAK	Sungju J. Kim at 2011 Auckland Junior Invitational	
	200 IM	2:55.06 *	<b>25-Nov-11</b>	NSSAK	Sungju Z. Kim at 2011 Auckland Junior Invitational	
	400 IM	7:04.92	<b>5-Apr-09</b>	NSSAK	Joshua M. Brown at WAQ Level 2 April 2009	
	10-10	50 Free	30.91	<b>3-Jun-22</b>	NSSAK	Grayson A. Coulter at 2022 Golden Homes Swimfest
		100 Free	1:07.25	<b>3-Jun-22</b>	NSSAK	Grayson A. Coulter at 2022 Golden Homes Swimfest
200 Free		2:29.37 *	<b>23-Nov-12</b>	NSSAK- AK	Sungju Z. Kim at 2012 Auckland Junior Invitational	
200 Free		2:29.37 *	<b>23-Nov-12</b>	NSSAK- AK	Sungju J. Kim at 2012 Auckland Junior Invitational	
400 Free		5:18.50 *	<b>3-Nov-12</b>	NSSAK	Sungju Z. Kim at WATERHOLE 400S NOVEMBER 2012	
400 Free		5:18.50 *	<b>3-Nov-12</b>	NSSAK	Sungju J. Kim at WATERHOLE 400S NOVEMBER 2012	
800 Free		11:10.43	<b>30-Oct-99</b>	NSSAK	NICHOLAS J ROLFE at ONEHUNGA LEVEL 1/2	
1500 Free		20:56.85	<b>17-Jul-99</b>	NSSAK	Nicholas Rolfe	
50 Back		35.91	<b>22-Nov-13</b>	NSSAK	Andy Z. Cheong at 2013 ASA Junior Champs/Invitational Auckland	
100 Back		1:16.00	<b>21-Sep-14</b>	NSSAK- AK	Andy Z. Cheong at 2014 United Level 1	
200 Back		2:41.02	<b>21-Sep-14</b>	NSSAK- AK	Andy Z. Cheong at 2014 United Level 1	
50 Breast		39.70	<b>13-Dec-03</b>	NSSAK- AK	Jaeyoon Y. Lee at 2004-AK Junior-Age-Championships	
100 Breast		1:27.48 *	<b>23-Nov-12</b>	NSSAK- AK	Sungju J. Kim at 2012 Auckland Junior Invitational	
100 Breast		1:27.48 *	<b>23-Nov-12</b>	NSSAK- AK	Sungju Z. Kim at 2012 Auckland Junior Invitational	
200 Breast		3:02.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju Z. Kim at State 2013 NZ Junior Championships	
200 Breast		3:02.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships	
200 Breast		3:02.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships	
50 Fly		34.20	<b>14-Feb-14</b>	NSSAK- AK	Andy Z. Cheong at State 2014 NZ Junior Championships	
100 Fly		1:18.64	<b>22-Jul-99</b>	NSSAK	Nickolas Rolfe	
200 Fly		3:09.87	<b>14-Nov-10</b>	NSSAK	Leo J. Chow at 2010 Onehunga Level 2	
200 IM		2:45.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships	
200 IM		2:45.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju Z. Kim at State 2013 NZ Junior Championships	
200 IM		2:45.10 *	<b>16-Feb-13</b>	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships	
400 IM		6:05.66	<b>4-Nov-18</b>	NSSAK	Joseph J. Shin at Whl 400 plus and 50 meet	
11-11		50 Free	28.97	<b>7-Dec-18</b>	NSSAK	Matthew X. Zheng at 2018 ASA Junior Championships
		100 Free	1:01.09	<b>4-Apr-83</b>		Nickolas Sanders
	200 Free	2:16.09	<b>12-Jan-90</b>		Lee Burrow	
	400 Free	4:48.42	<b>12-Jan-90</b>		Lee Burrow	
	800 Free	9:23.70	<b>30-Nov-02</b>	NSS- AK	Eric ABBA at Waterhole 400 + Meet	
	1500 Free	19:42.54	<b>21-Oct-00</b>		Nickolas Rolfe	
	50 Back	32.62	<b>7-Dec-18</b>	NSSAK	Matthew X. Zheng at 2018 ASA Junior Championships	
	100 Back	1:09.58	<b>23-Jul-83</b>		Nickolas Sanders	
	200 Back	2:35.62	<b>20-Feb-15</b>	NSSAK- AK	Andy Z. Cheong at 2015 NZ Junior Championships	
	50 Breast	35.92	<b>21-May-21</b>	NSSAK	Tae Gyung Z. Yoon at 2021 Golden Homes Swimfest 21-23 May	
	100 Breast	1:20.48	<b>9-Dec-20</b>	NSSAK	Tae Gyung Z. Yoon at 2020 ASA Open Chanpionships	
	200 Breast	2:51.03	<b>22-Mar-14</b>	WAQAK- AK	Sungju J. Kim at 2014 Northern Zone Junior Meet	
	50 Fly	31.44	<b>10-Jun-17</b>	NSSAK	Daniel X. Zheng at 2017 Golden Homes Swimfest 10th June	
	100 Fly	1:12.73	<b>20-Feb-15</b>	NSSAK- AK	Andy Z. Cheong at 2015 NZ Junior Championships	
	200 Fly	2:41.99	<b>15-Apr-04</b>	NSSAK- AK	Sam Robinson at 2004 Division II Comp	
	200 IM	2:34.65	<b>7-Nov-83</b>		Nickolas Sanders	

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

11-11	400 IM	5:41.74	<b>25-Jun-89</b>		Lee Burrow	
12-12	50 Free	26.62	<b>12-May-18</b>	NSSAK	Daniel X. Zheng at 2018 Golden Homes Swimfest 12th May	
	100 Free	1:00.28	<b>10-Feb-01</b>		Luke Pervan	
	200 Free	2:10.20	<b>3-Mar-91</b>		Lee Burrow	
	400 Free	4:31.79	<b>3-Mar-91</b>		Lee Burrow	
	800 Free	9:36.16	<b>25-May-02</b>	NSSAK- AK	Krishna TORVI at Waterhole 400 50+ Meet	
	1500 Free	17:53.17	<b>4-Apr-98</b>		Peter Mullins	
	50 Back	30.78	<b>10-Jul-15</b>	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015	
	100 Back	1:05.20	<b>10-Jul-15</b>	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015	
	200 Back	2:21.71	<b>10-Jul-15</b>	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015	
	50 Breast	34.19	<b>21-May-21</b>	NSSAK	Elwin Z. Bao at 2021 Golden Homes Swimfest 21-23 May	
	100 Breast	1:14.21	<b>3-Mar-94</b>		Brad Herring	
	200 Breast	2:43.30	<b>3-Mar-94</b>		Brad Herring	
	50 Fly	29.00	<b>12-May-18</b>	NSSAK	Daniel X. Zheng at 2018 Golden Homes Swimfest 12th May	
	100 Fly	1:06.14	<b>11-Jan-94</b>		Lee Burrow	
	200 Fly	2:27.38	<b>23-May-09</b>	NSSAK	Jacob T. Garrod at LME L123 MAY 2009	
	200 IM	2:25.51	<b>3-Mar-91</b>		Lee Burrow	
	400 IM	5:13.52	<b>1-Nov-14</b>	WAQAK- AK	Sungju J. Kim at Waterhole 400 meet 2014	
	13-13	50 Free	25.67	<b>16-Apr-19</b>	NSSAK	Daniel X. Zheng at 2019 NZ Age Group Championships
		100 Free	55.14	<b>3-Mar-86</b>		John Steel
		200 Free	2:05.33	<b>9-Dec-16</b>	NSSAK	Samuel E. Poching at 2016 ASA Age Group Champs
400 Free		4:20.14	<b>3-Mar-86</b>		John Steel	
800 Free		9:21.18	<b>1-May-99</b>		Peter Mullins at CL II Meet 1	
1500 Free		16:47.69	<b>17-Jan-99</b>		Peter Mullins	
50 Back		29.53	<b>18-Apr-16</b>	NSSAK- AK	Ra'eez M. Warley at 2016 NZ Age Group Championships	
100 Back		1:01.87	<b>3-Mar-16</b>	NSSAK	Ra'eez M. Warley at 2016 ASA Opens	
200 Back		2:14.49	<b>18-Apr-16</b>	NSSAK- AK	Ra'eez M. Warley at 2016 NZ Age Group Championships	
50 Breast		31.63	<b>6-Mar-20</b>	NSSAK	Benson Z. Li at 2020 ASA Age Group Championships	
100 Breast		1:09.80	<b>18-Apr-16</b>	NSSAK- AK	Sungju J. Kim at 2016 NZ Age Group Championships	
200 Breast		2:31.18	<b>18-Apr-16</b>	NSSAK- AK	Sungju J. Kim at 2016 NZ Age Group Championships	
50 Fly		26.83	<b>18-Aug-12</b>	NSSAK	Koene Z. Smit at 2012 Onehunga Level 1	
100 Fly		1:01.21	<b>4-Apr-86</b>		John Steel	
200 Fly		2:20.71	<b>19-Apr-21</b>	NSSAK	Liam C. Vogel at 2021 NZ National Age Group Championships	
200 IM		2:17.61	<b>3-Mar-85</b>		Nickolas Sanders	
400 IM		4:55.92	<b>18-Apr-16</b>	NSSAK- AK	Hunter J. Garrod at 2016 NZ Age Group Championships	
14-14		50 Free	24.99	<b>1-May-99</b>		Mark Herring at CL II Meet 1
		100 Free	53.12	<b>11-Jan-87</b>		John Steel
		200 Free	1:57.60	<b>11-Jan-87</b>		John Steel
	400 Free	4:12.94	<b>29-Apr-14</b>	NSSAK- AK	Flynn S. Jones at Mayfair Pools 2014 NZ Age Group Championships	
	800 Free	9:07.17	<b>11-Feb-17</b>	NSSAK	Blair L. Helms at 2017 Zonal Championships	
	1500 Free	16:37.28	<b>6-Jan-00</b>		Peter Mullins	
	50 Back	27.94	<b>19-Apr-22</b>	NSSAK	Liam C. Vogel at 2022 Apollo Projects NZ Age Group Swimming Ch	
	100 Back	59.95	<b>7-Dec-17</b>	NSSAK	Samuel E. Poching at 2017 ASA Age Group Championships	
	200 Back	2:09.75	<b>2-Jul-18</b>	NSSAK	Cameron J. Gray at 2018 NZ Open Championships	
	50 Breast	30.66	<b>18-Apr-16</b>	NSSAK- AK	Matthew G. Holder at 2016 NZ Age Group Championships	
	100 Breast	1:07.99	<b>18-Apr-16</b>	NSSAK- AK	Matthew G. Holder at 2016 NZ Age Group Championships	
	200 Breast	2:29.73	<b>5-Mar-02</b>	NSS- AK	Glenn SNYDERS at New Zealand Age Groups	
	50 Fly	26.23	<b>4-Apr-87</b>		John Steel	
	100 Fly	1:00.56	<b>21-Nov-20</b>	NSSAK	Ivan Z. Lu at Mt Eden L1 & L2 Swim Meet	
	200 Fly	2:13.95	<b>17-Apr-18</b>	NSSAK	Andy Z. Cheong at 2018 NZ Age Group Championships	
	200 IM	2:12.15	<b>4-Apr-93</b>		Lee Burrow	
	400 IM	4:45.75	<b>4-Apr-93</b>		Lee Burrow	

## NORTH SHORE SWIMMING

### RECORDS Long Course Records

15-15	50 Free	23.08	<b>2-Jul-18</b>	NSSAK	Michael J. Pickett at 2018 NZ Open Championships
	100 Free	50.61	<b>2-Jul-18</b>	NSSAK	Michael J. Pickett at 2018 NZ Open Championships
	200 Free	1:52.19	<b>15-Apr-93</b>		John Steel
	400 Free	4:09.81	<b>25-Mar-08</b>	NSSAK- AK	Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	800 Free	8:40.33	<b>25-Mar-08</b>		Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	1500 Free	16:18.02	<b>25-Mar-08</b>	NSSAK- AK	Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	50 Back	26.57	<b>17-Jun-19</b>	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	100 Back	57.12	<b>17-Jun-19</b>	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	200 Back	2:05.33	<b>17-Jun-19</b>	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	50 Breast	30.21	<b>19-Apr-22</b>	NSSAK	Benson Z. Li at 2022 Apollo Projects NZ Age Group Swimming Ch
	100 Breast	1:05.77	<b>17-Jan-03</b>	NSS- AK	Glenn SNYDERS at 2003 13-19/O AGE & OPEN CHAMPS
	200 Breast	2:22.14	<b>14-Jan-03</b>	NSSAK	Glenn SNYDERS at 13-19/O Age & Open Championships
	50 Fly	25.09	<b>17-Jun-19</b>	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	100 Fly	58.80	<b>22-May-19</b>	NSSAK	Cameron J. Gray at 2019 ASA Open Championships
	200 Fly	2:07.48	<b>6-Apr-88</b>		John Munro
	200 IM	2:09.97	<b>9-Apr-08</b>	L1	Mitchell M. Donaldson at 2008 Australian Age Championships
	400 IM	4:34.76	<b>4-Feb-88</b>		John Munro
16-16	50 Free	22.34	<b>17-Jun-19</b>	NSSAK	Michael J. Pickett at 2019 Aon NZ Open Championships
	100 Free	50.39	<b>16-Apr-19</b>	NSSAK	Michael J. Pickett at 2019 NZ Age Group Championships
	200 Free	1:51.81	<b>1-Aug-89</b>		John Steel
	400 Free	4:00.66	<b>13-Apr-09</b>	NZL	Mitchell M. Donaldson at 2009 Australian Age Championships
	800 Free	8:31.60	<b>1-Apr-09</b>	NSSAK- AK	Sam ROBINSON at 2009 NZ Open Championships
	1500 Free	15:53.58	<b>25-Mar-12</b>	NSSAK- AK	Mathew Z. Myers at State Insurance 2012 NZ Open Championships
	50 Back	26.83	<b>9-Sep-16</b>	AGHS- CB	Finn A. Kennard-Campbell at 2016 NZ Secondary Schools Championships
	100 Back	57.14	<b>17-Dec-19</b>	NSSAK	Cameron J. Gray at 2020 Victorian Age Championships
	200 Back	2:03.71	<b>4-Apr-78</b>		Gary Hurring
	50 Breast	29.83	<b>31-Mar-04</b>	NSSAK- AK	Glenn SNYDERS at NZ Open Championships 2004
	100 Breast	1:05.00	<b>26-Feb-13</b>	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2013 NZ Age Group Championships
	200 Breast	2:19.87	<b>26-Feb-13</b>	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2013 NZ Age Group Championships
	50 Fly	24.21	<b>2-Mar-03</b>	NSSAK	Corney Swanepoel at National Age Group Championship 2003
	100 Fly	53.49	<b>2-Mar-03</b>	NSSAK	Corney Swanepoel at National Age Group Championship 2003
	200 Fly	2:03.25	<b>29-Apr-14</b>	NSSAK- AK	Wilrich L. Coetzee at Mayfair Pools 2014 NZ Age Group Championships
	200 IM	2:04.59	<b>8-Jan-09</b>	NSSAK	Mitchell M. Donaldson at 2009 Junior Pan Pacific Championships
	400 IM	4:25.87	<b>8-Jan-09</b>	NSSAK	Mitchell M. Donaldson at 2009 Junior Pan Pacific Championships
17-17	50 Free	22.46	<b>20-Aug-19</b>	NSSAK	Michael J. Pickett at FINA World Junior Championships 2019
	100 Free	50.47	<b>20-Aug-19</b>	NSSAK	Michael J. Pickett at FINA World Junior Championships 2019
	200 Free	1:54.67	<b>3-Apr-17</b>	NSSAK- AK	Callum J. Prime at 2017 NZ Open Championships
	400 Free	4:02.13	<b>5-Apr-10</b>	NSSAK- AK	Sam ROBINSON at 2010 NZ Open Championships
	800 Free	8:22.42	<b>5-Apr-10</b>	NSSAK- AK	Sam ROBINSON at 2010 NZ Open Championships
	1500 Free	15:47.25	<b>26-Feb-13</b>	NSSAK- AK	Mathew Z. Myers at Mayfair Pools 2013 NZ Age Group Championships
	50 Back	26.14	<b>3-Apr-17</b>	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Open Championships
	100 Back	55.95	<b>21-Mar-17</b>	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Age Group Championships
	200 Back	2:04.40	<b>3-Apr-17</b>	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Open Championships
	50 Breast	29.02	<b>21-Aug-04</b>	NSSAK	Glenn SNYDERS at NZ International Trials 2004
	100 Breast	1:03.38	<b>21-Aug-04</b>	NSSAK	Glenn SNYDERS at NZ International Trials 2004
	200 Breast	2:17.02	<b>29-Apr-14</b>	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2014 NZ Age Group Championships
	50 Fly	23.99	<b>2-Mar-04</b>	NSSAK- AK	Corney Swanepoel at National Age Group Championship 2004
	100 Fly	52.50	<b>31-Mar-04</b>	NSSAK- AK	Corney Swanepoel at NZ Open Championships 2004
	200 Fly	2:02.50	<b>5-May-15</b>	NSSAK- AK	Wilrich L. Coetzee at 2015 NZ Age Group Championships
	200 IM	2:05.09	<b>14-Apr-15</b>	NSSAK- AK	Wilrich L. Coetzee at 2015 NZ Open Championships
	400 IM	4:25.49	<b>8-Jan-90</b>		John Munro
18-18	50 Free	22.42	<b>4-Apr-22</b>	NSSAK	Cameron J. Gray at 2022 Apollo Projects NZ Swimming Championship
	100 Free	49.77	<b>4-Apr-22</b>	NSSAK	Cameron J. Gray at 2022 Apollo Projects NZ Swimming Championship

**NORTH SHORE SWIMMING**

**RECORDS Long Course Records**

18-18	200 Free	1:48.94	<b>4-Apr-22</b>	NSSAK	Cameron J. Gray at 2022 Apollo Projects NZ Swimming Championship	
	400 Free	4:01.05	<b>5-Apr-10</b>	NSSAK- AK	Matthew D. Stanley at 2010 NZ Open Championships	
	800 Free	8:30.58	<b>31-Mar-04</b>	NSSAK- AK	Michael JACK at NZ Open Championships 2004	
	1500 Free	15:58.22	<b>8-Apr-14</b>	NSSAK- AK	Mathew Z. Myers at State 2014 NZ Open Championships	
	50 Back	25.24	<b>1-Apr-09</b>	WAQAK	Daniel R. Bell at 2009 NZ Open Championships	
	100 Back	54.67	<b>4-Apr-22</b>	NSSAK	Cameron J. Gray at 2022 Apollo Projects NZ Swimming Championship	
	200 Back	2:01.44	<b>22-Aug-99</b>		Scott Talbot-Cameron at Pan Pac 99	
	50 Breast	29.19	<b>24-Jul-05</b>	NSSAK	Glenn Snyders at World Champs 05	
	100 Breast	1:03.39	<b>5-May-15</b>	NSSAK- AK	Jacob T. Garrod at 2015 NZ Age Group Championships	
	200 Breast	2:17.22	<b>5-May-15</b>	NSSAK- AK	Jacob T. Garrod at 2015 NZ Age Group Championships	
	50 Fly	23.75	<b>1-Apr-09</b>	WAQAK	Daniel R. Bell at 2009 NZ Open Championships	
	100 Fly	52.28	<b>1-Apr-09</b>	WAQAK	Daniel R. Bell at 2009 NZ Open Championships	
	200 Fly	2:00.15	<b>25-Aug-15</b>	NZL	Wilrich L. Coetzee at 5th FINA World Junior Swimming Championships	
	200 IM	2:02.86	<b>9-Dec-11</b>	NSSAK	Mitchell M. Donaldson at 2011 Auckland Age Groups Invitational	
	400 IM	4:25.11	<b>8-Apr-14</b>	NSSAK- AK	Mathew Z. Myers at State 2014 NZ Open Championships	
	Open	50 Free	22.59	<b>21-Jul-19</b>	NSSAK	Michael J. Pickett at FINA World Championships 2019 - Gwangju
		100 Free	49.64	<b>25-Mar-08</b>	NSSAK- AK	Cameron GIBSON at Absolute Insurance 2008 Olympic Trials
		200 Free	1:48.30	<b>12-Dec-09</b>	SEN	Andrew McMillan at 2009 Zoggs QLD Swimming Championships
		400 Free	3:48.75	<b>1-Apr-09</b>	NSSAK- AK	Moss J. Burmester at 2009 NZ Open Championships
		800 Free	8:06.49	<b>4-Apr-22</b>	NSSAK	Louis D. Clark at 2022 Apollo Projects NZ Swimming Championship
1500 Free		15:34.78	<b>25-Mar-12</b>	NSSAK- AK	Roy M. Pearce at State Insurance 2012 NZ Open Championships	
50 Back		25.27	<b>* 5-Oct-10</b>	NSSAK	monwealth Games Cameron J. Gray at 2022 Apollo Projects NZ Swimming C	
50 Back		25.27	<b>* 4-Apr-22</b>	NSSAK	Cameron J. Gray at 2022 Apollo Projects NZ Swimming Championship	
100 Back		54.38	<b>5-Oct-10</b>	NSSAK	Daniel R. Bell at Commonwealth Games	
200 Back		1:58.80	<b>4-Apr-22</b>	NSSAK	Kane B. Follows at 2022 Apollo Projects NZ Swimming Championship	
50 Breast		27.06	<b>25-Mar-12</b>	NSSAK- AK	GLENN A. SNYDERS at State Insurance 2012 NZ Open Championships	
100 Breast		59.46	<b>9-Aug-08</b>	NZL	GLENN A. SNYDERS at Olympic Games	
200 Breast		2:10.55	<b>28-Jul-12</b>	NZL	GLENN A. SNYDERS at 2012 London Olympics	
50 Fly		23.46	<b>1-Apr-09</b>	NSSAK- AK	Corney Swanepoel at 2009 NZ Open Championships	
100 Fly		51.61	<b>1-Apr-09</b>	NSSAK- AK	Corney Swanepoel at 2009 NZ Open Championships	
200 Fly		1:54.15	<b>1-Apr-09</b>	NSSAK- AK	Moss J. Burmester at 2009 NZ Open Championships	
200 IM		1:59.60	<b>17-Jun-19</b>	NSSAK	Bradlee Z. Ashby at 2019 Aon NZ Open Championships	
400 IM		4:18.20	<b>15-Mar-06</b>	L1	Dean KENT at Commonwealth Games	