

Long Course Women

6 & U	50 Free	55.15	01-Jan-92	R. Seyfang
	50 Back	1:13.06	05-Jul-09	Megan Smith at EAC Encouragement Meet
	50 Breast	50.00	01-Dec-09	fa fd a
7-8	50 Free	40.63	25-Mar-12	Emma Wootton at 13&Under Pentathlon Meet 3
	100 Free	1:30.63	25-Mar-12	Emma Wootton at 13&Under Pentathlon Meet 3
	200 Free	1:46.12	09-Feb-07	Mikaela Coombe
	400 Free	8:01.24	24-Mar-09	Alice March at 2009 1500m Time Trial
	800 Free	16:08.55	24-Mar-09	Alice March at 2009 1500m Time Trial
	1500 Free	30:14.00	24-Mar-09	Alice March at 2009 1500m Time Trial
	50 Back	50.81	25-Mar-12	Emma Wootton at 13&Under Pentathlon Meet 3
	100 Back	2:08.56	09-Sep-94	Chanel Beagley
	200 Back	4:35.02	08-Aug-83	T Dickson
	50 Breast	53.90	08-Aug-84	T Dickson
	100 Breast	2:03.59	29-Nov-14	Sophie Tompkins at 2014 MSC Open Carnival
	200 Breast	5:50.00	01-Jan-01	blank
	50 Fly	45.64	06-Dec-08	Alice March at 2008 SA Blue Lake National Qualifying Meet
	100 Fly	1:50.29	19-Dec-08	Alice March at Waterworld Time Trial
	200 Fly	4:29.97	09-Jan-09	Alice March at Waterworld Time Trial
	200 IM	3:56.56	13-Feb-09	Alice March at Waterworld Time Trial
9-10	50 Free	34.09	20-Dec-08	Bethany Allen(V) at 2008/09 SA A Grade Meet 3
	100 Free	1:13.31	18-Apr-10	Ruby Brus at 13&Under Pentathlon
	200 Free	2:42.76	21-Mar-10	Ruby Brus at 2010 SA Clovercrest National Event
	400 Free	6:25.11	29-Nov-08	Ruby Brus at 2008 SA Lefevre Portside State Qualifying
	800 Free	13:45.14	09-Mar-08	Mikaela Coombe at 2008 1500m Time Trial
	1500 Free	25:42.32	09-Mar-08	Mikaela Coombe at 2008 1500m Time Trial
	50 Back	38.94	24-Oct-10	Kellie Elmes at 13&Under Pentathlon Meet 1
	100 Back	1:29.06	21-Jan-10	Ruby Brus at 2010 SA LC Championships
	200 Back	3:12.87	25-Oct-09	Ruby Brus at Norwood Carnival 2009
	50 Breast	42.87	13-Feb-11	Alice March at 13&Under Pentathlon 2
	100 Breast	1:35.16	25-Feb-11	Alice March at SwimmingSA 2010-11 Summer A Grade 03
	200 Breast	3:33.43	20-Mar-11	Alice March at Clovercrest Last Blast Qualifying Meet
	50 Fly	36.86	12-Oct-08	Bethany Allen at 12&Under Pentathlon
	100 Fly	1:30.04	21-Jan-10	Ruby Brus at 2010 SA LC Championships
	200 Fly	3:53.49	09-Sep-96	Chanel Beagley
	200 IM	3:05.34	21-Jan-10	Ruby Brus at 2010 SA LC Championships
400 IM	8:35.38	01-Jan-00	K Farr	
11-12	50 Free	29.08	03-Nov-13	Brittany Castelluzzo at 2013 MSC Open Carnival
	100 Free	1:01.99	19-Jan-18	Tara Young at 2017/18 SA State LC Championship
	200 Free	2:13.62	18-Jan-18	Tara Young at 2017/18 SA State LC Championship
	400 Free	4:43.89	17-Jan-18	Tara Young at 2017/18 SA State LC Championship
	800 Free	10:23.13	20-Jan-11	Bethany Allen(V) at SA 2011 Long Course State Championships
	1500 Free	23:32.03	01-Jan-97	Chanel Beagley
	50 Back	34.30	31-Jul-11	Ruby Brus at School Sport Australia Swimming Championships
	100 Back	1:14.19	25-Mar-12	Ruby Brus at 13&Under Pentathlon Meet 3
	200 Back	2:38.34	17-Jan-18	Tara Young at 2017/18 SA State LC Championship
	50 Breast	38.01	27-Mar-12	Alice March at 2012 SAPSASA Swimming Championships - Metro
	100 Breast	1:25.35	25-Feb-12	Alice March at 2011-12 JX Pentathlon Meet 4
	200 Breast	3:13.71	15-Oct-11	Kellie Elmes at SwimmingSA 2011-12 Summer A Gr
	50 Fly	32.11	27-Oct-13	Brittany Castelluzzo at Norwood Carnival, 2013, Full Qualifying Meet
	100 Fly	1:10.56	20-Jan-18	Tara Young at 2017/18 SA State LC Championship
	200 Fly	2:42.44	29-Jan-11	Bethany Allen(V) at Lefevre Portside National Qualifying Meet
	200 IM	2:36.47	20-Jan-18	Tara Young at 2017/18 SA State LC Championship
400 IM	5:30.84	19-Jan-18	Tara Young at 2017/18 SA State LC Championship	

Long Course Women

13-14	50 Free	26.81	25-Nov-15	Brittany Castelluzzo at 2015 Pacific School Games	
	100 Free	59.75	13-Apr-15	Brittany Castelluzzo at 2015 GHF Australian Age Championships	
	200 Free	2:09.88	13-Apr-15	Brittany Castelluzzo at 2015 GHF Australian Age Championships	
	400 Free	4:29.19	24-Apr-18	Emma Wootton at GHF Australia Age Championship	
	800 Free	9:06.06	22-Apr-18	Emma Wootton at GHF Australia Age Championship	
	1500 Free	19:15.96	21-Feb-15	Emily Tyler at 2015 SA State Long Course Open Championships	
	50 Back	32.35	01-Nov-15	Brittany Castelluzzo at 2015 Norwood Swimming Carnival	
	100 Back	1:08.85	25-Nov-15	Brittany Castelluzzo at 2015 Pacific School Games	
	200 Back	2:28.51	19-Jan-17	Grace Sampson at 2017 SA State LC Championship	
	50 Breast	38.38	13-Mar-11	Bethany Allen at 2011 Berri Open	
	100 Breast	1:24.57	19-Jan-17	Isabel Schultz at SA Long Course State Championships	
	200 Breast	3:04.88	18-Mar-17	Isabel Schultz at Last Blast of Summer LC	
	50 Fly	28.99	23-Nov-15	Brittany Castelluzzo at 2015 Pacific School Games	
	100 Fly	1:05.13	21-Nov-15	Brittany Castelluzzo at 2015 Pacific School Games	
	200 Fly	2:24.93	14-Nov-15	Brittany Castelluzzo at Division 1 Series Meet 1	
	200 IM	2:27.59	13-Apr-15	Brittany Castelluzzo at 2015 GHF Australian Age Championships	
	400 IM	5:12.39	26-Nov-15	Brittany Castelluzzo at 2015 Pacific School Games	
	15-16	50 Free	26.80	21-Jan-17	Brittany Castelluzzo at 2017 South Australian LC State Carnival
		100 Free	58.47	18-Jan-17	Brittany Castelluzzo at 2017 South Australian LC State Carnival
200 Free		2:04.26	19-Apr-17	Brittany Castelluzzo at 2017 GHF Australian Age Championships	
400 Free		4:27.07	27-Jul-18	Emma Wootton at School Sport Australia	
800 Free		9:08.88	29-Jul-18	Emma Wootton 2018 School Sport Australia	
1500 Free		19:33.58	16-Jan-18	Sian McGlashan at SA LC State Championship	
50 Back		31.99	19-Dec-15	Brittany Castelluzzo at 2015/16 Division 1 Meet 2	
100 Back		1:08.57	16-Jan-18	Grace Sampson SA Long Course State Championships	
200 Back		2:27.76	27-Jun-18	Grace Sampson at School Sport Australia	
50 Breast		38.38	13-Mar-11	Bethany Allen at 2011 Berri Open	
100 Breast		1:24.84	18-Jan-18	Isabel Schultz at SA Long Course State Championships	
200 Breast		2:59.26	20-Jan-18	Isabel Schultz at SA Long Course State Championships	
50 Fly		28.25	20-Jan-17	Brittany Castelluzzo at 2017 South Australian LC State Carnival	
100 Fly		1:01.74	17-Jul-17	Brittany Castelluzzo at 2017 Junior Commonwealth Games	
200 Fly		2:13.80	19-Jul-17	Brittany Castelluzzo at 2017 Junior Commonwealth Games	
200 IM		2:22.42	21-Jan-17	Brittany Castelluzzo at 2017 South Australian LC State Carnival	
400 IM		5:11.19	31-Mar-16	Brittany Castelluzzo at 2016 GHF Australian Age Championships	
17 & over		50 Free	26.37	21-Apr-18	Brittany Castelluzzo at 2018 GHF Australian Age Championships
		100 Free	57.73	02-Dec-17	Brittany Castelluzzo at 2017 Pacific School Games
	200 Free	1:59.39	23-Apr-18	Brittany Castelluzzo at 2018 GHF Australian Age Championships	
	400 Free	5:01.15	25-Feb-11	Megan Connolly at SwimmingSA 2010-11 Summer A Grade 03	
	800 Free	10:23.13	20-Jan-11	Bethany Allen(V) at SA 2011 Long Course State Championships	
	1500 Free	20:06.31	09-Mar-08	Sarah McCarthy at 2008 1500m Time Trial	
	50 Back	32.64	27-Jan-12	Jade Ryan at 2012 SwimmingSA Open Championships	
	100 Back	1:10.01	03-Jan-12	Jade Ryan at 2012 SA State Age Championships	
	200 Back	2:35.69	17-Dec-11	Jade Ryan at 2012 Victorian Age Championships	
	50 Breast	38.38	13-Mar-11	Bethany Allen at 2011 Berri Open	
	100 Breast	1:24.44	09-Sep-99	Erica Ames	
	200 Breast	3:04.07	09-Sep-99	Erica Ames	
	50 Fly	28.72	17-Jan-18	Brittany Castelluzzo at 2018 South Australian LC State Carnival	
	100 Fly	1:00.72	24-Apr-18	Brittany Castelluzzo at 2018 GHF Australian Age Championships	
	200 Fly	2:11.49	26-Apr-18	Brittany Castelluzzo at 2018 GHF Australian Age Championships	
	200 IM	2:20.02	04-Dec-17	Brittany Castelluzzo at 2017 Pacific School Games	
	400 IM	5:51.37	19-Nov-11	Jade Ryan at Broken Hill 2 Day Swimming Carnival	

Long Course Men

6 & U	100 Free	2:53.48	01-Dec-84	B Rawling
	50 Back	1:25.70	01-Dec-84	B Rawling
7-8	50 Free	37.99	01-Jan-96	Alex Bailey
	100 Free	1:29.07	09-Sep-96	Alex Bailey
	400 Free	9:11.30	07-Jul-73	M Scott
	800 Free	19:53.20	01-Jan-73	D Gowsmith
	50 Back	43.72	09-Sep-96	Alex Bailey
	100 Back	1:52.99	09-Sep-96	Alex Bailey
	200 Back	4:31.63	09-Sep-97	Adam Beagley
	50 Breast	53.84	09-Sep-95	Alex Bailey
	100 Breast	2:00.49	09-Sep-96	Alex Bailey
	200 Breast	4:30.85	09-Sep-96	Alex Bailey
	50 Fly	50.10	06-Jun-96	Alex Bailey
	100 Fly	2:16.75	09-Sep-96	Alex Bailey
	200 Fly	7:00.00	01-Jan-01	Blank
	200 IM	4:05.96	01-Feb-96	Alex Bailey
	400 IM	12:00.10	03-Mar-73	D Gowsmith
	9-10	50 Free	33.56	20-Jan-15
100 Free		1:16.03	05-Dec-09	Punala Kiripitige at Blue Lake National Qualifying Meeting Meet
200 Free		2:48.84	05-Dec-09	Punala Kiripitige at Blue Lake National Qualifying Meeting Meet
400 Free		6:15.20	05-Dec-09	Punala Kiripitige at Blue Lake National Qualifying Meeting Meet
800 Free		13:05.53	01-Jan-95	A Edwards
1500 Free		24:38.01	01-Jan-95	A Mentha
50 Back		39.49	20-Jan-15	Patrick Macie at 2015 SA State Long Course Age Championships
100 Back		1:34.18	16-Nov-14	Patrick Macie at 2014-15 JX LC Meet 2
200 Back		3:23.58	09-Sep-97	Alex Bailey
50 Breast		47.00	09-Sep-95	A Edmonds
100 Breast		1:44.49	05-Dec-09	Punala Kiripitige at Blue Lake National Qualifying Meeting Meet
200 Breast		3:54.80	08-Aug-86	C Smith
50 Fly		36.24	09-Sep-90	S Stoeckel
100 Fly		1:34.90	05-Dec-09	Punala Kiripitige at Blue Lake National Qualifying Meeting Meet
200 Fly		4:12.08	09-Sep-96	A Mentha
200 IM		3:12.53	02-Mar-95	A Edmonds
400 IM	8:19.38	03-Mar-73	K Weidner	
11-12	50 Free	29.97	20-Jan-17	Patrick Macie at 2017 SA State LC Championship
	100 Free	1:06.43	05-May-11	Thomas Hughes at 2011-12 Summer A Grade Series
	200 Free	2:25.54	15-Oct-11	Thomas Hughes at SwimmingSA 2011-12 Summer A Gr
	400 Free	5:00.93	15-Oct-11	Thomas Hughes at SwimmingSA 2011-12 Summer A Gr
	800 Free	10:30.66	28-Oct-12	Lawson Nitschke at Norwood National Qualifying Meet
	1500 Free	23:18.85	01-Jan-02	Jake Chenoweth
	50 Back	32.71	20-Jan-17	Patrick Macie at 2017 SA State LC Championship
	100 Back	1:13.94	20-Jan-17	Patrick Macie at 2017 SA State LC Championship
	200 Back	2:41.77	05-Nov-11	Thomas Hughes at 2011-12 Summer A Grade Series
	50 Breast	42.09	08-Aug-89	50 Breast 42.09 8-Aug-89 S Mayton
	100 Breast	1:31.97	01-Dec-12	Lawson Nitschke at BHSC 2 Day Swimming Carnival
	200 Breast	3:24.09	21-Dec-14	Clinton Nitschke at 2014 -15 Division 2 LC Series
	50 Fly	32.75	20-Jan-17	Patrick Macie at 2017 SA State LC Championship
	100 Fly	1:14.84	05-Nov-11	Thomas Hughes at 2011-12 Summer A Grade Series
	200 Fly	3:18.05	09-Sep-96	Ben Campbell
	200 IM	2:44.30	20-Jan-17	Patrick Macie at 2017 SA State LC Championship
400 IM	6:19.27	27-Feb-10	Thomas Hughes at 2010 SA Port Pirie Open Carnival	

Long Course Men

13-14	50 Free	27.71	19-Dec-13	Jack Tingey at 2014 SA State Long Course Age Championships	
	100 Free	59.67	22-Jan-13	Darcy Nitschke at 2013 SA State Age Long Course Championships	
	200 Free	2:11.03	22-Jan-13	Darcy Nitschke at 2013 SA State Age Long Course Championships	
	400 Free	4:35.04	22-Jan-13	Darcy Nitschke at 2013 SA State Age Long Course Championships	
	800 Free	9:34.46	28-Oct-12	Darcy Nitschke at Norwood National Qualifying Meet	
	1500 Free	18:08.69	22-Jan-13	Darcy Nitschke at 2013 SA State Age Long Course Championships	
	50 Back	32.43	29-Oct-10	John McCarthy at SwimmingSA 2010-11 Summer A Grade 02	
	100 Back	1:12.28	21-Jun-10	John McCarthy at 2010 SA LC Championships	
	200 Back	2:35.75	21-Jun-10	John McCarthy at 2010 SA LC Championships	
	50 Breast	35.34	19-Dec-13	Lawson Nitschke at 2014 SA State Long Course Age Championships	
	100 Breast	1:17.67	15-Nov-14	Lawson Nitschke at 2014-15 Division 1 LC Meet 2	
	200 Breast	2:48.34	19-Dec-13	Lawson Nitschke at 2014 SA State Long Course Age Championships	
	50 Fly	30.95	02-Feb-92	B Rawling	
	100 Fly	1:13.14	16-Feb-08	Daniel Gordon	
	200 Fly	2:55.07	09-Sep-98	Kurt Galpin	
	200 IM	2:35.07	16-Sep-12	Darcy Nitschke at Playford National Qualifying Meet 2	
	400 IM	5:38.29	10-Jan-09	Harrison Mardle at Waikerie Open 2009	
	15-16	50 Free	25.23	20-Jan-16	Jack Tingey at 2016 SA State Long Course Age Championships
		100 Free	56.47	20-Jan-16	Jack Tingey at 2016 SA State Long Course Age Championships
		200 Free	2:09.59	02-Nov-14	Darcy Nitschke at Norwood Carnival 2014
400 Free		4:35.72	16-Nov-13	Darcy Nitschke at SwimmingSA Division 1 LC Meet 2	
800 Free		9:26.92	27-Oct-13	Darcy Nitschke at Norwood Carnival, 2013, Full Qualifying Meet	
1500 Free		17:53.12	16-Nov-13	Darcy Nitschke at SwimmingSA Division 1 LC Meet 2	
50 Back		29.16	20-Jan-16	Jack Tingey at 2016 SA State Long Course Age Championships	
100 Back		1:05.57	20-Jan-16	Jack Tingey at 2016 SA State Long Course Age Championships	
200 Back		2:31.90	18-Jan-17	Lawson Nitschke at 2017 SA State LC Championships	
50 Breast		33.20	21-Jan-16	Lawson Nitschke at 2016 SA State LC Championships	
100 Breast		1:11.04	17-Sep-16	Lawson Nitschke at SSA Swimming Championships	
200 Breast		2:35.28	20-Feb-16	Lawson Nitschke at Division 1 Meet 3	
50 Fly		29.85	20-Jan-15	Darcy Nitschke at 2015 SA State Long Course Age Championships	
100 Fly		1:07.11	20-Jan-15	Darcy Nitschke at 2015 SA State Long Course Age Championships	
200 Fly		2:36.11	16-Nov-14	Darcy Nitschke at 2014-15 JX LC Meet 2	
200 IM		2:23.86	24-Jan-16	Jack Tingey at 2016 SA State Long Course Age Championships	
400 IM		5:17.35	20-Jan-15	Darcy Nitschke at 2015 SA State Long Course Age Championships	
17 & O		50 Free	26.09	20-Feb-16	Jack Tingey at Division 1 Meet 3
		100 Free	1:00.83	02-Feb-00	A Piantadosi
		200 Free	2:13.03	21-Jul-17	Harrison Bagley at 2017 SA State Long Course Championship
	400 Free	4:39.54	20-Jan-17	Harrison Bagley at 2017 SA State Long Course Championship	
	800 Free	10:24.40	08-Aug-86	Steve Bristow	
	1500 Free	19:44.74	09-Mar-08	Daniel Gordon at 2008 1500m Time Trial	
	50 Back	32.43	29-Oct-10	John McCarthy at SwimmingSA 2010-11 Summer A Grade 02	
	100 Back	1:12.03	01-Jan-00	Kurt Galpin	
	200 Back	2:33.79	05-Dec-17	Lawson Nitschke at Pacific School Games	
	50 Breast	32.80	19-Jan-17	Lawson Nitschke at 2017 SA State LC Championships	
	100 Breast	1:11.52	21-Jan-18	Lawson Nitschke at 2018 SA State LC Championships	
	200 Breast	2:34.73	21-Jan-17	Lawson Nitschke at 2017 SA State LC Championships	
	50 Fly	29.52	04-Feb-17	Kurt Galpin	
	100 Fly	1:09.74	08-Aug-86	Steve Bristow	
	200 Fly	2:38.99	08-Aug-86	Steve Bristow	
	200 IM	2:27.20	18-Jan-18	Lawson Nitschke at 2018 SA State LC Championships	
	400 IM	5:20.69	06-Nov-16	Harrison Bagley at MSC Long Course Carnival	