
RECORDS NSS Long Course Rec
LC Meters-Women

7 & U	50 Free	40.39	22-Nov-08	Bernadette Doyle
	100 Free	1:35.97	10-Jun-17	Kelly Bowman
	50 Back	1:00.53	27-Apr-16	Bernadette Doyle
	100 Back	1:46.57	11-May-19	Sophia Kivileva
	50 Breast	1:00.53	27-Apr-16	Ruby Qu
	100 Breast	2:17.42	10-Jun-17	Kelly Bowman
	50 Fly	50.67	10-Jun-17	Kelly Bowman
	100 Fly	4:00.00	1-Jan-01	Standard
8-8	50 Free	36.50	21-Nov-09	Bernadette Doyle
	100 Free	1:19.69	21-Nov-09	Bernadette Doyle
	50 Back	40.96	21-Nov-09	Bernadette Doyle
	100 Back	1:29.02	21-Nov-09	Bernadette Doyle
	50 Breast	49.93	21-Nov-09	Bernadette Doyle
	100 Breast	1:45.55	19-Aug-07	Katerina Kovalenko
	50 Fly	41.29	21-Nov-09	Bernadette Doyle
	100 Fly	1:38.63	21-Nov-09	Bernadette Doyle
9-9	50 Free	33.10	14-Dec-02	Jessica Ah Koy
	100 Free	1:16.16	26-Nov-10	Bernadette Doyle
	200 Free	2:52.16	9-Jul-10	Bernadette Doyle
	50 Back	38.58	22-Mar-03	Courtney Steel
	100 Back	1:22.95	26-Nov-10	Bernadette Doyle
	200 Back	2:57.31	26-Nov-10	Bernadette Doyle
	50 Breast	44.78	13-Oct-23	Rachel Xi
	100 Breast	1:36.48	19-Jan-24	Rachel Xi
	200 Breast	3:31.64	25-Aug-02	Karen McKinnon
	50 Fly	37.43	19-Jan-24	Cynthia Su
	100 Fly	1:25.46	26-Nov-10	Bernadette Doyle
	200 Fly	3:28.71	11-Jul-08	Imogen Pangalila
	200 IM	3:06.74	26-Nov-10	Bernadette Doyle
10-10	50 Free	31.63	13-Nov-04	Holly Thomas
	100 Free	1:09.46	16-Feb-13	Mine Nel
	200 Free	2:32.13	10-Feb-01	Jessie Blundell
	50 Back	36.00	21-Feb-09	Annika Anderson
	100 Back	1:17.59	10-Feb-01	Jessie Blundell
	200 Back	2:41.95	10-Feb-01	Jessie Blundell
	50 Breast	41.09	16-Feb-08	Charlotte O'Hara
	100 Breast	1:29.14	16-Feb-08	Charlotte O'Hara
	200 Breast	3:14.08	16-Feb-08	Charlotte O'Hara
	50 Fly	34.86	14-Aug-11	Conor Tarrant
	100 Fly	1:15.29	25-Nov-11	Bernadette Doyle
	200 Fly	3:15.35	9-Jul-10	Ella Drinnan
	200 IM	2:51.38	25-Nov-11	Bernadette Doyle
	400 IM	6:16.96	23-May-09	Ellie Williams
	11-11	50 Free	30.50	4-Sep-04
100 Free		1:04.82	19-Feb-11	Yeonsu Lee
200 Free		2:20.61	19-Feb-11	Yeonsu Lee
400 Free		5:01.66	30-Jan-10	Ruth Palmer
800 Free		10:06.58	15-Dec-01	Jessie Blundell
50 Back		34.07	21-Feb-09	Charlotte O'Hara
100 Back		1:12.69	19-Jul-08	Roxanne Adams

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11-11	200 Back	2:36.42	19-Jul-08	Roxanne Adams
	50 Breast	36.98	17-Feb-07	Stacey Hughes
	100 Breast	1:21.74	21-Feb-09	Charlotte O'Hara
	200 Breast	2:53.24	21-Feb-09	Charlotte O'Hara
	50 Fly	32.24	14-Feb-14	Mine Nel
	100 Fly	1:11.46	23-Nov-12	Bernadette Doyle
	200 Fly	2:42.28	11-Jul-08	Danielle Donaldson
	200 IM	2:39.56	21-Feb-09	Charlotte O'Hara
	400 IM	5:40.73	15-Dec-01	Jessie Blundell
12-12	50 Free	28.56	17-Jun-19	Gabrielle Doyle
	100 Free	1:02.59	18-Feb-12	Yeonsu Lee
	200 Free	2:13.69	21-Feb-09	Roxanne Adams
	400 Free	4:41.65	21-Feb-09	Roxanne Adams
	800 Free	9:49.08	14-Dec-02	Jessie Blundell
	1500 Free	19:06.71	3-Dec-10	Ruth Palmer
	50 Back	32.17	17-Jun-19	Gabrielle Doyle
	100 Back	1:08.71	5-Jul-03	Jessie Blundell
	200 Back	2:25.68	2-Mar-03	Jessie Blundell
	50 Breast	35.18	21-Nov-09	Charlotte O'Hara
	100 Breast	1:17.39	5-Mar-02	Rachel Ah Koy
	200 Breast	2:44.69	5-Mar-02	Rachel Ah Koy
	50 Fly	30.58	19-Mar-21	Ania Maritz
	100 Fly	1:08.88	10-Feb-01	Emma Hotchin
	200 Fly	2:29.06	10-Feb-01	Emma Hotchin
	200 IM	2:30.72	18-Feb-12	Yeonsu Lee
	400 IM	5:21.44	18-Feb-12	Yeonsu Lee
13-13	50 Free	27.79	17-Apr-18	Zoe Crawford
	100 Free	59.76	16-Apr-19	Summer Osborne
	200 Free	2:08.92	26-Feb-13	Yeonsu Lee
	400 Free	4:30.41	26-Feb-13	Yeonsu Lee
	800 Free	9:17.38	11-Aug-01	Brooke Jackson
	1500 Free	18:39.25	11-Nov-12	Ella Crips
	50 Back	31.62	29-Apr-14	Victoria McTeigue
	100 Back	1:07.84	2-Mar-04	Jessie Blundell
	200 Back	2:23.54	1-Sep-01	Brooke Jackson
	50 Breast	33.76	2-Mar-03	Rachel Ah Koy
	100 Breast	1:15.49	9-Jan-03	Rachel Ah Koy
	200 Breast	2:40.23	1-Dec-06	Chloe Francis
	50 Fly	29.38	21-May-21	Ania Maritz
	100 Fly	1:04.11	26-Feb-13	Yeonsu Lee
	200 Fly	2:23.82	7-Dec-12	Yeonsu Lee
	200 IM	2:25.10	26-Feb-13	Yeonsu Lee
	400 IM	5:06.23	26-Feb-13	Yeonsu Lee
14-14	50 Free	27.50	19-Apr-21	Gabrielle Doyle
	100 Free	58.89	4-Apr-97	Monique Robins
	200 Free	2:06.15	10-Apr-00	Natalie Bernard
	400 Free	4:25.14	14-Mar-00	Natalie Bernard
	800 Free	9:18.48	14-Mar-00	Melissa Ingram
	1500 Free	18:21.96	4-Sep-10	Monique King
	50 Back	30.38	19-Apr-21	Gabrielle Doyle
	100 Back	1:04.41	17-Dec-19	Zoe Crawford
	200 Back	2:20.75	10-Apr-00	Melissa Ingram
	50 Breast	33.20	17-Jun-19	Melissa Cowen

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14-14	100 Breast	1:11.28	17-Jun-19	Melissa Cowen
	200 Breast	2:34.54	17-Jun-19	Melissa Cowen
	50 Fly	29.23	14-Mar-00	Natalie Bernard
	100 Fly	1:04.15	16-Feb-14	Yeonsu Lee
	200 Fly	2:20.55	30-Mar-00	Natalie Bernard
	200 IM	2:23.73	19-Apr-21	Gabrielle Doyle
	400 IM	5:04.83	23-Apr-02	Brooke Jackson
15-15	50 Free	26.27	19-Apr-21	Summer Osborne
	100 Free	57.06	2-Jul-18	Amadika Atkinson
	200 Free	2:02.77	2-Jul-18	Amadika Atkinson
	400 Free	4:21.62	8-Jan-09	Chloe Francis
	800 Free	8:56.89	3-Mar-09	Chloe Francis
	1500 Free	17:28.82	21-Oct-00	Melissa Ingram
	50 Back	29.77	4-Apr-22	Savannah-Eve Martin
	100 Back	1:04.12	19-Apr-21	Summer Osborne
	200 Back	2:16.25	19-Apr-01	Melissa Ingram
	50 Breast	33.52	3-Mar-09	Chloe Francis
	100 Breast	1:11.47	6-Mar-20	Melissa Cowen
	200 Breast	2:32.64	9-Dec-20	Melissa Cowen
	50 Fly	28.47	5-Apr-21	Summer Osborne
	100 Fly	1:02.50	12-Mar-15	Yeonsu Lee
	200 Fly	2:15.13	8-Feb-15	Yeonsu Lee
	200 IM	2:19.58	3-Mar-09	Chloe Francis
	400 IM	4:56.59	3-Mar-09	Chloe Francis
16-16	50 Free	26.09	10-Apr-00	Monique Robins
	100 Free	56.72	30-Mar-00	Monique Robins
	200 Free	2:01.26	2-Mar-10	Chloe Francis
	400 Free	4:14.15	2-Mar-10	Chloe Francis
	800 Free	8:43.25	9-Apr-12	Tabitha Baumann
	1500 Free	17:18.00	23-Apr-02	Melissa Ingram
	50 Back	29.91	6-Mar-12	Tirol Palmer
	100 Back	1:03.72	10-Apr-00	Monique Robins
	200 Back	2:14.32	1-Sep-01	Melissa Ingram
	50 Breast	30.42	9-Dec-23	Monique Wieruszowski
	100 Breast	1:08.68	10-Nov-23	Monique Wieruszowski
	200 Breast	2:34.97	19-Apr-21	Melissa Cowen
	50 Fly	27.94	30-Mar-00	Monique Robins
	100 Fly	1:02.44	13-Feb-16	Yeonsu Lee
	200 Fly	2:17.26	14-Apr-15	Yeonsu Lee
	200 IM	2:16.99	2-Mar-10	Chloe Francis
	400 IM	4:58.49	27-Jul-78	Monique Rodalh
17-17	50 Free	26.39	11-Jan-01	Monique Robins
	100 Free	56.70	12-Apr-23	Summer Osborne
	200 Free	2:01.73	7-Dec-12	Tabitha Baumann
	400 Free	4:12.99	7-Dec-12	Tabitha Baumann
	800 Free	8:45.28	26-Feb-13	Tabitha Baumann
	1500 Free	16:46.83	17-Mar-13	Tabitha Baumann
	50 Back	29.61	12-May-00	Monique Robins
	100 Back	1:03.22	19-Jul-02	Melissa Ingram
	200 Back	2:14.30	19-Jul-02	Melissa Ingram
	50 Breast	33.10	7-Dec-17	Victoria McTeigue
	100 Breast	1:11.87	7-Dec-17	Victoria McTeigue
	200 Breast	2:36.70	3-Apr-11	Chloe Francis

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17-17	50 Fly	28.03	21-Mar-17	Yeonsu Lee
	100 Fly	1:01.05	21-Mar-17	Yeonsu Lee
	200 Fly	2:14.39	21-Mar-17	Yeonsu Lee
	200 IM	2:18.03	3-Apr-11	Chloe Francis
	400 IM	4:58.07	26-Feb-13	Tabitha Baumann
18-18	50 Free	25.70	25-Mar-08	Hayley Palmer
	100 Free	55.30	25-Mar-08	Hayley Palmer
	200 Free	2:00.99	10-Nov-23	Summer Osborne
	400 Free	4:21.30	6-Mar-14	Monique King
	800 Free	8:56.15	6-Mar-14	Monique King
	1500 Free	16:58.62	8-Apr-14	Monique King
	50 Back	28.88	17-Jun-19	Gina Galloway
	100 Back	1:01.47	17-Jun-19	Gina Galloway
	200 Back	2:12.65	4-Jul-08	Penelope Marshall
	50 Breast	32.36	12-Apr-23	Melissa Cowen
	100 Breast	1:09.06	1-Apr-23	Melissa Cowen
	200 Breast	2:31.16	1-Apr-23	Melissa Cowen
	50 Fly	27.71	3-Apr-17	Yeonsu Lee
	100 Fly	1:01.24	3-Apr-17	Yeonsu Lee
	200 Fly	2:17.58	7-Dec-17	Yeonsu Lee
	200 IM	2:17.72	10-Feb-12	Chloe Francis
	400 IM	4:56.53	17-Jun-19	Mya Rasmussen
	50 Free	25.01	5-Oct-10	Hayley Palmer
	100 Free	53.91	30-Jul-09	Hayley Palmer
	200 Free	1:57.72	24-Jul-11	Lauren Boyle
	400 Free	4:03.63	28-Jul-12	Lauren Boyle
	800 Free	8:18.58	20-Jul-13	Lauren Boyle
	1500 Free	15:44.71	20-Jul-13	Lauren Boyle
	50 Back	28.39	5-Apr-10	Emily Thomas
	100 Back	1:00.22	12-Dec-09	Emily Thomas
	200 Back	2:09.13	12-Dec-09	Melissa Ingram
	50 Breast	30.42	9-Dec-23	Monique Wieruszowski
	100 Breast	1:08.68	9-Dec-23	Monique Wieruszowski
	200 Breast	2:28.73	13-Oct-23	Rebecca Meder
	50 Fly	26.64	8-Apr-14	Laura Quilter
	100 Fly	59.14	10-Nov-23	Rebecca Meder
	200 Fly	2:10.98	4-Mar-16	Helena Gasson
	200 IM	2:11.72	10-Nov-23	Rebecca Meder
	400 IM	4:39.07	25-Mar-08	Helen Norfolk

RECORDS NSS Long Course Rec
LC Meters-Men

7 & U	50 Free	40.84	31-Jul-10	Sungju Kim
	100 Free	1:28.84	22-Jan-10	Sungju Kim
	50 Back	49.38	22-Jan-10	Sungju Kim
	100 Back	1:36.50	22-Jan-10	Sungju Kim
	50 Breast	57.08	2-Jul-16	Harira Won
	100 Breast	2:13.32	23-Jan-09	Kieran Pangalila
	50 Fly	49.42	2-Jul-16	Harira Won
	100 Fly	1:53.93	2-Jul-16	Harira Won
8-8	50 Free	37.28	21-May-21	Austin Sun
	100 Free	1:21.97	4-Dec-20	Grayson Coulter
	50 Back	40.75	27-Jan-11	Sungju Kim
	100 Back	1:26.04	19-Feb-11	Sungju Kim
	50 Breast	49.13	21-Nov-09	Bailey Wang
	100 Breast	1:43.63	27-Jan-11	Sungju Kim
	50 Fly	40.42	27-Jan-11	Ky Codd
	100 Fly	1:38.87	10-Jun-17	Harira Won
9-9	50 Free	32.80	6-Dec-19	Jiahan Park
	100 Free	1:12.37	6-Dec-19	Jiahan Park
	200 Free	2:38.64	6-Dec-19	Jiahan Park
	50 Back	37.51	6-Dec-19	Jiahan Park
	100 Back	1:19.85	15-Sep-13	Andy Cheong
	200 Back	2:52.24	18-Feb-12	Sungju Kim
	50 Breast	41.72	9-Dec-20	Henry Wang
	100 Breast	1:31.09	9-Dec-20	Henry Wang
	200 Breast	3:19.02	28-Oct-17	Joseph Shin
	50 Fly	33.74	15-Sep-13	Andy Cheong
	100 Fly	1:20.83	15-Sep-13	Andy Cheong
	200 Fly	3:41.44	24-Jan-09	Joseph Brown
	200 IM	2:55.06	25-Nov-11	Sungju Kim
	10-10	50 Free	29.58	1-Dec-22
100 Free		1:07.25	3-Jun-22	Grayson Coulter
200 Free		2:29.37	23-Nov-12	Sungju Kim
400 Free		5:18.50	3-Nov-12	Sungju Kim
50 Back		35.91	22-Nov-13	Andy Cheong
100 Back		1:16.00	21-Sep-14	Andy Cheong
200 Back		2:41.02	21-Sep-14	Andy Cheong
50 Breast		39.70	13-Dec-03	Jaeyoon Lee
100 Breast		1:27.48	23-Nov-12	Sungju Kim
200 Breast		3:02.10	16-Feb-13	Sungju Kim
50 Fly		33.18	1-Dec-22	Grayson Coulter
100 Fly		1:18.64	22-Jul-99	Nickolas Rolfe
200 Fly		3:09.87	14-Nov-10	Leo Chow
200 IM		2:45.10	16-Feb-13	Sungju Kim
400 IM		6:05.66	4-Nov-18	Joseph Shin
11-11		50 Free	27.32	13-Oct-23
	100 Free	57.92	13-Oct-23	Grayson Coulter
	200 Free	2:07.16	13-Oct-23	Grayson Coulter
	400 Free	4:48.42	12-Jan-90	Lee Burrow
	800 Free	9:23.70	30-Nov-02	Eric Abba
	50 Back	31.60	13-Oct-23	Grayson Coulter

RECORDS NSS Long Course Rec

11-11	100 Back	1:09.58	23-Jul-83	Nickolas Sanders
	200 Back	2:35.62	20-Feb-15	Andy Cheong
	50 Breast	35.92	21-May-21	Tae Yoon
	100 Breast	1:20.48	9-Dec-20	Tae Yoon
	200 Breast	2:51.03	22-Mar-14	Sungju Kim
	50 Fly	29.60	13-Oct-23	Grayson Coulter
	100 Fly	1:12.73	20-Feb-15	Andy Cheong
	200 Fly	2:41.99	15-Apr-04	Sam Robinson
	200 IM	2:34.65	7-Nov-83	Nickolas Sanders
400 IM	5:41.74	25-Jun-89	Lee Burrow	
12-12	50 Free	26.62	12-May-18	Daniel Zheng
	100 Free	1:00.28	10-Feb-01	Luke Pervan
	200 Free	2:10.20	3-Mar-91	Lee Burrow
	400 Free	4:31.79	3-Mar-91	Lee Burrow
	800 Free	9:36.16	25-May-02	Krishna Torvi
	1500 Free	17:53.17	4-Apr-98	Peter Mullins
	50 Back	30.78	10-Jul-15	Ra'eez Warley
	100 Back	1:05.20	10-Jul-15	Ra'eez Warley
	200 Back	2:21.71	10-Jul-15	Ra'eez Warley
	50 Breast	34.19	21-May-21	Elwin Bao
	100 Breast	1:14.21	3-Mar-94	Brad Herring
	200 Breast	2:43.30	3-Mar-94	Brad Herring
	50 Fly	29.00	12-May-18	Daniel Zheng
	100 Fly	1:06.14	11-Jan-91	Lee Burrow
	200 Fly	2:27.38	23-May-09	Jacob Garrod
	200 IM	2:25.51	3-Mar-91	Lee Burrow
	400 IM	5:13.52	1-Nov-14	Sunju Kim
13-13	50 Free	25.67	16-Apr-19	Daniel Zheng
	100 Free	55.14	3-Mar-86	John Steel
	200 Free	2:05.33	9-Dec-16	Sam Poching
	400 Free	4:20.14	3-Mar-86	John Steel
	800 Free	9:21.18	1-May-99	Peter Mullins
	1500 Free	16:47.69	17-Jan-99	Peter Mullins
	50 Back	29.53	18-Apr-16	Ra'eez Warley
	100 Back	1:01.87	3-Mar-16	Ra'eez Warley
	200 Back	2:14.49	18-Apr-16	Ra'eez Warley
	50 Breast	31.63	6-Mar-20	Benson Li
	100 Breast	1:09.80	18-Apr-16	Sunju Kim
	200 Breast	2:31.18	18-Apr-16	Sunju Kim
	50 Fly	26.83	18-Aug-12	Koene Smit
	100 Fly	1:01.21	4-Apr-86	John Steel
	200 Fly	2:20.71	19-Apr-21	Liam Vogel
	200 IM	2:17.61	3-Mar-85	Nickolas Sanders
	400 IM	4:55.92	18-Apr-16	Hunter Garrod
14-14	50 Free	24.99	1-May-99	Mark Herring
	100 Free	53.12	11-Jan-87	John Steel
	200 Free	1:57.60	11-Jan-87	John Steel
	400 Free	4:12.94	29-Apr-14	Flynn Jones
	800 Free	9:07.17	11-Feb-17	Blair Helms
	1500 Free	16:37.28	6-Jan-00	Peter Mullins
	50 Back	27.94	19-Apr-22	Liam Vogel
	100 Back	59.95	7-Dec-17	Sam Poching
	200 Back	2:09.75	2-Jul-18	Cameron Gray

RECORDS NSS Long Course Rec

14-14	50 Breast	30.66	18-Apr-16	Matthew Holder
	100 Breast	1:07.32	12-Apr-23	Elwin Bao
	200 Breast	2:29.73	5-Mar-02	Glenn Snyders
	50 Fly	26.23	4-Apr-87	John Steel
	100 Fly	1:00.56	21-Nov-20	Ivan Lu
	200 Fly	2:13.95	17-Apr-18	Andy Cheong
	200 IM	2:12.15	4-Apr-93	Lee Burrow
	400 IM	4:45.75	4-Apr-93	Lee Burrow
15-15	50 Free	23.08	2-Jul-18	Michael Pickett
	100 Free	50.61	2-Jul-18	Michael Pickett
	200 Free	1:52.19	15-Apr-93	John Steel
	400 Free	4:09.81	25-Mar-08	Sam Robinson
	800 Free	8:40.33	25-Mar-08	Sam Robinson
	1500 Free	16:18.02	25-Mar-08	Sam Robinson
	50 Back	26.57	17-Jun-19	Cameron Gray
	100 Back	57.12	17-Jun-19	Cameron Gray
	200 Back	2:05.33	17-Jun-19	Cameron Gray
	50 Breast	30.21	19-Apr-22	Benson Li
	100 Breast	1:05.77	17-Jan-03	Glenn Snyders
	200 Breast	2:22.14	14-Jan-03	Glenn Snyders
	50 Fly	25.09	17-Jun-19	Cameron Gray
	100 Fly	57.94	9-Dec-23	Jacob Humphries
	200 Fly	2:07.48	6-Apr-88	John Munro
	200 IM	2:09.97	9-Apr-08	Mitchell Donaldson
	400 IM	4:34.76	4-Feb-88	John Munro
16-16	50 Free	22.34	17-Jun-19	Michael Pickett
	100 Free	50.39	16-Apr-19	Michael Pickett
	200 Free	1:51.81	1-Aug-89	John Steel
	400 Free	4:00.66	13-Apr-09	Mitchell Donaldson
	800 Free	8:31.60	1-Apr-09	Sam Robinson
	1500 Free	15:53.58	25-Mar-12	Matthew Myers
	50 Back	26.83	9-Sep-16	Finn Kennart-Campbell
	100 Back	57.14	17-Dec-19	Cameron Gray
	200 Back	2:03.71	4-Apr-78	Gary Hurring
	50 Breast	29.18	12-Apr-23	Benson Li
	100 Breast	1:05.00	26-Feb-13	Jacob Garrod
	200 Breast	2:19.87	26-Feb-13	Jacob Garrod
	50 Fly	24.21	2-Mar-03	Corney Swanepoel
	100 Fly	53.49	2-Mar-03	Corney Swanepoel
	200 Fly	2:03.25	29-Apr-14	Wilrich Coetzee
	200 IM	2:04.59	8-Jan-09	Mitchell Donaldson
	400 IM	4:25.87	8-Jan-09	Mitchell Donaldson
17-17	50 Free	22.46	20-Aug-19	Michael Pickett
	100 Free	50.47	20-Aug-19	Michael Pickett
	200 Free	1:54.67	3-Apr-17	Callum Prime
	400 Free	4:02.13	5-Apr-10	Sam Robinson
	800 Free	8:22.42	5-Apr-10	Sam Robinson
	1500 Free	15:47.25	26-Feb-13	Matthew Myers
	50 Back	26.14	3-Apr-17	Finn Kennard-Campbell
	100 Back	55.95	21-Mar-17	Finn Kennard Campbell
	200 Back	2:04.40	3-Apr-17	Finn Kennard-Campbell
	50 Breast	29.02	21-Aug-04	Glenn Snyders
	100 Breast	1:03.38	21-Aug-04	Glenn Snyders

RECORDS NSS Long Course Rec

17-17	200 Breast	2:17.02	29-Apr-14	Jacob Garrod
	50 Fly	23.99	2-Mar-04	Corney Swanepoel
	100 Fly	52.50	31-Mar-04	Corney Swanepoel
	200 Fly	2:02.50	5-May-15	Wilrich Coetzee
	200 IM	2:05.09	14-Apr-15	Wilrich Coetzee
	400 IM	4:25.49	8-Jan-90	John Munro
18-18	50 Free	22.42	4-Apr-22	Cameron Gray
	100 Free	49.77	4-Apr-22	Cameron Gray
	200 Free	1:48.94	4-Apr-22	Cameron Gray
	400 Free	4:01.05	5-Apr-10	Matthew Stanley
	800 Free	8:30.58	31-Mar-04	Michael Jack
	1500 Free	15:58.22	8-Apr-14	Matthew Myers
	50 Back	25.24	1-Apr-09	Daniel Bell
	100 Back	54.67	4-Apr-22	Cameron Gray
	200 Back	2:01.44	22-Aug-99	Scott Talbot-Cameron
	50 Breast	29.19	24-Jul-05	Glenn Snyders
	100 Breast	1:03.39	5-May-15	Jacob Garrod
	200 Breast	2:17.22	5-May-15	Jacob Garrod
	50 Fly	23.27	29-Jul-22	Cameron Gray
	100 Fly	52.28	1-Apr-09	Daniel Bell
	200 Fly	2:00.15	25-Aug-15	Wilrich Coetzee
	200 IM	2:02.86	9-Dec-11	Mitchell Donaldson
	400 IM	4:25.11	8-Apr-14	Matthew Myers
	50 Free	22.59	21-Jul-19	Michael Pickett
	100 Free	49.64	25-Mar-08	Cameron Gibson
	200 Free	1:48.30	12-Dec-09	Andrew McMillen
	400 Free	3:48.75	1-Apr-09	Moss Burmester
	800 Free	8:06.49	4-Apr-22	Louis Clark
	1500 Free	15:34.78	25-Mar-12	Roy Pearce
	50 Back	25.27 *	5-Oct-10	Daniel Bell
	50 Back	25.27 *	4-Apr-22	Cameron Gray
	100 Back	54.38	5-Oct-10	Daniel Bell
	200 Back	1:58.80	4-Apr-22	Kane Follows
	50 Breast	27.06	25-Mar-12	Glenn Snyders
	100 Breast	59.46	9-Aug-08	Glenn Snyders
	200 Breast	2:10.55	28-Jul-12	Glenn Snyders
	50 Fly	23.46	1-Apr-09	Corney Swanepoel
	100 Fly	51.61	1-Apr-09	Corney Swanepoel
	200 Fly	1:54.15	1-Apr-09	Moss Burmester
	200 IM	1:59.60	17-Jun-19	Bradlee Ashby
	400 IM	4:18.20	15-Mar-06	Dean Kent