

Freestyle Distance Swims - Long Course

AGE	TIME	MALE	TIME	FEMALE
9 yrs 400m	6:27:13	2004 - Elliott Holland	6:45:80	2005 - Paige Doy
800m	13:40:27	2001 - Rhys Voysey	14:17:38	2005 - Paige Doy
1500m	27:06:39	2001 - Rhys Voysey	30:02:16	2020 - Leah Van Den Berg
10 yrs 400m	5:48:61	2002 - Rhys Voysey	6:13:88	2025 - Mikayla Carr
800m	12:48:38	2002 - Rhys Voysey	12:42:15	2024 - Mikayla Carr
1500m	23:39:49	2002 - Rhys Voysey	24:24:50	2025 - Mikayla Carr
11 yrs 400m	5:20:85	2003 - Rhys Voysey	5:51:63	2022 - Isla Dwyer
800m	11:39:77	2003 - Rhys Voysey	11:22:43	2001 - Rachael Cooper
1500m	20:39:33	2003 - Rhys Voysey	21:54:41	2001 - Rachael Cooper
12 yrs 400m	5:24:49	2009 - Kieran Trump	5:08:85	2002 - Rachael Cooper
800m	11:36:54	2009 - Kieran Trump	10:41:19	2002 - Rachael Cooper
1500m	21:18:03	2009 - Kieran Trump	21:14:52	2002 - Rachael Cooper
13 yrs 400m	4:57:16	2010 - Kieran Trump	4:59:76	2003 - Rachael Cooper
800m	10:34:09	2010 - Kieran Trump	10:34:72	2003 - Rachael Cooper
1500m	20:13:00	2010 - Kieran Trump	20:05:60	2003 - Rachael Cooper
14 yrs 400m	4:51:88	2011 - Kieran Trump	5:06:24	2003 - Rebecca Ashton
800m	9:54:52	2011 - Kieran Trump	10:28:51	2003 - Rebecca Ashton
1500m	19:05:35	2011 - Kieran Trump	22:50:34	2011 - Carmela Zagari
15 yrs 400m	4:53:48	2003 - David Shaw	5:11:83	2001 - Holly Fisher
800m	10:16:47	2003 - David Shaw	10:51:89	2001 - Holly Fisher
1500m	19:31:41	2003 - David Shaw	21:07:22	2001 - Holly Fisher
16 yrs 400m	4:44:93	2024 - Jasper Palmer	5:03:85	2002 - Holly Fisher
800m	10:00:44	2023 - Jasper Palmer	10:40:62	2002 - Holly Fisher
1500m	19:24:28	2024 - Jasper Palmer	20:24:04	2002 - Holly Fisher
17-20 yrs 400m	4:37:15	2003 - Jared Palandri	5:28:36	2001 - Sarah Cooper
800m	9:46:90	2002 - Jared Palandri	11:04:80	2002 - Holly Fisher
1500m	18:40:08	2002 - Jared Palandri	21:10:30	2001 - Sarah Cooper
21 + yrs 400m	4:54:00	2003 - Shane Cunningham	05:09:66	2010 - Stacia Riddle
800m	10:51:64	2003 - Shane Cunningham	11:02:20	2010 - Stacia Riddle
1500m	21:10:88	2011 - Shaun Williams	20:35:94	2010 - Stacia Riddle

400 m Individual Medley (4 x 100m) - Long Course

AGE	TIME	MALE	TIME	FEMALE
9 yrs	7:29:50	1995 - Shaun Williams	7:32:27	2003 - Lucinda Wildie
10 yrs	6:43:33	2002 - Rhys Voysey	6:38:86	2000 - Sarah Thomason
11 yrs	6:18:43	2003 - Rhys Voysey	6:26:56	2000 - Emily Farrell
12 yrs	6:08:84	2009 - Kieran Trump	5:53:43	2001 - Rebecca Ashton
13 yrs	5:49:41	2010 - Kieran Trump	5:40:40	2002 - Rebecca Ashton
14 yrs	5:37:83	2011 - Kieran Trump	5:34:48	2003 - Rebecca Ashton
15 yrs	5:36:22	2003 - Sam Stevens	5:45:56	2002 - Chloe Arnold
16 yrs	5:42:85	1998 - Shane Cunningham	5:44:90	2002 - Holly Fisher
17-20 yrs	5:26:46	2002 - Jared Palandri	6:00:41	2002 - Laura Cooper
21 + yrs	5:23:62	2003 - Shane Cunningham	5:55:43	2010 - Stacia Riddle

Freestyle - Long Course				
AGE	TIME	MALE	TIME	FEMALE
8 & U yrs 50m	0.40.49	1996 - Adam Scari	0.41.13	1997 - Sarah Thomason
100m	1.39.70	2000 - Rhys Voysey	1.33.78	1997 - Sarah Thomason
200m	3.33.39	1996 - Adam Scari	3.20.10	1997 - Sarah Thomason
9 yrs 50m	0.36.52	1995 - Shaun Williams	0.36.33	1996 - Rebecca Ryan
100m	1.25.38	1995 - Shaun Williams	1.26.33	1996 - Rebecca Ryan
200m	2.57.04	1995 - Shaun Williams	3.09.81	2003 - Lucinda Wildie
10 yrs 50m	0.32.85	1996 - Shaun Williams	0.34.18	1997 - Rebecca Ryan
100m	1.15.25	1996 - Shaun Williams	1.17.38	1997 - Rebecca Ryan
200m	2.39.75	1996 - Shaun Williams	2.47.28	1999 - Sarah Thomason
11 yrs 50m	0.31.49	1997 - Shaun Williams	0.32.53	1995 - Louise Webster
100m	1.10.50	1997 - Shaun Williams	1.12.47	2001 - Rachael Cooper
200m	2.32.35	2003 - Rhys Voysey	2.38.38	2001 - Rachael Cooper
12 yrs 50m	0.29.51	1998 - Shaun Williams	0.30.39	2021 - Valentina Caminita
100m	1.04.60	1998 - Shaun Williams	1.09.04	2021 - Valentina Caminita
200m	2.23.24	1998 - Shaun Williams	2.29.46	2002 - Rachael Cooper
13 yrs 50m	0.28.02	2012 - Scott Winstanley	0.29.84	2001 - Holly Barrett
100m	1.04.38	1998 - Michael Tilbee	1.07.34	1997 - Erin Czołoszynski
200m	2.23.02	2010 - Kieran Trump	2.24.36	2000 - Chloe Arnold
14 yrs 50m	0.27.51	2003 - Adam Scari	0.29.45	2002 - Holly Barrett
100m	1.00.35	2013 - Scott Winstanley	1.06.17	1998 - Erin Czołoszynski
200m	2.14.57	2011 - Kieran Trump	2.22.21	2003 - Rebecca Ashton
15 yrs 50m	0.27.55	2014- Scott Winstanley	0.29.97	1998 - Tania O'Sheehan
100m	1.01.96	2023 - Jasper Palmer	1.06.00	1998 - Tania O'Sheehan
200m	2.18.43	2014 - Scott Winstanley	2.22.06	1998 - Tania O'Sheehan
16 yrs 50m	0.26.81	1998 - Shane Cunningham	0.29.97	1997 - Shannon Thompson
100m	0:58.70	2024 - Jasper Palmer	1.07.19	2002 - Holly Fisher
200m	2.16.78	1998 - Shane Cunningham	2.26.59	2002 - Holly Fisher
17-20 yrs 50m	0.25.77	2000 - Shane Cunningham	0.30.68	2011 - Taitiarna Brown
100m	0.58.59	2002 - Shane Cunningham	1.08.67	2003 - Holly Fisher
200m	2:13.09	2025 - Jasper Palmer	2.26.61	2003 - Holly Fisher
21 + yrs 50m	0.25.45	2003 - Shane Cunningham	0.29.64	2010 - Stacia Riddle
100m	0.59.06	2003 - Shane Cunningham	1.04.68	2010 - Stacia Riddle
200m	2.15.49	2003 - Shane Cunningham	2.26.22	2010 - Stacia Riddle

200 m Individual Medley (4 x 50m) - Long Course				
AGE	TIME	MALE	TIME	FEMALE
9 yrs	3:32:09	1995 - Shaun Williams	3:32:10	2003 - Lucinda Wildie
10 yrs	3:05:18	1996 - Shaun Williams	3:06:03	2000 - Sarah Thomason
11 yrs	2:51:77	2003 - Rhys Voysey	2:59:45	1997 - Rebecca Ryan
12 yrs	2:48:26	1998 - Shaun Williams	2:49:02	2001 - Rebecca Ashton
13 yrs	2:42:46	2010 - Kieran Trump	2:40:66	2002 - Rebecca Ashton
14 yrs	2:36:31	2003 - Sam Stevens	2:38:09	2003 - Rebecca Ashton
15 yrs	2:33:73	2003 - David Shaw	2:43:12	1998 - Tania O'Sheehan
16 yrs	2:36:08	1998 - Shane Cunningham	2:40:93	2002 - Holly Fisher
17-20 yrs	2:31:26	2002 - Jared Palandri	2:49:84	2001 - Sarah Cooper
21 + yrs	2:27:19	2003 - Shane Cunningham	2:43:41	2010 - Stacia Riddle

Butterfly - Long Course				
AGE	TIME	MALE	TIME	FEMALE
9 yrs 50m	0:42:89	1997 - Adam Scari	0:43:78	1998 - Sarah Thomason
100m	1:49:15	2004 - Elliot Holland	1:43:47	2003 - Lucinda Wildie
200m			4:10:95	1999 - Beth Taylor
10 yrs 50m	0:40:74	1998 - Adam Scari	0:40:70	1999 - Sarah Thomason
100m	1:33:82	1998 - Adam Scari	1:33:60	1999 - Sarah Thomason
200m	3:30:16	2001 - Oliver Wildie	3:58:15	2004 - Sariah Saibu
11 yrs 50m	0:37:07	1996 - Michael Tilbee	0:37:71	2025 - Mia Nice
100m	1:26:72	1997 - Shaun Williams	1:25:01	1999 - Emily Farrell
200m	3:17:86	2003 - Rhys Voysey	3:36:29	2002 - Megan Joss
12 yrs 50m	0:32:97	1997 - Michael Tilbee	0:33:89	2001 - Rebecca Ashton
100m	1:14:34	2001 - Adam Scari	1:19:68	2001 - Rebecca Ashton
200m	3:04:94	2003 - Luke Batten	3:04:71	2001 - Rebecca Ashton
13 yrs 50m	0:30:64	2002 - Adam Scari	0:32:71	2001 - Holly Barrett
100m	1:14:34	2001 - Adam Scari	1:14:47	2002 - Rebecca Ashton
200m	2:52:70	2010 - Kieran Trump	2:45:71	2002 - Rebecca Ashton
14 yrs 50m	0:29:87	2003 - David Shaw	0:31:38	2002 - Holly Barrett
100m	1:10:10	2002 - David Shaw	1:12:41	2003 - Rebecca Ashton
200m	2:44:22	2002 - David Shaw	2:38:07	2003 - Rebecca Ashton
15 yrs 50m	0:29:87	2003 - David Shaw	0:32:00	1998 - Tania O'Sheehan
100m	1:07:67	2003 - David Shaw	1:12:16	1998 - Tania O'Sheehan
200m	2:33:85	2003 - David Shaw	3:03:23	1999 - Erica Aviet
16 yrs 50m	0:30:17	2024 - Jasper Palmer	0:33:66	2002 - Holly Fisher
100m	1:11:07	1999 - Jared Palandri	1:21:87	2001 - Holly Fisher
200m	2:49:89	1999 - Jared Palandri	3:03:66	2002 - Holly Fisher
17-20 yrs 50m	0:28:28	2002 - Jared Palandri	0:32:84	2003 - Laura Cooper
100m	1:06:63	2001 - Jared Palandri	1:20:91	2001 - Monica Brown
200m	2:38:87	2002 - Jared Palandri	3:01:73	2003 - Laura Cooper
21 + yrs 50m	0:28:96	2003 - Shane Cunningham	0:32:21	2010 - Stacia Riddle
100m	1:08:96	2003 - Shane Cunningham	1:14:39	2010 - Stacia Riddle
200m	2:44:98	2003 - Shane Cunningham	2:49:16	2010 - Stacia Riddle

Backstroke - Long Course				
AGE	TIME	MALE	TIME	FEMALE
8 & U yrs 50m	0.43.83	1997 - Matthew Lee	0.44.38	1997 - Sarah Thomason
100m	1.50.76	2000 - Rhys Voysey	1.49.47	1997 - Sarah Thomason
200m	4.13.74	1997 - Paul Davey	3.44.37	1997 - Sarah Thomason
9 yrs 50m	0.43.55	1995 - Shaun Williams	0.44.67	1996 - Rebecca Ryan
100m	1.40.81	2000 - Luke Batten	1.40.32	1996 - Rebecca Ryan
200m	3.26.82	1995 - Shaun Williams	3.28.19	1996 - Rebecca Ryan
10 yrs 50m	0.40.47	1996 - Shaun Williams	0.40.53	1997 - Hayley Dawkins
100m	1.27.90	1996 - Shaun Williams	1.32.19	1997 - Hayley Dawkins
200m	3.02.78	1996 - Shaun Williams	3.07.40	1999 - Sarah Thomason
11 yrs 50m	0.38.65	2003 - Luke Batten	0.37.63	1999 - Holly Barrett
100m	1.24.85	2003 - Luke Batten	1.27.75	1998 - Rebecca Ryan
200m	2.54.20	1997 - Shaun Williams	3.00.16	1996 - Penny O'Grady
12 yrs 50m	0.35.36	1998 - Shaun Williams	0.36.27	2000 - Holly Barrett
100m	1.18.45	1998 - Shaun Williams	1.19.50	1996 - Eryn Czołoszynski
200m	2.47.05	2009 - Kieran Trump	2.51.39	1996 - Eryn Czołoszynski
13 yrs 50m	0.34.38	2010 - Kieran Trump	0.34.13	2001 - Holly Barrett
100m	1.14.75	2009 - Kieran Trump	1.14.90	1997 - Eryn Czołoszynski
200m	2.38.39	2010 - Kieran Trump	2.43.12	2002 - Rebecca Ashton
14 yrs 50m	0.32.22	2012 - Nicholas Morgan	0.34.00	2002 - Holly Barrett
100m	1.09.69	2012 - Nicholas Morgan	1.12.66	2002 - Holly Barrett
200m	2.36.61	2010 - Kieran Trump	2.41.36	1998 - Eryn Czołoszynski
15 yrs 50m	0.32.75	2013 - Nicholas Morgan	0.35.04	1998 - Tania O'Sheehan
100m	1.12.81	2013 - Nicholas Morgan	1.14.66	1998 - Sarah Cooper
200m	2.35.23	2003 - David Shaw	2.43.33	1998 - Sarah Cooper
16 yrs 50m	0.31.69	2015 - Nicholas Morgan	0.37.12	2001 - Holly Fisher
100m	1:08.42	2024 - Jasper Palmer	1.18.74	2001 - Holly Fisher
200m	2.41.74	1999 - Jared Palandri	2.44.82	2001 - Holly Fisher
17-20 yrs 50m	0.31.78	1999 - Benjamin Carley	0.35.96	2000 - Sarah Cooper
100m	1.08.53	2002 - Shane Cunningham	1.15.62	2000 - Sarah Cooper
200m	2.31.81	2002 - Jared Palandri	2.46.77	2000 - Sarah Cooper
21 + yrs 50m	0.34.45	2012 - Shaun Williams	34.84	2021 - Sarah Carr
100m	1.10.09	2003 - Shane Cunningham	1.17.56	2024 - Sarah Carr
200m	2.34.23	2003 - Shane Cunningham	2.53.97	2010 - Stacia Riddle

Breaststroke - Long Course				
AGE	TIME	MALE	TIME	FEMALE
8 & U yrs 50m	0.54.47	2000 - Rhys Voysey	0.54.07	2024 - Piper Knight
100m	1.57.47	1997 - Paul Davey	1.59.71	1997 - Sarah Thomason
200m	4.00.13	2000 - Rhys Voysey	4.05.54	1997 - Sarah Thomason
9 yrs 50m	0.48.81	2025 - Cason Miao	0.48.73	2004 - Sariah Saibu
100m	1.51.87	2001 - Rhys Voysey	1.49.95	2004 - Sariah Saibu
200m	3.46.13	2001 - Rhys Voysey	3.48.48	2004 - Sariah Saibu
10 yrs 50m	0.46.56	1988 - David Rowcroft	0.46.05	1997 - Rebecca Ryan
100m	1.42.88	2001 - Rhys Voysey	1.40.36	1997 - Rebecca Ryan
200m	3.22.49	2002 - Rhys Voysey	3.30.62	1997 - Chloe Arnold
11 yrs 50m	0.42.50	2003 - Rhys Voysey	0.43.23	1995 - Louise Webster
100m	1.29.66	2003 - Rhys Voysey	1.32.99	1998 - Rebecca Ryan
200m	3.01.08	2003 - Rhys Voysey	3.21.79	1998 - Rebecca Ryan
12 yrs 50m	0.42.43	2009 - Dylan Power	0.41.18	2001 - Rebecca Ashton
100m	1.29.36	2009 - Dylan Power	1.27.95	2001 - Rebecca Ashton
200m	3.14.27	2009 - Dylan Power	3.06.42	2001 - Rebecca Ashton
13 yrs 50m	0.39.43	2012 - Scott Winstanley	0.39.34	2002 - Rebecca Ashton
100m	1.25.63	2001 - Troy Higgins	1.26.90	2002 - Rebecca Ashton
200m	3.05.71	2001 - Troy Higgins	2.58.35	2000 - Chloe Arnold
14 yrs 50m	0.37.63	2001 - Troy Higgins	0.37.08	2003 - Rebecca Ashton
100m	1.22.72	1997 - Jared Palandri	1.20.99	2003 - Rebecca Ashton
200m	2.58.56	1997 - Jared Palandri	2.55.98	2003 - Rebecca Ashton
15 yrs 50m	0.36.31	1998 - Jared Palandri	0.39.72	1996 - Laura Currie
100m	1.21.09	1997 - Shane Cunningham	1.24.69	1999 - Sarah Cooper
200m	2.56.11	1998 - Jared Palandri	3.05.73	1999 - Sarah Cooper
16 yrs 50m	0.36.39	1998 - Shane Cunningham	0.42.03	2001 - Laura Cooper
100m	1.19.10	1998 - Shane Cunningham	1.28.33	2002 - Holly Fisher
200m	2.55.02	1999 - Jared Palandri	3.08.57	2002 - Holly Fisher
17-20 yrs 50m	0.35.15	2001 - Jared Palandri	0.39.64	2011 - Taitiarna Brown
100m	1.16.84	1999 - Shane Cunningham	1.27.20	2001 - Sarah Cooper
200m	2.49.77	2002 - Shane Cunningham	3.10.17	2003 - Holly Fisher
21 + yrs 50m	0.34.16	2003 - Shane Cunningham	0.38.27	2013 - Taitiarna Brown
100m	1.16.48	2003 - Shane Cunningham	1:25:53	2022 - Sarah Carr
200m	2.46.22	2003 - Shane Cunningham	3:10:81	2023 - Sarah Carr