

NOVA SCOTIA SHORT COURSE PROVINCIAL RECORDS as of May 8, 2024

Gender	Age	Stroke	Distance	NS Record	Name	Club	Date (D-M-Y)
F	18-24	FREE	50	00:27.72	Audrey Prayal-Brown	DALM	24-05-2011
F	18-24	FREE	100	01:02.22	Audrey Prayal-Brown	DALM	24-05-2011
F	18-24	FREE	200	02:19.50	Audrey Prayal-Brown	DALM	24-05-2011
F	18-24	FREE	400	04:57.00	Jeanne Tremblay	HCGC	05-11-2011
F	18-24	FREE	800	10:17.70	Jeanne Tremblay	HCGC	19-01-2013
F	18-24	FREE	1500	22:01.81	Jill Vickers	Antigonish	06-02-2006
F	18-24	BACK	50	00:33.68	Jeanne Tremblay	HCGC	05-11-2011
F	18-24	BACK	100	01:12.08	Jeanne Tremblay	HCGC	05-11-2011
F	18-24	BACK	200	02:32.38	Jeanne Tremblay	HCGC	05-11-2011
F	18-24	BREAST	50	00:35.81	Audrey Prayal-Brown	DALM	24-05-2011
F	18-24	BREAST	100	01:13.99	Erin Carrigan	AM	01-03-2001
F	18-24	BREAST	200	03:08.00	Kate Callaghan	STFX	01-03-1986
F	18-24	FLY	50	00:31.35	Laura MacMillan	DALM	24-04-2016
F	18-24	FLY	100	01:09.30	Laura MacMillan	DALM	24-04-2016
F	18-24	FLY	200	02:45.86	Jeanne Tremblay	HCGC	20-04-2013
F	18-24	IM	100	01:11.39	Audrey Prayal-Brown	DALM	24-05-2011
F	18-24	IM	200	02:40.43	Adrianna Pilgrim	HCGC	29-04-2017
F	18-24	IM	400	05:52.87	Bonnie Antcliffe	DALM	01-03-1988
F	25-29	FREE	50	27.91	Cassandra Jones	HALT	09-02-2020
F	25-29	FREE	100	01:00.36	Cassandra Jones	HALT	09-02-2020
F	25-29	FREE	200	02:13.41	Cassandra Jones	HALT	26-05-2019
F	25-29	FREE	400	04:47.25	Melissa Thomas	DALM	04-03-2004
F	25-29	FREE	800	10:02.69	Amy Woodworth	HALT	05-04-2005
F	25-29	FREE	1500	19:27.10	Elizabeth Weis	Unatt	24-03-2007
F	25-29	BACK	50	32.17	Cassandra Jones	HALT	26-05-2019
F	25-29	BACK	100	1:07.46	Cassandra Jones	HALT	09-02-2020
F	25-29	BACK	200	2:26.53	Cassandra Jones	HALT	26-05-2019
F	25-29	BREAST	50	34.47	Paige Crowell	HTAC	22-05-2022
F	25-29	BREAST	100	01:16.14	Paige Crowell	HTAC	22-05-2022
F	25-29	BREAST	200	02:44.73	Paige Crowell	HTAC	22-05-2022
F	25-29	FLY	50	30.26	Adrianna Pilgrim	CGCSA	27-04-2019
F	25-29	FLY	100	01:08.43	Adrianna Pilgrim	CGCSA	17-12-2018
F	25-29	FLY	200	02:40.96	Melissa Hilchey	SACK	20-05-2016
F	25-29	IM	100	01:12.80	Amy Woodworth	HALT	04-03-2004
F	25-29	IM	200	02:32.79	Amy Woodworth	HALT	05-04-2005
F	25-29	IM	400	05:30.02	Adrianna Pilgrim	CGCSA	12-03-2022
F	30-34	FREE	50	27.72	Cassandra Jones	HTAC	22-05-2022
F	30-34	FREE	100	59.97	Cassandra Jones	HTAC	22-05-2022
F	30-34	FREE	200	02:12.90	Cassandra Jones	HTAC	22-05-2022
F	30-34	FREE	400	04:36.18	Maude Charest	HALT	20-05-2016
F	30-34	FREE	800	10:14.17	Amy Woodworth	HALT	06-03-2006
F	30-34	FREE	1500	20:07.09	Susan Hall	DALM	01-03-1998
F	30-34	BACK	50	31.64	Cassandra Jones	HTAC	09-04-2022
F	30-34	BACK	100	01:07.46	Cassandra Jones	HTAC	09-04-2022
F	30-34	BACK	200	02:28.49	Cassandra Jones	HTAC	22-05-2022
F	30-34	BREAST	50	32.59	Keishia Mills	Unatt	09-04-2022
F	30-34	BREAST	100	1:12.32	Keishia Mills	Unatt	28-05-2022
F	30-34	BREAST	200	02:39.01	Keishia Mills	Unatt	09-04-2022
F	30-34	FLY	50	31.39	Keishia Mills	UNMNS	29-04-2023
F	30-34	FLY	100	01:13.87	Melissa Hilchey	SACK	26-05-2019
F	30-34	FLY	200	02:44.49	Melissa Hilchey	SACK	26-05-2019
F	30-34	IM	100	1:11.89	Keishia Mills	Unatt	21-10-2023
F	30-34	IM	200	2:33.15	Keishia Mills	Unatt	28-05-2022
F	30-34	IM	400	05:57.31	Melissa Hilchey	SACK	26-05-2019
F	35-39	FREE	50	30.01	Sienna Quirk	UNATT	05-05-2018
F	35-39	FREE	100	1:05.85	Sienna Quirk	UNATT	05-05-2018
F	35-39	FREE	200	02:29.53	Lynne Patterson	DALM	01-11-2008
F	35-39	FREE	400	05:15.16	Elaine Mattatall	DWMSC	01-03-1994
F	35-39	FREE	800	09:41.49	Maude Charest	HALT	14-05-2017
F	35-39	FREE	1500	20:33.38	Andrea Burris	TRU	26-05-2019
F	35-39	BACK	50	35.87	Maude Charest	HALT	17-12-2018
F	35-39	BACK	100	01:13.52	Maude Charest	HALT	29-04-2017
F	35-39	BACK	200	02:43.96	Andrea Burris	TRU	27-04-2019
F	35-39	BREAST	50	00:34.65	Maude Charest	HALT	14-05-2017
F	35-39	BREAST	100	01:15.06	Maude Charest	HALT	12-05-2017
F	35-39	BREAST	200	02:44.03	Maude Charest	HALT	13-05-2017
F	35-39	FLY	50	00:33.77	Melissa Hilchey	UNMNS	27-04-2024

F	35-39	FLY	100	01:14.00	Melissa Hilchey	UNMNS	27-04-2024
F	35-39	FLY	200	02:49.30	Melissa Hilchey	UNMNS	10-02-2024
F	35-39	IM	100	01:10.42	Maude Charest	HALT	13-05-2017
F	35-39	IM	200	02:47.06	Sharon Floyd	SMSC	04-03-2004
F	35-39	IM	400	06:21.82	Elaine Mattatall	DWMSC	01-03-1995
F	40-44	FREE	50	00:30.65	Brenda Perks	WT	01-03-2003
F	40-44	FREE	100	01:08.69	Sharon Floyd	SMSC	24-03-2007
F	40-44	FREE	200	02:31.55	Heidi Miller	SMSC	01-04-2003
F	40-44	FREE	400	05:30.39	Elaine Mattatall	DWMSC	01-02-1998
F	40-44	FREE	800	11:32.90	Heidi Miller	SMSC	04-03-2004
F	40-44	FREE	1500	21:38.50	Heidi Miller	SMSC	01-03-2002
F	40-44	BACK	50	00:37.07	Bobby Lou Reardon	YARM	04-03-2004
F	40-44	BACK	100	01:16.85	Bobby Lou Reardon	YARM	04-03-2004
F	40-44	BACK	200	02:48.83	Bobby Lou Reardon	YARM	05-04-2005
F	40-44	BREAST	50	00:38.89	Brenda Perks	WT	01-03-2003
F	40-44	BREAST	100	01:25.43	Brenda Perks	WT	01-03-2003
F	40-44	BREAST	200	03:23.29	Theresa Halliday	HHCGC	12-04-2014
F	40-44	FLY	50	00:34.17	Nancy McConnery	Unattach	18-05-2007
F	40-44	FLY	100	01:14.66	Bobby Lou Reardon	YARM	05-04-2005
F	40-44	FLY	200	03:14.25	Patricia Grant	HALT	13-04-2008
F	40-44	IM	100	01:18.63	Bobby Lou Reardon	YARM	04-03-2004
F	40-44	IM	200	02:46.50	Bobby Lou Reardon	YARM	04-08-2004
F	40-44	IM	400	05:54.74	Bobby Lou Reardon	YARM	04-08-2004
F	45-49	FREE	50	29.41	Keitha Robert	HTAC	22-05-2022
F	45-49	FREE	100	01:04.76	Keitha Robert	HTAC	28-05-2022
F	45-49	FREE	200	02:22.64	Keitha Robert	HTAC	22-05-2022
F	45-49	FREE	400	04:58.09	Keitha Robert	HTAC	22-05-2022
F	45-49	FREE	800	10:43.72	Keitha Robert	HTAC	28-05-2022
F	45-49	FREE	1500	20:16.19	Keitha Robert	HTAC	12-03-2022
F	45-49	BACK	50	34.22	Keitha Robert	HTAC	28-05-2022
F	45-49	BACK	100	01:13.53	Keitha Robert	HTAC	28-05-2022
F	45-49	BACK	200	02:39.55	Keitha Robert	HTAC	22-05-2022
F	45-49	BREAST	50	00:38.98	Brenda Perks	SMSC	01-01-2004
F	45-49	BREAST	100	01:25.03	Brenda Perks	SMSC	04-03-2004
F	45-49	BREAST	200	03:17.45	Keitha Robert	HTAC	09-04-2022
F	45-49	FLY	50	00:32.97	Keitha Robert	HTAC	15-04-2021
F	45-49	FLY	100	01:14.90	Keitha Robert	HTAC	22-05-2022
F	45-49	FLY	200	02:54.65	Keitha Robert	HTAC	22-05-2022
F	45-49	IM	100	01:15.15	Keitha Robert	HTAC	16-12-2021
F	45-49	IM	200	02:49.19	Keitha Robert	HTAC	13-11-2022
F	45-49	IM	400	05:49.20	Keitha Robert	HTAC	22-05-2022
F	50-54	FREE	50	00:29.71	Keitha Robert	HTAC	29-04-2023
F	50-54	FREE	100	01:06.15	Keitha Robert	HTAC	29-04-2023
F	50-54	FREE	200	02:25.00	Keitha Robert	HTAC	29-04-2023
F	50-54	FREE	400	05:13.79	Keitha Robert	HTAC	27-05-2023
F	50-54	FREE	800	10:54.23	Keitha Robert	HTAC	28-05-2023
F	50-54	FREE	1500	20:41.2	Keitha Robert	HTAC	26-05-2023
F	50-54	BACK	50	00:31.12	Keitha Robert	HTAC	28-05-2023
F	50-54	BACK	100	01:20.53	Linda Hunt	HALT	20-03-2004
F	50-54	BACK	200	02:46.80	Keitha Robert	HTAC	27-05-2023
F	50-54	BREAST	50	00:41.18	Jennifer Nearing	DWMSC	27-03-2010
F	50-54	BREAST	100	01:32.13	Linda Rodie	HCGC	24-04-2016
F	50-54	BREAST	200	03:34.34	Linda Hunt	HALT	24-03-2007
F	50-54	FLY	50	00:34.50	Kimberly Stade	HTAC	29-04-2023
F	50-54	FLY	100	01:20.7	Keitha Robert	HTAC	26-05-2023
F	50-54	FLY	200	03:04.22	Keitha Robert	HTAC	28-05-2023
F	50-54	IM	100	01:18.57	Keitha Robert	HTAC	29-04-2023
F	50-54	IM	200	02:51.49	Keitha Robert	HTAC	29-04-2023
F	50-54	IM	400	06:08.41	Keitha Robert	HTAC	28-05-2023
F	55-59	FREE	50	00:32.72	Linda Hunt	HALT	15-05-2009
F	55-59	FREE	100	01:12.82	Cara Fraser	UNMNS	27-04-2019
F	55-59	FREE	200	02:46.94	Louise Stirrett	HALT	26-05-2019
F	55-59	FREE	400	05:41.76	Louise Stirrett	HALT	27-04-2019
F	55-59	FREE	800	11:52.50	Louise Stirrett	HALT	26-05-2019
F	55-59	FREE	1500	22:25.14	Louise Stirrett	HALT	26-05-2019
F	55-59	BACK	50	00:36.73	Linda Hunt	HALT	15-05-2009
F	55-59	BACK	100	01:20.07	Linda Hunt	HALT	15-05-2009
F	55-59	BACK	200	02:52.72	Linda Hunt	HALT	15-05-2009
F	55-59	BREAST	50	41.11	Patricia Grant	HALT	09-02-2020

F	55-59	BREAST	100	01:35.85	Cara Fraser	UNMNS	27-04-2019
F	55-59	BREAST	200	03:33.45	Patricia Grant	HALT	09-02-2020
F	55-59	FLY	50	00:38.08	Jennifer Nearing	DWMS	24-04-2016
F	55-59	FLY	100	01:32.42	Linda Hunt	HALT	01-03-2010
F	55-59	FLY	200	03:37.08	Linda Hunt	HALT	27-03-2010
F	55-59	IM	100	01:25.09	Linda Hunt	HALT	15-05-2009
F	55-59	IM	200	03:08.17	Linda Hunt	HALT	15-05-2009
F	55-59	IM	400	06:31.18	Patricia Grant	HALT	09-02-2020
F	60-64	FREE	50	00:33.77	Linda Hunt	HALT	24-04-2016
F	60-64	FREE	100	01:09.55	Elaine Mattatall	HALT	26-05-2019
F	60-64	FREE	200	02:36.00	Elaine Mattatall	HALT	26-05-2019
F	60-64	FREE	400	05:35.26	Elaine Mattatall	HALT	26-05-2019
F	60-64	FREE	800	11:47.82	Linda Hunt	HALT	21-01-2017
F	60-64	FREE	1500	22:16.19	Linda Hunt	HALT	08-11-2014
F	60-64	BACK	50	00:37.58	Linda Hunt	HALT	18-01-2014
F	60-64	BACK	100	01:21.03	Linda Hunt	HALT	18-01-2014
F	60-64	BACK	200	02:53.87	Linda Hunt	HALT	16-05-2014
F	60-64	BREAST	50	00:45.45	Sabina Machum	HALT	29-04-2017
F	60-64	BREAST	100	01:37.30	Linda Hunt	HALT	12-04-2014
F	60-64	BREAST	200	03:37.34	Linda Hunt	HALT	08-11-2014
F	60-64	FLY	50	00:39.96	Linda Hunt	HALT	24-04-2016
F	60-64	FLY	100	01:33.04	Linda Hunt	HALT	16-05-2014
F	60-64	FLY	200	03:28.18	Linda Hunt	HALT	12-04-2014
F	60-64	IM	100	01:22.17	Linda Hunt	HALT	16-05-2014
F	60-64	IM	200	03:02.17	Elaine Mattatall	DW	26-05-2019
F	60-64	IM	400	06:31.54	Linda Hunt	HALT	16-05-2014
F	65-69	FREE	50	34.72	Linda Hunt	HALT	27-04-2019
F	65-69	FREE	100	01:17.64	Linda Hunt	HALT	27-04-2019
F	65-69	FREE	200	02:50.29	Linda Hunt	HALT	27-04-2019
F	65-69	FREE	400	06:08.19	Linda Hunt	HALT	09-11-2019
F	65-69	FREE	800	12:33.77	Linda Hunt	HALT	09-11-2019
F	65-69	FREE	1500	23:52.86	Linda Hunt	HALT	09-02-2020
F	65-69	BACK	50	00:38.75	Linda Hunt	HALT	10-02-2019
F	65-69	BACK	100	01:25.26	Linda Hunt	HALT	26-05-2019
F	65-69	BACK	200	03:03.46	Linda Hunt	HALT	10-02-2019
F	65-69	BREAST	50	00:47.62	Sabina Machum	HALT	27-04-2019
F	65-69	BREAST	100	01:44.58	Sabina Machum	HALT	27-04-2019
F	65-69	BREAST	200	04:11.64	Sabina Machum	HALT	09-11-2019
F	65-69	FLY	50	00:39.41	Linda Hunt	HALT	26-05-2019
F	65-69	FLY	100	01:35.47	Linda Hunt	HALT	26-05-2019
F	65-69	FLY	200	04:01.40	Ewa Gawlik	HCGC	09-05-2015
F	65-69	IM	100	01:27.72	Linda Hunt	HALT	27-04-2019
F	65-69	IM	200	03:14.18	Linda Hunt	HALT	27-04-2019
F	65-69	IM	400				
F	70-74	FREE	50	38.79	Linda Hunt	HALT	27-04-2024
F	70-74	FREE	100	1:28.95	Linda Hunt	HALT	27-04-2024
F	70-74	FREE	200	3:29.62	Ewa Gawlik	CGCSA	28-10-2017
F	70-74	FREE	400	7:13.61	Ewa Gawlik	CGCSA	19-05-2018
F	70-74	FREE	800	14:53.21	Ewa Gawlik	HCGC	29-04-2017
F	70-74	FREE	1500				
F	70-74	BACK	50	41.45	Linda Hunt	HALT	27-04-2024
F	70-74	BACK	100	01:32.60	Linda Hunt	HALT	10-02-2024
F	70-74	BACK	200				
F	70-74	BREAST	50	58.49	Ewa Gawlik	CGCSA	05-05-2018
F	70-74	BREAST	100	02:12.73	Ewa Gawlik	HCGC	29-04-2017
F	70-74	BREAST	200				
F	70-74	FLY	50	48.90	Ewa Gawlik	CGCSA	19-05-2018
F	70-74	FLY	100	1:53.22	Ewa Gawlik	CGCSA	19-05-2018
F	70-74	FLY	200	04:08.26	Ewa Gawlik	HCGC	29-04-2017
F	70-74	IM	100	01:50.85	Ewa Gawlik	HCGC	27-10-2018
F	70-74	IM	200	4:01.41	Ewa Gawlik	CGCSA	19-05-2018
F	70-74	IM	400	8:23.89	Ewa Gawlik	CGCSA	19-05-2018
F	75-79	FREE	50	44.59	Ewa Gawlik	UNMNS	10-02-2024
F	75-79	FREE	100	1:38.95	Ewa Gawlik	UNMNS	10-02-2024
F	75-79	FREE	200	3:32.19	Ewa Gawlik	UNMNS	04-03-2022
F	75-79	FREE	400	7:27.02	Ewa Gawlik	UNMNS	12-03-2022
F	75-79	FREE	800	15:40.20	Ewa Gawlik	UNMNS	29-04-2023
F	75-79	FREE	1500				
F	75-79	BACK	50	58.25	Ewa Gawlik	UNMNS	21-10-2023

F	75-79	BACK	100				
F	75-79	BACK	200				
F	75-79	BREAST	50	1:01.16	Ewa Gawlik	UNMNS	10-02-2024
F	75-79	BREAST	100	02:12.42	Ewa Gawlik	UNMNS	27-04-2024
F	75-79	BREAST	200				
F	75-79	FLY	50	51.40	Ewa Gawlik	UNMNS	10-02-2024
F	75-79	FLY	100	1:59.49	Ewa Gawlik	UNMNS	12-03-2022
F	75-79	FLY	200	04:43.72	Ewa Gawlik	UNMNS	02-03-2024
F	75-79	IM	100	1:54.12	Ewa Gawlik	UNMNS	27-04-2024
F	75-79	IM	200	4:10.23	Ewa Gawlik	UNMNS	26-11-2023
F	75-79	IM	400	9:02.75	Ewa Gawlik	UNMNS	29-04-2023
M	18-24	FREE	50	00:24.73	Colin Liebold	DWMSC	09-05-2015
M	18-24	FREE	100	00:56.02	Colin Liebold	DWMSC	12-04-2014
M	18-24	FREE	200	02:07.32	Simon McIldoon	SMSC	01-03-2003
M	18-24	FREE	400	04:36.02	Rob Coleman	HALT	01-03-1999
M	18-24	FREE	800	09:57.71	Richard Isnor	DALM	01-02-1992
M	18-24	FREE	1500	19:35.84	Adam Tease	StFX	01-01-2003
M	18-24	BACK	50	00:30.59	Dexter Rubio	Acadia	27-01-2007
M	18-24	BACK	100	01:07.89	Shaun Hudson	Unatt	24-03-2007
M	18-24	BACK	200	02:29.00	Shaun Hudson	Unatt	24-03-2007
M	18-24	BREAST	50	00:31.67	Colin Liebold	DWMSC	29-04-2017
M	18-24	BREAST	100	01:12.74	James Ng	Wolfville	05-04-2005
M	18-24	BREAST	200	02:41.26	G. Luke	Unatt	01-02-1983
M	18-24	FLY	50	00:26.84	Colin Liebold	DWMSC	11-04-2015
M	18-24	FLY	100	01:05.07	Derek Sonnichsen	DALM	09-05-2015
M	18-24	FLY	200	02:53.58	Pat Clancy	AA	01-03-2002
M	18-24	IM	100	01:06.24	Derek Sonnichsen	DALM	09-05-2015
M	18-24	IM	200	02:21.80	Derek Sonnichsen	DALM	09-05-2015
M	18-24	IM	400	05:29.70	Adam TeaseDALMe	AM	01-03-2003
M	25-29	FREE	50	00:24.17	Aaron Maszko	DALM	06-03-2006
M	25-29	FREE	100	00:54.63	Chris Stewart	DALM	05-10-2005
M	25-29	FREE	200	01:58.50	Mike Fitzgerald	DALM	01-05-1986
M	25-29	FREE	400	04:20.83	Mike Fitzgerald	DALM	01-05-1986
M	25-29	FREE	800	09:44.80	Mike Fitzgerald	DALM	01-02-1987
M	25-29	FREE	1500	19:03.54	Mel Cameron	HALT	01-03-1992
M	25-29	BACK	50	00:28.84	Josh Ballem	DALM	05-10-2005
M	25-29	BACK	100	01:00.41	Aaron Maszko	DALM	06-03-2006
M	25-29	BACK	200	02:17.64	Jamie Wildsmith	DALM	06-03-2006
M	25-29	BREAST	50	00:29.42	Steven Lee	KES	13-11-2022
M	25-29	BREAST	100	01:06.25	Steven Lee	KES	13-11-2022
M	25-29	BREAST	200	02:43.40	P Webster	DALM	01-03-1984
M	25-29	FLY	50	00:25.54	Josh Ballem	DALM	06-03-2006
M	25-29	FLY	100	01:01.60	Mike Fitzgerald	DALM	01-05-1986
M	25-29	FLY	200	02:33.63	Tom Reynolds	DALM	01-05-1987
M	25-29	IM	100	01:02.74	Aaron Maszko	DALM	06-10-2006
M	25-29	IM	200	02:18.00	Mike Fitzgerald	DALM	01-05-1986
M	25-29	IM	400	04:48.63	Warren Smith	HALT	01-11-1994
M	30-34	FREE	50	00:24.50	Gary Macdonald	UNAT	01-05-1986
M	30-34	FREE	100	55.35	Joe Ur	UNAT	09-04-2022
M	30-34	FREE	200	2:05.50	Joe Ur	UNAT	28-05-2022
M	30-34	FREE	400	04:35.18	Brett MacNeil	Antigonish	05-05-2005
M	30-34	FREE	800	09:53.95	Luis Inoeu	HALT	01-01-2004
M	30-34	FREE	1500	18:48.20	P Guildford	DALM	01-03-1983
M	30-34	BACK	50	27.75	Joe Ur	UNAT	28-05-2022
M	30-34	BACK	100	01:04.50	Brett MacNeil	Antigonish	05-05-2005
M	30-34	BACK	200	02:21.05	James Wildsmith	DALM	24-05-2011
M	30-34	BREAST	50	00:32.25	Brett MacNeil	ANT	06-02-2006
M	30-34	BREAST	100	01:10.36	Brett MacNeil	ANT	01-04-2003
M	30-34	BREAST	200	02:35.51	Mike Ritcey	DALM	24-03-2007
M	30-34	FLY	50	00:25.43	Josh Ballem	DALM	24-03-2007
M	30-34	FLY	100	01:01.82	Duane Flowers	HALT	05-05-2005
M	30-34	FLY	200	02:23.68	James Wildsmith	DALM	24-05-2011
M	30-34	IM	100	01:02.97	Gary Macdonald	UNAT	01-05-1986
M	30-34	IM	200	02:21.93	Brett MacNeil	AA	01-03-2003
M	30-34	IM	400	05:04.52	James Wildsmith	DALM	24-05-2011
M	35-39	FREE	50	00:25.24	David Pain	CFA	27-03-2010
M	35-39	FREE	100	00:56.37	Brett MacNeil	Unatt	06-03-2006
M	35-39	FREE	200	02:05.63	Duane Flowers	HALT	15-05-2009
M	35-39	FREE	400	04:41.16	Duane Flowers	HALT	24-01-2009

M	35-39	FREE	800	09:49.74	Michael Brown	TRU	01-05-1992
M	35-39	FREE	1500	19:01.55	Matt Fraser	TRU	29-01-2011
M	35-39	BACK	50	00:31.04	Duane Flowers	HALT	15-05-2009
M	35-39	BACK	100	01:06.01	Brett MacNeil	UNAT	06-03-2006
M	35-39	BACK	200	02:25.14	Mike Murray	HALT	30-11-2013
M	35-39	BREAST	50	00:32.27	Andrew White	WTSC	05-05-2018
M	35-39	BREAST	100	1:10.38	Andrew White	WTSC	05-05-2018
M	35-39	BREAST	200	02:44.46	Jack SMSCith	DALM	01-02-1983
M	35-39	FLY	50	00:27.32	Duane Flowers	HALT	19-05-2008
M	35-39	FLY	100	01:00.77	Duane Flowers	HALT	15-05-2009
M	35-39	FLY	200	02:23.56	Duane Flowers	HALT	15-05-2009
M	35-39	IM	100	1:05.27	Andrew White	WTSC	05-05-2018
M	35-39	IM	200	02:24.63	Mike Murray	HALT	09-05-2015
M	35-39	IM	400	05:23.08	Michael Brown	TRU	01-05-1992
M	40-44	FREE	50	00:25.28	Josh Ballem	HALT	29-04-2017
M	40-44	FREE	100	00:58.00	Michael Murray	HTAC	16-04-2021
M	40-44	FREE	200	02:05.58	Michael Murray	HALT	20-05-2016
M	40-44	FREE	400	4:34.27	Michael Murray	HALT	26-05-2019
M	40-44	FREE	800	09:41.69	Michael Murray	HALT	26-05-2019
M	40-44	FREE	1500	18:22.44	Michael Murray	HALT	26-05-2019
M	40-44	BACK	50	00:30.45	Michael Murray	HALT	20-05-2016
M	40-44	BACK	100	01:05.06	Michael Murray	HALT	20-05-2016
M	40-44	BACK	200	02:19.72	Michael Murray	HALT	20-05-2016
M	40-44	BREAST	50	00:34.01	Peter Webster	UNAT	01-03-1999
M	40-44	BREAST	100	01:17.88	Jack Smith	UNAT	01-03-1990
M	40-44	BREAST	200	02:55.70	Michael Murray	HALT	21-01-2017
M	40-44	FLY	50	00:26.78	Josh Ballem	HALT	29-04-2017
M	40-44	FLY	100	01:04.29	Jason Krupp	HALT	08-11-2014
M	40-44	FLY	200	02:33.53	Michael Murray	HALT	26-05-2019
M	40-44	IM	100	01:03.51	Josh Ballem	HALT	29-04-2017
M	40-44	IM	200	02:21.67	Michael Murray	HALT	20-05-2016
M	40-44	IM	400	05:08.53	Michael Murray	HALT	20-05-2016
M	45-49	FREE	50	00:25.91	Jason Krupp	HALT	20-05-2016
M	45-49	FREE	100	00:57.53	Jason Krupp	HALT	20-05-2016
M	45-49	FREE	200	02:04.16	Jason Krupp	HALT	20-05-2016
M	45-49	FREE	400	04:32.27	Jason Krupp	HALT	20-05-2016
M	45-49	FREE	800	09:34.03	Jason Krupp	HALT	17-05-2015
M	45-49	FREE	1500	19:12.76	Jason Krupp	HALT	09-11-2019
M	45-49	BACK	50	31.10	John Murray	HTAC	28-05-2022
M	45-49	BACK	100	01:09.57	Jason Krupp	HALT	02-04-2016
M	45-49	BACK	200	02:43.93	Jason Krupp	HALT	24-04-2016
M	45-49	BREAST	50	00:34.30	Wade James	HALT	26-03-2011
M	45-49	BREAST	100	01:13.74	Wade James	HALT	01-05-2011
M	45-49	BREAST	200	02:45.35	Wade James	HALT	28-04-2012
M	45-49	FLY	50	27.54	Josh Ballem	HALT	27-04-2024
M	45-49	FLY	100	01:00.86	Jason Krupp	HALT	15-05-2015
M	45-49	FLY	200	02:23.22	Jason Krupp	HALT	20-05-2016
M	45-49	IM	100	01:05.30	Josh Ballem	HALT	21-10-2023
M	45-49	IM	200	02:26.05	Wade James	HALT	01-05-2011
M	45-49	IM	400	05:20.57	John Murray	HTAC	28-05-2022
M	50-54	FREE	50	00:27.52	Eric Thornhill	UNMNS	27-04-2024
M	50-54	FREE	100	01:01.26	Peter Webster	Unatt	06-03-2006
M	50-54	FREE	200	02:16.21	Wade James	HALT	13-01-2013
M	50-54	FREE	400	04:54.20	Jason Krupp	HALT	09-02-2020
M	50-54	FREE	800	10:30.49	Wade James	HALT	30-11-2013
M	50-54	FREE	1500	20:01.51	Sandor Mathe	HALT	27-03-2010
M	50-54	BACK	50	00:35.62	Don MacLeod	DALM	27-03-2010
M	50-54	BACK	100	01:18.31	Don MacLeod	DalM	27-03-2010
M	50-54	BACK	200	02:51.45	Don MacLeod	DalM	27-03-2010
M	50-54	BREAST	50	00:34.27	Peter Webster	Unatt	06-03-2006
M	50-54	BREAST	100	01:15.18	Wade James	HALT	13-01-2013
M	50-54	BREAST	200	02:55.03	Peter Poulos	CBCC	29-01-2011
M	50-54	FLY	50	29.51	Jason Cross	HALT	29-04-2023
M	50-54	FLY	100	01:12.36	Wade James	HALT	20-04-2013
M	50-54	FLY	200	02:55.14	Sandor Mathe	HALT	27-03-2010
M	50-54	IM	100	01:08.44	Wade James	HALT	13-01-2013
M	50-54	IM	200	02:30.89	Wade James	HALT	16-03-2013
M	50-54	IM	400	05:43.90	Mike Brown	TRU	25-03-2006
M	55-59	FREE	50	00:29.07	Ken Smith	TRU	06-02-2006

M	55-59	FREE	100	01:05.23	Peter Poulos	CBCC	2013-01-13
M	55-59	FREE	200	02:21.70	Peter Poulos	CBCC	18-01-2014
M	55-59	FREE	400	05:06.57	Peter Poulos	CBCC	13-01-2013
M	55-59	FREE	800	10:36.28	Chuck Bezanson	HALT	26-05-2019
M	55-59	FREE	1500	20:24.57	Chuck Bezanson	HALT	26-05-2019
M	55-59	BACK	50	00:34.30	Dan Walmsley	Unatt	24-03-2007
M	55-59	BACK	100	01:16.91	Dan Walmsley	Unatt	24-03-2007
M	55-59	BACK	200	02:52.75	Dan Walmsley	Unatt	06-10-2006
M	55-59	BREAST	50	00:35.94	Peter Poulos	CBCC	13-01-2013
M	55-59	BREAST	100	01:19.35	Peter Poulos	CBCC	13-01-2013
M	55-59	BREAST	200	02:58.45	Mike Brown	TRU	29-01-2011
M	55-59	FLY	50	00:32.00	Nigel Kemp	HALT	01-05-2000
M	55-59	FLY	100	01:14.47	Mike Brown	TRU	20-05-2011
M	55-59	FLY	200	02:49.40	Mike Brown	TRU	22-05-2011
M	55-59	IM	100	01:15.69	Mike Brown	TRU	26-03-2011
M	55-59	IM	200	02:43.86	Mike Brown	TRU	20-05-2011
M	55-59	IM	400	05:42.20	Mike Brown	TRU	29-01-2011
M	60-64	FREE	50	00:29.56	Danny Walmsley	Shearwater	26-01-2008
M	60-64	FREE	100	1:06.51	Peter Poulos	CBCC	05-05-2018
M	60-64	FREE	200	2:25.03	Chuck Bezanson	HALT	09-02-2020
M	60-64	FREE	400	5:13.97	Chuck Bezanson	HALT	09-02-2020
M	60-64	FREE	800	10:53.38	Chuck Bezanson	HALT	10-02-2024
M	60-64	FREE	1500	21:07.52	Chuck Bezanson	HALT	21-10-2023
M	60-64	BACK	50	33.84	Danny Walmsley	UNAT	01-05-2009
M	60-64	BACK	100	01:14.92	Danny Walmsley	UNAT	01-05-2009
M	60-64	BACK	200	02:43.07	Danny Walmsley	UNAT	01-05-2009
M	60-64	BREAST	50	36.67	Peter Poulos	CBCC	05-05-2018
M	60-64	BREAST	100	1:20.98	Peter Poulos	CBCC	05-05-2018
M	60-64	BREAST	200	3:05.89	Peter Poulos	CBCC	10-02-2018
M	60-64	FLY	50	00:32.55	Nigel Kemp	HALT	05-05-2005
M	60-64	FLY	100	01:17.59	Nigel Kemp	HALT	05-05-2005
M	60-64	FLY	200	03:15.10	Freeman Churchill	HALT	15-05-2015
M	60-64	IM	100	01:15.92	Danny Walmsley	UNAT	31-10-2009
M	60-64	IM	200	02:49.23	Danny Walmsley	UNAT	01-05-2009
M	60-64	IM	400	06:21.53	Freeman Churchill	HALT	15-05-2015
M	65-69	FREE	50	30.25	John March	DALM	27-10-2018
M	65-69	FREE	100	01:08.83	Danny Walmsley	UNAT	12-04-2014
M	65-69	FREE	200	02:31.58	Peter Poulos	UNMNS	29-04-2023
M	65-69	FREE	400	05:20.87	Peter Poulos	UNMNS	29-04-2023
M	65-69	FREE	800	11:33.65	Freeman Churchill	HALT	05-05-2018
M	65-69	FREE	1500	21:58.33	Freeman Churchill	HALT	26-05-2019
M	65-69	BACK	50	00:35.65	Danny Walmsley	UNAT	08-11-2014
M	65-69	BACK	100	01:19.28	Danny Walmsley	UNAT	13-01-2013
M	65-69	BACK	200	02:41.39	John March	DALM	27-10-2018
M	65-69	BREAST	50	00:38.04	Peter Poulos	UNMNS	10-02-2024
M	65-69	BREAST	100	01:24.32	Peter Poulos	UNMNS	29-04-2023
M	65-69	BREAST	200	03:10.59	Peter Poulos	UNMNS	29-04-2023
M	65-69	FLY	50	31.86	John March	DALM	27-10-2018
M	65-69	FLY	100	01:23.23	Nigel Kemp	HALT	28-03-2009
M	65-69	FLY	200	03:22.61	Nigel Kemp	HALT	28-03-2009
M	65-69	IM	100	01:21.65	Danny Walmsley	UNAT	01-04-2014
M	65-69	IM	200	03:00.04	Danny Walmsley	UNAT	01-04-2014
M	65-69	IM	400	6:28.96	Freeman Churchill	HALT	05-05-2018
M	70-74	FREE	50	00:33.46	Graham Reynolds	CBCC	12-04-2014
M	70-74	FREE	100	01:19.21	Freeman Churchill	HALT	29-04-2023
M	70-74	FREE	200	02:52.78	Nigel Kemp	HALT	2014-05-16
M	70-74	FREE	400	05:57.71	Freeman Churchill	HALT	27-04-2024
M	70-74	FREE	800	12:37.20	Nigel Kemp	HALT	16-05-2014
M	70-74	FREE	1500	23:35.72	Freeman Churchill	HALT	10-02-2024
M	70-74	BACK	50	00:41.85	Nigel Kemp	HALT	24-01-2015
M	70-74	BACK	100	01:18.91	John March	HALT	21-10-2023
M	70-74	BACK	200	03:16.02	Freeman Churchill	HALT	10-02-2024
M	70-74	BREAST	50	00:44.23	John Farley	HV	01-05-2006
M	70-74	BREAST	100	01:39.94	John Farley	HV	01-05-2006
M	70-74	BREAST	200	03:41.79	John Farley	HV	06-03-2006
M	70-74	FLY	50	00:41.49	Nigel Kemp	HALT	2016-04-24
M	70-74	FLY	100	01:45.46	Nigel Kemp	HALT	2015-01-24
M	70-74	FLY	200	03:45.28	Nigel Kemp	HALT	16-05-2014
M	70-74	IM	100	01:31.89	Freeman Churchill	HALT	29-04-2023

M	70-74	IM	200	03:16.96	Freeman Churchill	HALT	29-04-2023
M	70-74	IM	400	07:33.40	Nigel Kemp	HALT	08-11-2014
M	75-79	FREE	50	36.65	Nigel Kemp	HALT	27-04-2019
M	75-79	FREE	100	01:24.89	Nigel Kemp	HALT	27-04-2019
M	75-79	FREE	200	03:03.03	Nigel Kemp	HALT	27-04-2019
M	75-79	FREE	400	06:33.46	Nigel Kemp	HALT	26-05-2019
M	75-79	FREE	800	13:54.01	Nigel Kemp	HALT	26-05-2019
M	75-79	FREE	1500	26:20.46	Nigel Kemp	HALT	26-05-2019
M	75-79	BACK	50	00:46.10	Nigel Kemp	HALT	10-02-2019
M	75-79	BACK	100	01:46.53	Nigel Kemp	UNAT	28-05-2022
M	75-79	BACK	200	03:48.29	Nigel Kemp	HALT	26-05-2019
M	75-79	BREAST	50	51.45	Eric Machum	HALT	29-04-2023
M	75-79	BREAST	100	02:01.55	John Tramble	Antigonish	29-01-2011
M	75-79	BREAST	200	04:14.90	Eric Machum	HALT	29-04-2023
M	75-79	FLY	50	00:47.71	Nigel Kemp	HALT	10-02-2019
M	75-79	FLY	100	01:57.19	Nigel Kemp	HALT	09-11-2019
M	75-79	FLY	200	04:04.18	Nigel Kemp	HALT	26-05-2019
M	75-79	IM	100	01:41.61	Nigel Kemp	HALT	27-04-2019
M	75-79	IM	200	3:45.47	Nigel Kemp	HALT	27-04-2019
M	75-79	IM	400	07:50.09	Nigel Kemp	HALT	26-05-2019
M	80-84	FREE	50	00:43.77	Nigel Kemp	HALT	27-04-2024
M	80-84	FREE	100	01:40.63	Nigel Kemp	HALT	27-04-2024
M	80-84	FREE	200	4:29.26	Peter Grant	TRU	05-05-2018
M	80-84	FREE	400	08:09.83	Ralph Davis	HALT	09-02-2020
M	80-84	FREE	800	18:20.84	Peter Grant	TRU	11-04-2015
M	80-84	FREE	1500	35:27.26	Peter Grant	TRU	24-01-2015
M	80-84	BACK	50	00:54.75	Nigel Kemp	HALT	27-04-2024
M	80-84	BACK	100	01:58.83	Nigel Kemp	HALT	27-04-2024
M	80-84	BACK	200	05:00.57	Peter Grant	TRU	21-01-2017
M	80-84	BREAST	50	01:08.14	Peter Grant	TRU	27-04-2019
M	80-84	BREAST	100	2:34.17	Peter Grant	TRU	05-05-2018
M	80-84	BREAST	200	5:31.52	Peter Grant	TRU	05-05-2018
M	80-84	FLY	50	00:55.55	Nigel Kemp	HALT	27-04-2024
M	80-84	FLY	100	03:10.18	Peter Grant	TRU	02-04-2016
M	80-84	FLY	200	06:57.13	Peter Grant	TRU	06-02-2016
M	80-84	IM	100	02:24.21	Peter Grant	TRU	29-04-2017
M	80-84	IM	200	05:09.99	Peter Grant	TRU	02-04-2016
M	80-84	IM	400	10:53.32	Peter Grant	TRU	09-05-2015
M	85-89	FREE	50	00:40.18	Mike Bidnock	DWMS	24-03-2007
M	85-89	FREE	800	23:06.82	Peter Grant	TRU	29-04-2023
M	85-89	FREE	1500	39:41.27	Peter Grant	TRU	22-05-2022
M	85-89	BACK	200	05:24.47	Peter Grant	TRU	22-05-2022
M	85-89	BREAST	50	01:23.00	Peter Grant	TRU	29-04-2023
M	85-89	BREAST	200	06:12.22	Peter Grant	TRU	22-05-2022
M	85-89	IM	400	12:43.99	Peter Grant	TRU	22-05-2022