

Long Course

Male	Age on the Day										
	09	10	11	12	13	14	15	16	17	18	OP
50FR	33.86	31.21	29.03	28.82							
	Alexander Williams 14-Feb-16	Charlie Braid 05-Feb-22	Hayden Sanders 25-Feb-23	Hayden Sanders 29-Apr-23	26.47 Raef Owen 29-Apr-23	26.68 Ben Negus 10-Mar-24	25.87 Kevin Cao 05-Aug-22	25.59 Victor Del Rio Foces 12-Feb-17	25.26 Victor Del Rio Foces 11-Feb-18	27.38 Jake Forest 17-Jul-16	24.21 Michael Gregory 12-Feb-17
100FR	1:37.99	1:08.56	1:03.74	1:02.23							
	Jesse Nalepa 09-Jul-23	Charlie Braid 05-Feb-22	Hayden Sanders 25-Feb-23	Hayden Sanders 30-Apr-23	58.05 Raef Owen 30-Apr-23	57.00 Kevin Cao 24-Jul-21	55.70 Kevin Cao 07-Aug-22	55.65 Kevin Cao 30-Apr-23	55.83 Victor Del Rio Foces 04-Nov-17	1:04.94 Jake Forest 19-Feb-17	55.64 Victor Del Rio Foces 07-Jul-19
200FR	3:25.88	2:35.53	2:15.76	2:17.08							
	Caspar Nelepar 06-Jan-19	Alexander Williams 16-Apr-17	Tom Hawkins 18-May-19	Hayden Sanders 22-Apr-23	2:08.22 Raef Owen 22-Apr-23	2:07.50 Kevin Cao 24-Jul-21	2:04.02 Kevin Cao 30-Apr-22	2:03.32 Kevin Cao 22-Apr-23	2:04.44 Victor Del Rio Foces 26-May-17	2:08.99 Tom Hellewell 07-Feb-16	2:03.32 Kevin Cao 22-Apr-23
400FR		5:35.43	4:44.61	4:39.73							
		Alexander Williams 21-Jan-17	Tom Hawkins 19-May-19	Hayden Sanders 27-May-23	4:35.55 Raef Owen 11-Feb-23	4:28.43 Nathan Chapman 27-Jul-19	4:31.03 Nathan Chapman 01-Feb-20	4:32.29 Kevin Cao 11-Feb-23	4:50.91 Connor Pfreundschuh 09-Apr-17		4:28.43 Nathan Chapman 27-Jul-19
800FR			9:51.75	10:06.51							
			Tom Hawkins 11-May-19	Hayden Sanders 30-Apr-23	9:48.30 Raef Owen 05-Feb-23	9:23.97 Nathan Chapman 27-Jan-19	9:24.69 Nathan Chapman 19-Jan-20	9:29.31 Kevin Cao 05-Feb-23			9:23.97 Nathan Chapman 27-Jan-19

1500FR			18:46.37	19:39.82	18:31.85	17:57.02	17:36.55	18:42.03	17:56.61	18:56.09	17:36.55
			Tom Hawkins 12-May-19	Nathan Chapman 11-Mar-17	Nathan Chapman 04-Aug-18	Nathan Chapman 20-Apr-19	Nathan Chapman 18-Jan-20	Francis Montanari Brown 03-Feb-24	Harvey Maunders 12-Mar-22	Connor Pfreundsschuh 20-Jan-18	Nathan Chapman 18-Jan-20
50BS	45.91	41.89	36.97	34.94	34.99	33.73	32.65	32.45	33.15	34.36	32.45
	Albert Mack 11-Feb-24	Hayden Sanders 05-Feb-22	Hayden Sanders 25-Feb-23	Hayden Sanders 27-May-23	Ben Negus 09-Jul-23	Ben Negus 11-Feb-24	Bradley Khizzah 10-Feb-18	Kaiye Alaran 02-May-22	Jacob Walker 25-Feb-23	Kurt Francis Salazar 11-Feb-24	Kaiye Alaran 02-May-22
100BS	1:44.26	1:33.85	1:19.48	1:16.15	1:15.37	1:15.50	1:14.69	1:13.23	1:15.90		1:13.23
	Albert Mack 11-Feb-24	Charlie Braid 05-Feb-22	Hayden Sanders 25-Feb-23	Hayden Sanders 27-May-23	Luke Brown 10-May-14	Ben Negus 11-Feb-24	Aldo Bottazzi 25-Feb-23	Kaiye Alaran 01-May-22	Oscar Livesey 08-Aug-14		Kaiye Alaran 01-May-22
200BS	3:53.46	3:37.61	2:54.18	2:45.98	2:41.25	2:42.22	2:42.24	2:37.72		2:54.95	2:37.72
	Harry Gould 10-Mar-24	Hayden Sanders 04-Dec-21	Hayden Sanders 12-Feb-23	Hayden Sanders 01-May-23	Luke Brown 10-May-14	Luke Brown 31-May-15	Luke Brown 17-Apr-16	Luke Brown 29-Jan-17		Kurt Francis Salazar 10-Mar-24	Luke Brown 29-Jan-17
50FL	34.95	32.61	31.70	30.39	28.12	29.09	28.46	28.28	28.02	28.08	27.61
	Alexander Williams 13-Feb-16	Alexander Williams 11-Feb-17	Hayden Sanders 26-Feb-23	Hayden Sanders 27-May-23	Raef Owen 29-Apr-23	Ilya Zyp 19-Jan-19	Kevin Cao 06-Feb-22	Kaiye Alaran 30-Apr-22	Alexander Williams 09-Mar-24	Kurt Francis Salazar 09-Mar-24	Victor Del Rio Foces 07-Jul-19
100FL	1:48.70	1:16.76	1:11.79	1:09.59	1:01.61	1:04.43	1:04.52	1:02.84	1:00.11		1:00.11
	Harry Gould 10-Mar-24	Alexander Williams 28-May-17	Hayden Sanders 26-Feb-23	Raef Owen 13-Mar-22	Raef Owen 01-May-23	Kevin Cao 24-Jul-21	Kevin Cao 06-Feb-22	Kevin Cao 01-May-23	Harvey Maunders 06-Feb-22		Harvey Maunders 06-Feb-22

200FL		3:14.87 Alexander Williams 28-Jan-17	2:44.23 Tom Hawkins 02-Feb-19	2:27.76 Raef Owen 07-May-22	2:21.24 Raef Owen 01-Apr-23	2:16.30 Nathan Chapman 03-Aug-19	2:15.57 Nathan Chapman 14-Mar-20	2:26.90 Kevin Cao 23-Apr-23	2:15.22 Harvey Maunders 10-Apr-22	2:11.47 Nathan Chapman 28-May-23	2:11.47 Nathan Chapman 28-May-23
	50BK	38.06 Alexander Williams 14-Feb-16	35.07 Alexander Williams 12-Feb-17	33.09 Hayden Sanders 26-Feb-23	32.25 Hayden Sanders 29-Apr-23	30.36 Raef Owen 26-Feb-23	31.71 Francis Montanari Brown 06-Feb-22	30.78 Tom Hellewell 14-Feb-16	30.34 Alexander Williams 26-Feb-23	29.51 Victor Del Rio Foces 11-Feb-18	
100BK	1:26.18 Alexander Williams 06-Feb-16	1:17.69 Alexander Williams 21-May-17	1:12.44 Hayden Sanders 26-Feb-23	1:10.84 Hayden Sanders 23-Apr-23	1:08.46 Raef Owen 26-Feb-23	1:08.20 Francis Montanari Brown 30-Apr-22	1:06.21 Tom Hellewell 06-Feb-16	1:02.78 Victor Del Rio Foces 04-Feb-17	1:02.81 Victor Del Rio Foces 27-May-17		59.52 Christopher Buchanan 24-Feb-13
200BK	4:01.24 Oscar Paymans 29-Jun-19	2:46.99 Alexander Williams 13-May-17	2:38.02 Tom Hawkins 09-Feb-19	2:35.91 Hayden Sanders 22-Apr-23	2:30.49 Raef Owen 22-Apr-23	2:21.82 Tom Hellewell 04-May-15	2:18.26 Tom Hellewell 07-May-16	2:17.03 Victor Del Rio Foces 04-Feb-17	2:16.46 Victor Del Rio Foces 26-Mar-17		2:16.46 Victor Del Rio Foces 26-Mar-17
200IM	3:51.03 Caspar Nelepar 06-Jan-19	2:52.41 Alexander Williams 15-Apr-17	2:36.23 Tom Hawkins 01-May-19	2:33.07 Hayden Sanders 30-Apr-23	2:26.90 Raef Owen 11-Feb-23	2:28.29 Nathan Chapman 06-Apr-19	2:25.79 Nathan Chapman 02-Feb-20	2:19.14 Victor Del Rio Foces 11-Feb-17	2:21.17 Victor Del Rio Foces 28-May-17		2:19.14 Victor Del Rio Foces 11-Feb-17
400IM		6:33.71 Nathan Chapman 19-Jul-15	5:32.46 Tom Hawkins 14-Apr-19	5:29.32 Hayden Sanders 01-May-23	5:11.92 Raef Owen 12-Feb-23	5:05.42 Nathan Chapman 21-Jul-19	5:06.45 Nathan Chapman 25-Jan-20		5:31.47 Connor Pfreunds Schuh 08-Apr-17	4:51.14 Nathan Chapman 02-Apr-23	4:51.14 Nathan Chapman 02-Apr-23

Female		Age on the Day									
		09	10	11	12	13	14	15	16	17	18
50FR	38.08 Isla Turner 07-Jul-19	31.42 Martyna Karabacz 19-Jan-19	29.88 Annie Sanders 11-May-19	28.77 Annie Sanders 01-Feb-20	28.93 Erica McGlinchy 15-Feb-20	27.36 Annie Sanders 01-May-22	27.92 Annie Sanders 25-Jul-22	27.99 Bella Cottrell 05-Feb-22	28.82 Bella Cottrell 25-Feb-23	30.27 Danica Ebers 04-May-13	27.36 Annie Sanders 01-May-22
	1:30.52 Isla Turner 07-Jul-19	1:08.65 Martyna Karabacz 02-Feb-19	1:05.28 Martyna Karabacz 26-Jan-20	1:03.30 Annie Sanders 26-Jan-20	1:02.03 Martyna Karabacz 05-Feb-22	1:00.01 Annie Sanders 02-May-22	1:00.92 Annie Sanders 26-Jul-22	1:01.83 Bella Cottrell 05-Feb-22	1:04.66 Bella Cottrell 25-Feb-23	1:06.20 Danica Ebers 04-May-13	1:00.01 Annie Sanders 02-May-22
200FR	3:50.74 Polly Denney 01-Oct-17	2:26.00 Martyna Karabacz 19-May-19	2:17.98 Martyna Karabacz 15-Mar-20	2:15.88 Martyna Karabacz 24-Jul-21	2:13.46 Martyna Karabacz 19-Mar-22	2:12.60 Annie Sanders 30-Apr-22	2:13.64 Annie Sanders 23-Jul-22	2:17.73 Ellen Stepan 05-May-18	2:17.32 Beth Hawkins 02-Dec-19	2:26.38 Danica Ebers 11-May-13	2:12.60 Annie Sanders 30-Apr-22
	400FR	5:06.44 Martyna Karabacz 18-May-19	4:48.36 Martyna Karabacz 14-Mar-20	4:43.45 Emily Watts 25-Mar-17	4:38.42 Martyna Karabacz 19-Mar-22	4:40.65 Annie Sanders 02-May-22	4:38.43 Annie Sanders 27-Jul-22	4:53.87 Ella-Louise Doyle 08-Jul-23	4:51.86 Beth Hawkins 20-Jan-19	6:02.44 Erin Medcalf 03-Dec-17	4:38.42 Martyna Karabacz 19-Mar-22
800FR	13:25.70 Nova Bish 16-Feb-14	9:59.66 Emily Watts 08-Apr-16	9:43.36 Emily Watts 24-Mar-17	9:32.82 Martyna Karabacz 09-Aug-22	9:42.27 Scarlett Callaghan 22-Jan-17	9:34.65 Annie Sanders 09-Aug-22	10:22.11 Ella-Louise Doyle 05-Feb-23	9:52.96 Beth Hawkins 20-Jan-19	9:32.82 Martyna Karabacz 09-Aug-22		

1500FR			19:05.71 Martyna Karabacz 18-Jan-20	20:03.29 Annie Sanders 18-Jan-20	18:30.36 Martyna Karabacz 12-Mar-22	18:46.38 Annie Sanders 12-Mar-22	20:42.92 Ella-Louise Doyle 12-Mar-22	19:20.07 Ella-Louise Doyle 01-May-23	18:55.72 Beth Hawkins 27-Jan-19	18:30.36 Martyna Karabacz 12-Mar-22
50BS	54.37 Abbie Nelson 07-Apr-19	41.69 Annie Sanders 11-Feb-18	37.99 Annie Sanders 18-May-19	36.98 Annie Sanders 14-Mar-20	36.53 Zoe Everett 02-Feb-20	34.93 Veronique Crozet 05-Aug-23	35.10 Natasha Greer 08-Aug-22	34.59 Natasha Greer 05-Aug-23	34.88 Beth Hawkins 06-May-19	34.59 Natasha Greer 05-Aug-23
100BS	2:03.03 Isla Turner 07-Jul-19	1:32.16 Veronique Crozet 19-Jan-20	1:24.63 Annie Sanders 19-May-19	1:22.70 Melissa Khizzah 09-Apr-17	1:20.17 Zoe Everett 19-Jan-20	1:16.39 Veronique Crozet 02-Aug-23	1:16.84 Natasha Greer 05-Aug-22	1:14.98 Natasha Greer 02-Aug-23	1:21.18 Beth Hawkins 14-Apr-19	1:14.98 Natasha Greer 02-Aug-23
200BS		3:21.74 Veronique Crozet 19-Jan-20	3:09.78 Annie Sanders 13-Apr-19	2:59.27 Annie Sanders 14-Mar-20	2:52.13 Veronique Crozet 04-Dec-22	2:45.54 Veronique Crozet 24-Jul-23	2:48.27 Veronique Crozet 09-Mar-24	2:49.34 Natasha Greer 11-Mar-23	2:47.43 Ella-Louise Doyle 09-Mar-24	2:45.54 Veronique Crozet 24-Jul-23
50FL	49.78 Isla Turner 07-Jul-19	34.29 Isabelle Healy 26-Feb-23	32.37 Martyna Karabacz 02-Feb-20	32.16 Annabella Cottrell 11-Feb-18	30.19 Annabella Cottrell 04-Aug-19	29.29 Annabella Cottrell 02-Feb-20	28.68 Bella Cottrell 17-Jul-21	28.67 Bella Cottrell 06-Feb-22	28.61 Bella Cottrell 26-Feb-23	28.61 Bella Cottrell 26-Feb-23
100FL		1:20.30 Martyna Karabacz 10-Feb-19	1:12.65 Emily Watts 06-Feb-16	1:09.32 Emily Watts 05-Feb-17	1:07.71 Martyna Karabacz 15-Apr-22	1:07.43 Annabella Cottrell 14-Mar-20	1:06.61 Bella Cottrell 17-Jul-21	1:07.43 Bella Cottrell 06-Feb-22	1:35.30 Erin Metcalf 02-Dec-17	1:06.61 Bella Cottrell 17-Jul-21

200FL		2:59.92 Martyna Karabacz 21-Jul-19	2:40.34 Emily Watts 06-Feb-16	2:28.28 Emily Watts 08-Apr-17	2:29.00 Emily Watts 14-May-17	2:34.71 Ella Greer 22-Apr-23	2:52.79 Molly Easter 04-Feb-18	2:55.05 Ella-Louise Doyle 12-Feb-23		2:28.28 Emily Watts 08-Apr-17	
50BK	40.01 Martyna Karabacz 10-Feb-18	36.41 Isabelle Healy 29-Apr-23	33.12 Martyna Karabacz 01-Feb-20	33.15 Martyna Karabacz 19-Dec-21	31.94 Martyna Karabacz 12-Mar-22	32.77 Annabella Cottrell 14-Mar-20	32.88 Millie Atkinson 29-Apr-23	31.11 Bella Cottrell 07-Aug-22	31.25 Bella Cottrell 26-Feb-23	31.11 Bella Cottrell 07-Aug-22	
100BK	1:26.00 Martyna Karabacz 27-Jan-18	1:15.88 Martyna Karabacz 18-May-19	1:10.63 Martyna Karabacz 25-Jan-20	1:09.03 Martyna Karabacz 24-Jul-21	1:05.90 Martyna Karabacz 24-Jul-22	1:09.52 Scarlett Callaghan 29-Jan-17	1:10.53 Ellen Stepan 27-Jan-18	1:12.75 Ellen Stepan 05-May-18	1:17.17 Danica Ebers 12-May-13	1:05.90 Martyna Karabacz 24-Jul-22	
200BK	3:47.47 Polly Denney 01-Oct-17	2:41.79 Martyna Karabacz 12-May-19	2:34.28 Martyna Karabacz 25-Jan-20	2:27.38 Martyna Karabacz 24-Jul-21	2:19.47 Martyna Karabacz 26-Jul-22	2:29.49 Scarlett Callaghan 29-Jan-17	2:33.57 Ellen Stepan 27-Jan-18	2:54.18 Beatrice Harrison 17-Jul-21		2:19.47 Martyna Karabacz 26-Jul-22	
200IM		2:49.77 Martyna Karabacz 14-Apr-19	2:37.92 Martyna Karabacz 01-Feb-20	2:37.22 Martyna Karabacz 17-Jul-21	2:31.04 Martyna Karabacz 10-Apr-22	2:31.09 Annie Sanders 01-May-22	2:31.37 Annie Sanders 07-Aug-22	2:34.52 Natasha Greer 11-Feb-23	2:40.68 Beth Hawkins 27-Jan-19	2:31.04 Martyna Karabacz 10-Apr-22	
400IM		5:56.84 Martyna Karabacz 20-Jul-19	5:40.53 Martyna Karabacz 26-Jan-20	5:28.04 Emily Watts 21-Jan-17	5:18.19 Martyna Karabacz 17-Apr-22	5:23.64 Annie Sanders 30-Apr-22	5:17.57 Annie Sanders 05-Aug-22	5:28.43 Ella-Louise Doyle 09-Jul-23	5:42.41 Beth Hawkins 26-Jan-19	7:05.61 Erin Metcalf 02-Dec-17	5:17.57 Annie Sanders 05-Aug-22

**Short Course**

Male	Age on the Day										
	09	10	11	12	13	14	15	16	17	18	OP
50FR	33.64	31.15	29.12	27.90	26.72						
	Alexander Williams	Tom Hawkins	Hayden Sanders	Hayden Sanders	Caspar Nalepa	26.04	25.53	25.67	25.36	25.25	23.73
	26-Jun-16	09-Jun-18	12-Nov-22	02-Sep-23	05-Nov-22	Kevin Cao 06-Nov-21	Kevin Cao 05-Nov-22	Richard Blatchford 19-Jul-14	Richard Blatchford 06-Dec-14	Victor Del Rio 10-Jun-18	Michael Gregory 01-Nov-16
100FR	1:14.16	1:08.46	1:02.76	58.79	59.30						
	Alexander Williams	Charlie Braid	Hayden Sanders	Hayden Sanders	Caspar Nalepa	55.46	55.03	55.09	55.98	54.31	52.22
	01-May-16	27-Nov-21	15-Jan-23	22-Oct-23	05-Nov-22	Kevin cao 06-Nov-21	Kevin Cao 05-Nov-22	Victor Del Rio 12-Nov-16	Victor Del Rio 02-Dec-17	Victor Del Rio 10-Jun-18	Michael Gregory 13-Nov-21
200FR	2:45.43	2:26.08	2:15.81	2:07.81	2:10.35						
	Alexander Williams	Charlie Braid	Tom Hawkins	Hayden Sanders	Nathan Chapman	2:01.56	1:59.85	2:02.78	2:01.56	2:14.71	1:59.85
	30-Apr-16	22-Jan-22	21-Oct-18	30-Sep-23	20-Nov-18	Kevin cao 07-Nov-21	Kevin Cao 06-Nov-22	Nathan Chapman 15-Jun-21	Nathan Chapman 18-Dec-21	Connor Pfreunds Schuh 03-Nov-18	Kevin Cao 06-Nov-22
400FR	6:32.57	4:50.68	4:46.28	4:35.32	4:34.71						
	Alexander Williams	Tom Hawkins	Tom Hawkins	Hayden Sanders	Nathan Chapman	4:21.33	4:16.52	4:33.12	4:15.65	4:15.75	4:15.65
	20-Dec-15	03-Jul-18	21-Oct-18	16-Apr-23	21-Oct-18	Kevin cao 14-Dec-21	Kevin Cao 05-Nov-22	Francis Montanari 05-Dec-23	Nathan Chapman 19-Dec-21	Nathan Chapman 17-Dec-22	Nathan Chapman 19-Dec-21

800FR	12:30.38	9:57.79	9:15.44	9:34.72	9:29.39	8:54.58	9:27.83	9:14.05	8:54.58		
	Dominykas Galnaitis 11-Jul-23	Hayden Sanders 01-Oct-22	Hayden Sanders 11-Jul-23	Theo Treadwell 28-Sep-19	Kevin Cao 09-Jan-22	Nathan Chapman 10-Dec-19	Francis Montanari Brown 02-Dec-23	Harvey Maunders 09-Jan-22	Nathan Chapman 10-Dec-19		
1500FR	21:29.45	18:42.96	18:21.01	17:44.95	16:44.97	17:36.70	17:49.98	16:47.63	17:50.83	16:44.97	
	Nathan Chapman 17-Oct-15	Tom Hawkins 29-Sep-18	Hayden Sanders 15-Oct-23	Nathan Chapman 29-Sep-18	Nathan Chapman 03-Nov-19	Nathan Chapman 17-Dec-19	Connor Pfreundschuh 05-Nov-16	Nathan Chapman 23-Oct-22	Connor Pfreundschuh 04-Nov-18	Nathan Chapman 03-Nov-19	
50BS	49.14	41.29	37.16	32.82	33.49	34.15	32.56	32.45	32.28	33.33	30.87
	Alexander Williams 25-Jun-16	Hayden Sanders 18-Dec-21	Hayden Sanders 02-Oct-22	Hayden Sanders 05-Nov-23	Ben Negus 05-Nov-23	Stanley Reader 05-Nov-23	Bradley Khizzah 25-Nov-17	Kaiye Alaran 06-Mar-22	Kaiye Alaran 02-Jul-22	Kurt Francis Salazar 16-Dec-23	Michael Gregory 11-Oct-16
100BS	1:45.65	1:33.71	1:22.26	1:12.52	1:16.28	1:15.18	1:10.72	1:09.09	1:09.79	1:15.55	1:06.38
	Ben Negus 08-Dec-19	Charlie Braid 04-Dec-21	Hayden Sanders 11-Oct-22	Hayden Sanders 14-Oct-23	Luke Brown 21-Sep-14	Luke Brown 20-Sep-15	Luke Brown 08-Oct-16	Luke Brown 12-Nov-16	Harvey Maunders 09-Oct-21	Kurt Francis Salazar 07-Jan-24	Michael Gregory 12-Dec-15
200BS	3:49.25	3:21.95	2:58.42	2:37.51	2:45.37	2:33.29	2:37.26	2:30.14	2:34.56	2:33.15	2:30.14
	Harry Gould 07-Jan-24	Charlie Braid 23-Jan-22	Hayden Sanders 18-Oct-22	Hayden Sanders 10-Oct-23	Luke Brown 02-Mar-14	Luke Brown 28-Feb-15	Luke Brown 07-Nov-15	Luke Brown 06-Nov-16	Harvey Maunders 23-Jan-22	Nathan Chapman 18-Dec-22	Luke Brown 06-Nov-16
50FL	35.97	34.34	32.14	30.44	29.19	28.03	27.99	28.04	27.96	28.03	25.90
	Alexander Williams 26-Jun-16	Tom Hawkins 03-Jul-18	Hayden Sanders 08-Oct-22	Hayden Sanders 02-Sep-23	Ilia Zyp 16-Dec-17	Stanley Reader 02-Dec-23	Kurt Francis Salazar 09-Oct-21	Harvey Maunders 08-Jul-21	Victor Del Rio Foces 25-Jun-17	Victor Del Rio Foces 10-Jun-18	Michael Gregory 04-Oct-16



100FL	1:35.53	1:13.05	1:11.43	1:06.35		1:02.45		59.75	58.59	59.93	56.64
	Matthew Marsh 29-Oct-16	Alexander Williams 10-Jun-17	Tom Hawkins 09-Mar-19	Hayden Sanders 14-Oct-23	1:05.23 Raef Owen 06-Nov-22	Nathan Chapman 12-Oct-19	1:02.48 Kevin Cao 12-Nov-22	Harvey Maunders 08-Jun-21	Harvey Maunders 13-Nov-21	Nathan Chapman 11-Nov-23	Michael Gregory 10-Dec-16
200FL	3:50.89	2:56.18	2:43.76	2:30.34	2:22.31	2:13.59	2:14.45	2:10.31	2:10.19	2:30.86	2:10.19
	Alexander Williams 19-Dec-15	Charlie Braid 30-Jan-22	Tom Hawkins 21-Oct-18	Raef Owen 30-Jan-22	Raef Owen 08-Jan-23	Nathan Chapman 02-Nov-19	Nathan Chapman 05-Jan-20	Nathan Chapman 10-Jun-21	Harvey Maunders 24-Oct-21	Connor Pfreundsschuh 16-Dec-18	Harvey Maunders 24-Oct-21
50BK	39.50	35.45	32.86	31.69	31.76	30.92	30.23	29.60	28.76	28.75	27.27
	Alexander Williams 25-Jun-16	Alexander Williams 12-Nov-16	Francis Montanari Brown 10-Nov-19	Hayden Sanders 02-Sep-23	Francis Montanari Brown 13-Jul-21	Thomas Hellewell 01-Mar-15	Francis Montanari Brown 07-Oct-23	Alexander Williams 14-Jan-23	George Evans 16-Mar-13	George Evans 07-Dec-13	Michael Gregory 04-Oct-16
100BK	1:25.19	1:18.99	1:13.21	1:11.50	1:07.18	1:03.41	1:03.63	1:03.04	1:01.12	1:01.59	57.51
	Alexander Williams 30-Apr-16	Charlie Braid 23-Nov-21	Hayden Sanders 08-Jan-23	Hayden Sanders 01-Jul-23	Raef Owen 27-Nov-22	Thomas Hellewell 08-Nov-15	Thomas Hellewell 12-Dec-15	Victor Del Rio Foces 27-Nov-16	George Evans 23-Feb-13	George Evans 08-Dec-13	Michael Gregory 14-Nov-15
200BK	2:52.60	2:44.67	2:36.80	2:25.96	2:25.84	2:16.50	2:18.09	2:17.15	2:12.57	2:13.38	2:12.57
	Alexander Williams 26-Jun-16	Charlie Braid 23-Jan-22	Tom Hawkins 06-Nov-18	Hayden Sanders 17-Jun-23	Raef Owen 20-Nov-22	Thomas Hellewell 08-Nov-15	Thomas Hellewell 29-Nov-15	Victor Del Rio Foces 27-Nov-16	George Evans 23-Feb-13	George Evans 07-Dec-13	George Evans 23-Feb-13
200IM	3:08.81	2:40.53	2:39.48	2:27.25	2:28.62	2:19.44	2:20.37	2:17.10	2:12.75	2:15.40	2:08.05
	Alexander Williams 25-Jun-16	Tom Hawkins 09-Jun-18	Tom Hawkins 08-Sep-18	Hayden Sanders 10-Sep-23	Stanley Reader 20-Nov-22	Nathan Chapman 12-Oct-19	Nathan Chapman 14-Dec-19	Nathan Chapman 09-Oct-21	Nathan Chapman 12-Nov-22	Nathan Chapman 11-Nov-23	Michael Gregory 12-Dec-15

400IM	7:34.19	6:03.92	5:29.75	5:08.01	5:09.40	4:53.03	4:56.34	5:03.32	4:44.20	5:13.58	4:44.20
	Igor Buben 28-Nov-17	Charlie Braid 23-Dec-21	Hayden Sanders 14-Jan-23	Hayden Sanders 21-Oct-23	Nathan Chapman 04-Nov-18	Nathan Chapman 10-Nov-19	Nathan Chapman 08-Dec-19	Francis Montanari Brown 16-Dec-23	Nathan Chapman 23-Dec-21	Connor Pfreundschuh 26-Jun-18	Nathan Chapman 23-Dec-21

Female		Age on the Day										
		09	10	11	12	13	14	15	16	17	18	OP
50FR	33.81	30.27	29.61	28.73	28.65	27.58	27.41	28.25	29.35	29.64	26.92	
	Martyna Karabacz 15-Dec-18	Martyna Karabacz 12-Oct-19	Erica McGlinchy 03-Nov-20	Erica McGlinchy 02-Nov-19	Annabella Cottrell 08-Dec-19	Annie Sanders 04-Dec-21	Annabella Cottrell 02-Oct-21	Bella Cottrell 20-Nov-22	Rachel Davis 19-Nov-13	Danica Ebers 16-Mar-13	Nicola Buchanan 02-Nov-12	
100FR	1:13.58	1:05.44	1:03.72	1:02.78	1:02.05	1:00.09	1:00.53	1:01.80	1:02.58	1:03.90	59.64	
	Martyna Karabacz 15-Dec-18	Martyna Karabacz 07-Dec-19	Martyna Karabacz 03-Nov-20	Erica McGlinchy 03-Nov-19	Erica McGlinchy 14-Dec-19	Annie Sanders 04-Dec-21	Ellen Stepan 14-Oct-17	Ellen Stepan 14-Jul-18	Beth Hawkins 15-Dec-18	Danica Ebers 25-Nov-12	Nicola Buchanan 14-Nov-15	
200FR	2:34.82	2:19.30	2:14.22	2:13.81	2:11.29	2:11.72	2:12.52	2:10.93	2:14.36	2:20.29	2:10.93	
	Martyna Karabacz 16-Dec-18	Martyna Karabacz 07-Dec-19	Martyna Karabacz 17-Dec-20	Martyna Karabacz 22-Jun-21	Martyna Karabacz 29-Jan-22	Annie Sanders 29-Jan-22	Ellen Stepan 17-Dec-17	Bella Cottrell 29-Jan-22	Beth Hawkins 16-Dec-18	Rachel Davis 07-Oct-14	Bella Cottrell 29-Jan-22	
400FR	5:53.61	4:50.00	4:56.87	4:39.79	4:36.22	4:30.50	4:37.66	4:42.48	4:39.49		4:30.50	
	Martyna Karabacz 03-Jul-18	Martyna Karabacz 17-Nov-19	Emily Watts 29-Nov-15	Emily Watts 05-Nov-16	Martyna Karabacz 29-Jan-22	Scarlett Callaghan 05-Nov-16	Ellen Stepan 17-Dec-17	Beth Hawkins 03-Jul-18	Beth Hawkins 16-Dec-18		Scarlett Callaghan 05-Nov-16	
800FR		9:52.81	10:01.59	9:30.46	9:25.50	9:21.79	10:04.07	9:45.82	9:32.47		9:21.80	
		Martyna Karabacz 10-Dec-19	Emily Watts 18-Dec-15	Emily Watts 16-Dec-16	Martyna Karabacz 30-Jan-22	Scarlett Callaghan 06-Nov-16	Aime Hawkins 29-Sep-18	Ella-Louise Doyle 11-Jul-23	Beth Hawkins 29-Sep-18		Scarlett Callaghan 07-Nov-16	

1500FR	18:57.65	21:00.86	20.14.28	20:10.75	19:13.50	20:00.91	18:41.45			18:41.45	
	Martyna Karabacz 17-Dec-19	Jessica Everett 17-Dec-19	Annie Sanders 17-Dec-19	Ella Greer 26-Mar-23	Veronique Crozet 29-Oct-23	Ella-Louise Doyle 09-Jan-22	Ella-Louise Doyle 26-Mar-23			Ella-Louise Doyle 26-Mar-23	
50BS	46.15	41.50	38.59	37.34	35.97	34.71	34.47	34.78	34.67	37.49	34.47
	Isabelle Healy 24-Jul-22	Martyna Karabacz 07-Dec-19	Annie Sanders 16-Dec-18	Annie Sanders 06-Oct-19	Zoe Everett 07-Dec-19	Veronique Crozet 07-Jan-24	Natasha Greer 05-Nov-22	Natasha Greer 17-Dec-23	Beth Hawkins 26-Nov-18	Rachel Davis 14-Oct-14	Natasha Greer 05-Nov-22
100BS	1:41.84	1:30.58	1:27.62	1:18.76	1:16.56	1:14.03	1:15.66	1:16.58	1:19.02	1:20.81	1:14.03
	Martyna Karabacz 26-Nov-18	Martyna Karabacz 19-Nov-19	Annie Sanders 05-Nov-18	Melissa Khizzah 10-Dec-16	Veronique Crozet 10-Dec-22	Veronique Crozet 30-Sep-23	Natasha Greer 02-Oct-22	Ellen Stepan 14-Jul-18	Beth Hawkins 03-Nov-18	Rachel Davis 11-Oct-14	Veronique Crozet 30-Sep-23
200BS	3:48.63	3:08.81	3:08.49	2:55.12	2:45.87	2:38.59	2:46.92	2:46.28	2:48.56	3:22.93	2:38.59
	Martyna Karabacz 13-Nov-18	Martyna Karabacz 23-Nov-19	Annie Sanders 13-Nov-18	Veronique Crozet 06-Nov-21	Veronique Crozet 06-Nov-22	Veronique Crozet 05-Nov-23	Natasha Greer 06-Nov-22	Ella-Louise Doyle 17-Jun-23	Ella-Louise Doyle 17-Dec-23	Gerda Staurylaite 02-Dec-17	Veronique Crozet 05-Nov-23
50FL	39.20	33.70	32.34	31.27	29.11	28.71	28.53	28.16	31.70	31.26	28.16
	Martyna Karabacz 06-Oct-18	Martyna Karabacz 17-Nov-19	Martyna Karabacz 29-Oct-20	Annabella Cottrell 03-Nov-18	Annabella Cottrell 03-Nov-19	Annabella Cottrell 29-Oct-20	Annabella Cottrell 08-Jul-21	Bella Cottrell 06-Nov-22	Rachel Davis 15-Oct-13	Rachel Davis 07-Oct-14	Bella Cottrell 06-Nov-22
100FL	1:36.19	1:14.24	1:15.46	1:10.15	1:07.33	1:08.88	1:04.94	1:05.38	1:09.26	1:10.60	1:04.94
	Martyna Karabacz 20-Nov-18	Martyna Karabacz 08-Dec-19	Isabelle Healy 14-Oct-23	Emily Watts 18-Sep-16	Annabella Cottrell 12-Oct-19	Annabella Cottrell 03-Nov-20	Bella Cottrell 09-Oct-21	Bella Cottrell 08-Oct-22	Rachel Davis 23-Feb-13	Rachel Davis 13-Dec-14	Bella Cottrell 09-Oct-21

200FL		2:50.68									
	Martyna Karabacz	Martyna Karabacz	Emily Watts	Emily Watts	Emily Watts	Ella Greer	Annabella Cottrell	Bella Cottrell			Emily Watts
	30-Nov-19	29-Nov-15	25-Jun-16	24-Jun-17	30-Sep-23	10-Jun-21	08-Nov-22				24-Jun-17
50BK	37.31	33.54	35.10	31.98	31.67	31.89	30.27	30.71	34.13	35.48	30.27
	Martyna Karabacz	Martyna Karabacz	Isabelle Healy	Martyna Karabacz	Martyna Karabacz	Annie Sanders	Annabella Cottrell	Bella Cottrell	Rachel Davis	Rachel Davis	Annabella Cottrell
	16-Dec-18	14-Dec-19	07-Oct-23	03-Oct-21	05-Nov-22	07-Nov-21	03-Dec-21	05-Nov-22	15-Oct-13	07-Oct-14	03-Dec-21
100BK	1:21.14	1:11.41	1:15.64	1:06.75	1:04.43	1:06.85	1:07.64	1:08.96	1:14.33	1:13.08	1:04.43
	Martyna Karabacz	Martyna Karabacz	Emily Watts	Martyna Karabacz	Martyna Karabacz	Scarlett Callaghan	Annabella Cottrell	Bella Cottrell	Rachel Davis	Danica Ebers	Martyna Karabacz
	16-Dec-18	08-Dec-19	29-Nov-15	13-Nov-21	06-Nov-22	06-Nov-16	02-Oct-21	10-Dec-22	19-Nov-13	09-Mar-13	06-Nov-22
200BK	2:47.24	2:32.26	2:37.46	2:22.13	2:17.01	2:26.73	2:30.01	2:30.03	2:43.72		2:17.01
	Martyna Karabacz	Martyna Karabacz	Emily Watts	Martyna Karabacz	Martyna Karabacz	Scarlett Callaghan	Ellen Stepan	Ellen Stepan	Chloe Mancini		Martyna Karabacz
	16-Dec-18	07-Dec-19	19-Dec-15	04-Dec-21	05-Nov-22	05-Nov-16	17-Dec-17	14-Jul-18	21-Nov-17		05-Nov-22
200IM	2:59.59	2:38.18	2:44.89	2:31.50	2:29.22	2:27.33	2:32.79	2:28.05	2:33.96		2:27.33
	Martyna Karabacz	Martyna Karabacz	Emily Watts	Martyna Karabacz	Martyna Karabacz	Scarlett Callaghan	Ellen Stepan	Ellen Stepan	Rachel Davis		Scarlett Callaghan
	25-Nov-18	07-Dec-19	03-Nov-15	18-Nov-21	22-Jan-22	12-Nov-16	02-Dec-17	14-Jul-18	12-Nov-13		12-Nov-16
400IM	6:43.16	5:41.86	5:39.92	5:21.40	5:10.83	5:14.79	5:22.26	5:28.68	5:22.00		5:10.83
	Martyna Karabacz	Martyna Karabacz	Emily Watts	Martyna Karabacz	Martyna Karabacz	Scarlett Callaghan	Ellen Stepan	Ella-Louise Doyle	Ella-Louise Doyle		Martyna Karabacz
	26-Jun-18	10-Nov-19	20-Dec-15	23-Dec-21	22-Jan-22	06-Nov-16	28-Nov-17	05-Nov-23	06-Jan-24		22-Jan-22