

NORTH SHORE SWIMMING

RECORDS Long Course Records

LC Meters-Female

7 & U	50	Free	40.39	22-Nov-08	NSSAK	Bernadette G. Doyle at 2008 Junior Age Championships
	100	Free	1:35.92	10-Jun-17	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June
	200	Free	8:00.00	1-Jan-01		Standard
	400	Free	16:00.00	1-Jan-01		Standard
	800	Free	30:00.00	1-Jan-01		Standard
	1500	Free	50:00.00	1-Jan-01		Standard
	50	Back	47.22	26-Oct-08	NSSAK	Bernadette G. Doyle at WAQ 50's 2008
	100	Back	1:46.57	11-May-19	NSSAK	Sophia Z. Kivileva at 2019 Golden Homes Swimfest 11th May
	200	Back	8:00.00	1-Jan-01		Standard
	50	Breast	1:00.78	26-Oct-08	NSSAK	Bernadette G. Doyle at WAQ 50's 2008
	100	Breast	2:17.42	10-Jun-17	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June
	200	Breast	4:48.25	10-Jun-17	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June
	50	Fly	50.67	10-Jun-17	NSSAK	Kelly M. Bowman at 2017 Golden Homes Swimfest 10th June
	100	Fly	4:00.00	1-Jan-01		Standard
	200	Fly	8:00.00	1-Jan-01		Standard
	200	IM	8:00.00	1-Jan-01		Standard
	400	IM	16:00.00	1-Jan-01		Standard
8-8	50	Free	36.50	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	100	Free	1:19.69	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	200	Free	3:01.45	11-Oct-09	NSSAK	Bernadette G. Doyle at Level 2 October 2009
	400	Free	6:16.39	9-Aug-09	NSSAK	Bernadette G. Doyle at LME L2 9th Aug 2009
	800	Free	20:00.00	1-Jan-01		Standard
	1500	Free	40:00.00	1-Jan-01		Standard
	50	Back	40.96	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	100	Back	1:29.02	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	200	Back	3:07.51	12-Sep-09	NSSAK	Bernadette G. Doyle at WAQ Level 2 September 2009
	50	Breast	49.93	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	100	Breast	1:45.55	19-Aug-07	NSSAK	Katerina Kovalenko at WAQ Level 2 August
	200	Breast	3:48.77	12-Jul-07	NSSAK	Katerina Kovalenko at Hamilton Winter Meet
	50	Fly	41.29	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	100	Fly	1:38.63	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	200	Fly	6:00.00	1-Jan-01		Standard
	200	IM	3:15.95	21-Nov-09	NSSAK	Bernadette G. Doyle at 2009 Junior Age Championships
	400	IM	7:46.84	19-Sep-09	NSSAK	Bernadette G. Doyle at Waterhole 400s
9-9	50	Free	33.10	14-Dec-02	NSSAK- AK	Jessica AH KOY at AUCKLAND SWIMMING CHAMPS 12/U
	100	Free	1:16.16	26-Nov-10	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
	200	Free	2:52.16	9-Jul-10	NSSAK	Bernadette G. Doyle at Hamilton Winter Meet 2010
	400	Free	5:54.36 *	3-Nov-12	NSSAK	Astaria T. Teaukura at WATERHOLE 400S NOVEMBER 2012
	400	Free	5:54.36 *	3-Nov-12	NSSAK	Astaria T. TeAukura at WATERHOLE 400S NOVEMBER 2012
	800	Free	13:01.84	30-Jan-10	NSSAK	Bernadette G. Doyle at WAQ Last Chance Meet 2010
	1500	Free	40:00.00	1-Jan-01		Standard
	50	Back	38.58	22-Mar-03	NSSAK- AK	Courtney STEEL at Waikato 50m Sprints & Relay Championships
	100	Back	1:22.95	26-Nov-10	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
	200	Back	2:57.31	26-Nov-10	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
	50	Breast	47.16	17-Feb-07	NSSAK- AK	Charlotte L. O'Hara at 2007 NZ Junior Championships
	100	Breast	1:41.43	25-Aug-02	NSSAK- AK	Karen McKinnon at West Auckland Aquatics Level 2
	200	Breast	3:31.64	25-Aug-02	NSSAK- AK	Karen McKinnon at West Auckland Aquatics Level 2
	50	Fly	37.79	6-Nov-10	NSSAK	Bernadette G. Doyle at WAQ 50's Sprint Meet 2010
	100	Fly	1:25.46	26-Nov-10	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
	200	Fly	3:28.71	11-Jul-08	NSSAK- AK	Imogen Z. Pangalila at Hamilton Winter Meet 2008
	200	IM	3:06.74	26-Nov-10	NSSAK	Bernadette G. Doyle at 2010 Auckland Junior Invitational Meet
	400	IM	6:45.65	23-Jan-09	NSSAK	Imogen Z. Pangalila at 2009 CO Age Group Championships

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10-10	50	Free	31.63	13-Nov-04	NSSAK	Holly Thomas at Auckland Junior Championships
	100	Free	1:09.46	16-Feb-13	QESCB	Mine Z. Nel at State 2013 NZ Junior Championships
	200	Free	2:32.13	10-Feb-01		Jessie Blundell
	400	Free	5:23.01	6-Sep-01		Jessie Blundell
	800	Free	11:04.32	18-Nov-00		Jessie Blundell
	1500	Free	21:47.10	24-Jan-09	NSSAK	Ruth A. Palmer at WAQ Last Chance Meet 2008
	50	Back	36.00	21-Feb-09	NSSAK- AK	Annika J. Anderson at 2009 NZ Junior Championships
	100	Back	1:17.59	10-Feb-01	NSSAK	JESSIE L BLUNDELL at NZ Junior Championships 2001
	200	Back	2:41.95	10-Feb-01		Jessie Blundell
	50	Breast	41.09	16-Feb-08	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships
	100	Breast	1:29.14	16-Feb-08	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships
	200	Breast	3:14.08	16-Feb-08	NSSAK- AK	Charlotte L. O'Hara at 2008 NZ Junior Championships
	50	Fly	34.86	14-Aug-11	NSSAK	snz Tarrant at LME L2 Aug 2011
	100	Fly	1:15.29	25-Nov-11	NSSAK	Bernadette G. Doyle at 2011 Auckland Junior Invitational
	200	Fly	3:15.35	9-Jul-10	CSCAK- AK	Ella M. Drinnan at Hamilton Winter Meet 2010
	200	IM	2:51.38	25-Nov-11	NSSAK	Bernadette G. Doyle at 2011 Auckland Junior Invitational
	400	IM	6:16.96	23-May-09	NSSAK	Ellie C. Williams at LME L123 MAY 2009
11-11	50	Free	30.50	4-Sep-04	NSSAK- AK	Jessica AH KOY at 2004 North Shore Swim Club Level 2
	100	Free	1:04.82	19-Feb-11	NSSAK- AK	Yeonsu Z. Lee at 2011 NZ Junior Championships
	200	Free	2:20.61	19-Feb-11	NSSAK- AK	Yeonsu Z. Lee at 2011 NZ Junior Championships
	400	Free	5:01.66	30-Jan-10	NSSAK	Ruth A. Palmer at WAQ Last Chance Meet 2010
	800	Free	10:06.58	15-Dec-01	NSSAK	JESSIE L BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U
	1500	Free	20:08.29	1-Nov-09	NSSAK	Ruth A. Palmer at 2009 Distance & Reverse Distance Champs
	50	Back	34.07	21-Feb-09	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships
	100	Back	1:12.69	19-Jul-08	NSSAK	Roxanne Z. Adams at Waterhole Level 1
	200	Back	2:36.42	19-Jul-08	NSSAK	Roxanne Z. Adams at Waterhole Level 1
	50	Breast	36.98	17-Feb-07	NSSAK- AK	STACEY HUGHES at 2007 NZ Junior Championships
	100	Breast	1:21.74	21-Feb-09	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships
	200	Breast	2:53.24	21-Feb-09	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships
	50	Fly	32.24	14-Feb-14	QESCB	Mine Z. Nel at State 2014 NZ Junior Championships
	100	Fly	1:11.46	23-Nov-12	NSSAK- AK	Bernadette G. Doyle at 2012 Auckland Junior Invitational
	200	Fly	2:42.28	11-Jul-08	NSSAK- AK	Danielle B. Donaldson at Hamilton Winter Meet 2008
	200	IM	2:39.56	21-Feb-09	NSSAK- AK	Charlotte L. O'Hara at 2009 NZ Junior Championships
	400	IM	5:40.73	15-Dec-01	NSSAK	JESSIE L BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U
12-12	50	Free	28.56	17-Jun-19	NSSAK	Gabrielle A. Doyle at 2019 Aon NZ Open Championships
	100	Free	1:02.59	18-Feb-12	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships
	200	Free	2:13.69	21-Feb-09	NSSAK- AK	Roxanne Z. Adams at 2009 NZ Junior Championships
	400	Free	4:41.65	21-Feb-09	NSSAK- AK	Roxanne Z. Adams at 2009 NZ Junior Championships
	800	Free	9:49.08	14-Dec-02	NSSAK- AK	Jessie BLUNDELL at AUCKLAND SWIMMING CHAMPS 12/U
	1500	Free	19:06.71	3-Dec-10	NSSAK	Ruth A. Palmer at 2010 Auckland Distance and Relay Championship
	50	Back	32.17	17-Jun-19	NSSAK	Gabrielle A. Doyle at 2019 Aon NZ Open Championships
	100	Back	1:08.71	5-Jul-03	NSSAK- AK	Jessie BLUNDELL at Thuringen State Championships
	200	Back	2:25.68	2-Mar-03	NSSAK	Jessie BLUNDELL at National Age Group Championship 2003
	50	Breast	35.18	21-Nov-09	NSSAK	Charlotte L. O'Hara at 2009 Junior Age Championships
	100	Breast	1:17.39	5-Mar-02	NSSAK	Rachel K AH Koy at New Zealand Age Groups
	200	Breast	2:44.69	5-Mar-02	NSSAK	Rachel K AH Koy at New Zealand Age Groups
	50	Fly	30.58	19-Mar-21	NSSAK	Ania Z. Maritz at 2021 ASA Age Group Championships
	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	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships
	400	IM	5:21.44	18-Feb-12	NSSAK- AK	Yeonsu Z. Lee at State 2012 NZ Junior Championships
13-13	50	Free	27.79	17-Apr-18	NSSAK	Zoe D. Crawford at 2018 NZ Age Group Championships

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13-13	100	Free	59.76	16-Apr-19	NSSAK	Summer D. Osborne at 2019 NZ Age Group Championships
	200	Free	2:08.92	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
	400	Free	4:30.41	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
	800	Free	9:17.38	11-Aug-01	NSSAK	Brooke Jackson at Parnell Breville L1
	1500	Free	18:39.25	11-Nov-12	NSSAK	Ella G. Cripps at Level 1
	50	Back	31.62	29-Apr-14	CSSAK- AK	Victoria A. McTeigue at Mayfair Pools 2014 NZ Age Group Championships
	100	Back	1:07.84	2-Mar-04	NSSAK- AK	Jessie BLUNDELL at National Age Group Championship 2004
	200	Back	2:23.54	1-Sep-01	NSSAK- AK	Brooke Jackson at Auckland Winter Championships
	50	Breast	33.76	2-Mar-03	NSSAK	Rachel AH KOY at National Age Group Championship 2003
	100	Breast	1:15.49	9-Jan-03	NSS- AK	Rachel AH KOY at Auckland Age Group Championships
	200	Breast	2:40.23	1-Dec-06	NSSAK	Chloe E. Francis at 2006 Auckland Age Group Championships
	50	Fly	29.47	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
	100	Fly	1:04.11	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
	200	Fly	2:23.82	7-Dec-12	NSSAK	Yeonsu Z. Lee at 2012 Auckland Age Groups Invitational
	200	IM	2:25.10	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
	400	IM	5:06.23	26-Feb-13	NSSAK- AK	Yeonsu Z. Lee at Mayfair Pools 2013 NZ Age Group Championships
14-14	50	Free	27.50	19-Apr-21	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships
	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	NSSAK	Monique Z. King at WAQ Level 1 September 2010
	50	Back	30.38	19-Apr-21	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships
	100	Back	1:04.41	17-Dec-19	NSSAK	Zoe D. Crawford at 2020 Victorian Age Championships
	200	Back	2:20.75	10-Apr-00		Melissa Ingram
	50	Breast	33.20	17-Jun-19	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships
	100	Breast	1:11.28	17-Jun-19	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships
	200	Breast	2:34.54	17-Jun-19	NSSAK	Melissa L. Cowen at 2019 Aon NZ Open Championships
	50	Fly	29.23	14-Mar-00		Natalie Bernard
	100	Fly	1:04.15	16-Feb-14	NSSAK- AK	Yeonsu Z. Lee at Roskill Level 1 + 2 Feb 16th 2014
	200	Fly	2:20.55	30-Mar-00	NSSAK	NATALIE Z BERNARD at NZ OPEN CHAMPS 2000
	200	IM	2:23.73	19-Apr-21	NSSAK	Gabrielle A. Doyle at 2021 NZ National Age Group Championships
	400	IM	5:04.83	23-Apr-02	NSSAK- AK	Brooke JACKSON at 2002 NZ Opens
15-15	50	Free	26.27	19-Apr-21	NSSAK	Summer D. Osborne at 2021 NZ National Age Group Championships
	100	Free	57.06	2-Jul-18	NSSAK	Amadika Z. Atkinson at 2018 NZ Open Championships
	200	Free	2:02.77	2-Jul-18	NSSAK	Amadika Z. Atkinson at 2018 NZ Open Championships
	400	Free	4:21.62	8-Jan-09	NSSAK	Chloe E. Francis at 2009 Junior Pan Pacific Championships
	800	Free	8:56.89	3-Mar-09	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships
	1500	Free	17:28.82	21-Oct-00		Melissa Ingram
	50	Back	30.12	19-Apr-21	NSSAK	Summer D. Osborne at 2021 NZ National Age Group Championships
	100	Back	1:04.12	19-Apr-21	NSSAK	Summer D. Osborne at 2021 NZ National Age Group Championships
	200	Back	2:16.25	19-Apr-01		Melissa Ingram
	50	Breast	33.52	3-Mar-09	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships
	100	Breast	1:11.47	6-Mar-20	NSSAK	Melissa L. Cowen at 2020 ASA Age Group Championships
	200	Breast	2:32.64	9-Dec-20	NSSAK	Melissa L. Cowen at 2020 ASA Open Championships
	50	Fly	28.47	5-Apr-21	NSSAK	Summer D. Osborne at 2021 Aon New Zealand Swimming Championships
	100	Fly	1:02.50	12-Mar-15	NSSAK	Yeonsu Z. Lee at 2015 Auckland Open Championships
	200	Fly	2:15.13	8-Feb-15	NSSAK	Yeonsu Z. Lee at 2015 Zonal Championships
	200	IM	2:19.58	3-Mar-09	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships
	400	IM	4:56.59	3-Mar-09	NSSAK- AK	Chloe E. Francis at 2009 New Zealand Age Group Championships
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	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha

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16-16	400	Free	4:14.45	2-Mar-10	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha
	800	Free	8:43.25	9-Apr-12	NSSAK	Tabitha A. Baumann at 2012 Australian Age Championships
	1500	Free	17:18.00	23-Apr-02	NSSAK- AK	Melissa INGRAM at 2002 NZ Opens
	50	Back	29.91	6-Mar-12	NSSAK- AK	Tirol G. Palmer at Mayfair Pools 2012 New Zealand Age Group Cha
	100	Back	1:03.72	10-Apr-00	NSSAK	MONIQUE R ROBINS at AUSTRALIAN AGE
	200	Back	2:14.32	1-Sep-01	NSSAK- AK	Melissa INGRAM at Auckland Winter Championships
	50	Breast	32.73	5-Apr-21	NSSAK	Melissa L. Cowen at 2021 Aon New Zealand Swimming Championships
	100	Breast	1:12.21	2-Mar-10	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha
	200	Breast	2:34.97	19-Apr-21	NSSAK	Melissa L. Cowen at 2021 NZ National Age Group Championships
	50	Fly	27.94	30-Mar-00		Monique Robins
	100	Fly	1:02.44	13-Feb-16	AQKNT	Yeonsu Z. Lee at 2016 Zonal Championships
	200	Fly	2:17.26	14-Apr-15	NSSAK- AK	Yeonsu Z. Lee at 2015 NZ Open Championships
	200	IM	2:16.99	2-Mar-10	NSSAK- AK	Chloe E. Francis at Mayfair Pools 2010 New Zealand Age Group Cha
	400	IM	4:58.49	27-Jul-78		Monique Rodalh
17-17	50	Free	26.39	11-Jan-01		Monique Robins
	100	Free	57.25	11-Jan-01		Monique Robins
	200	Free	2:01.73	7-Dec-12	NSSAK	Tabitha A. Baumann at 2012 Auckland Age Groups Invitational
	400	Free	4:12.99	7-Dec-12	NSSAK	Tabitha A. Baumann at 2012 Auckland Age Groups Invitational
	800	Free	8:45.28	26-Feb-13	NSSAK- AK	Tabitha A. Baumann at Mayfair Pools 2013 NZ Age Group Championships
	1500	Free	16:46.83	17-Mar-13	NSSAK- AK	Tabitha A. Baumann at State 2013 NZ Open Championships
	50	Back	29.61	12-May-00		Monique Robins
	100	Back	1:03.22	19-Jul-02	NSS- AK	Melissa INGRAM at Comenwealth Games
	200	Back	2:14.30	19-Jul-02	NSSAK- AK	Melissa INGRAM at Comenwealth Games
	50	Breast	33.10	7-Dec-17	NSSAK	Victoria A. McTeigue at 2017 ASA Age Group Championships
	100	Breast	1:11.87	7-Dec-17	NSSAK	Victoria A. McTeigue at 2017 ASA Age Group Championships
	200	Breast	2:36.70	3-Apr-11	NSSAK- AK	Chloe E. Francis at State Insurance 2011 NZ Open Championships
	50	Fly	28.03	21-Mar-17	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships
	100	Fly	1:01.05	21-Mar-17	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships
	200	Fly	2:14.39	21-Mar-17	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Age Group Championships
	200	IM	2:18.03	3-Apr-11	NSSAK- AK	Chloe E. Francis at State Insurance 2011 NZ Open Championships
	400	IM	4:58.07	26-Feb-13	NSSAK- AK	Tabitha A. Baumann at Mayfair Pools 2013 NZ Age Group Championships
18-18	50	Free	25.70	25-Mar-08	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials
	100	Free	55.30	25-Mar-08	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials
	200	Free	2:01.42	25-Mar-08	NSSAK- AK	Hayley Z. Palmer at Absolute Insurance 2008 Olympic Trials
	400	Free	4:21.30	6-Mar-14	NSSAK	Monique Z. King at 2014 Auckland Open Championships
	800	Free	8:56.15	6-Mar-14	NSSAK	Monique Z. King at 2014 Auckland Open Championships
	1500	Free	16:58.62	8-Apr-14	NSSAK- AK	Monique Z. King at State 2014 NZ Open Championships
	50	Back	28.88	17-Jun-19	NSSAK	Gina M. Galloway at 2019 Aon NZ Open Championships
	100	Back	1:01.47	17-Jun-19	NSSAK	Gina M. Galloway at 2019 Aon NZ Open Championships
	200	Back	2:12.65	4-Jul-08	NZL	Penelope M. Marshall at 2008 Telstra Grand Prix 2
	50	Breast	33.43	5-Jan-99		Jolie Workman
	100	Breast	1:11.88	22-Aug-99		Jolie Workman
	200	Breast	2:35.36	23-Feb-12	NSSAK	Chloe E. Francis at 2012 Auckland Open Championships
	50	Fly	27.71	3-Apr-17	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Open Championships
	100	Fly	1:01.24	3-Apr-17	NSSAK- AK	Yeonsu Z. Lee at 2017 NZ Open Championships
	200	Fly	2:17.58	7-Dec-17	NSSAK	Yeonsu Z. Lee at 2017 ASA Age Group Championships
	200	IM	2:17.72	10-Feb-12	NSSAK- AK	Chloe E. Francis at 2012 NSW State Open Championships Without MC
	400	IM	4:56.53	17-Jun-19	NSSAK	Mya R. Rasmussen at 2019 Aon NZ Open Championships
Open	50	Free	25.01	5-Oct-10	NSSAK	Hayley Z. Palmer at Commonwealth Games
	100	Free	53.91	30-Jul-09	NSSAK	Hayley Z. Palmer at 13th FINA World Championships - Rome
	200	Free	1:57.72	24-Jul-11	NSSAK- AK	Lauren M. Boyle at 14th FINA World Championships
	400	Free	4:03.63	28-Jul-12	NZL	Lauren M. Boyle at 2012 London Olympics
	800	Free	8:18.58	20-Jul-13	NZL	Lauren M. Boyle at 2013 FINA World Championships

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Open	1500	Free	15:44.71	20-Jul-13	NZL	Lauren M. Boyle at 2013 FINA World Championships
	50	Back	28.39	5-Apr-10	NSSAK- AK	Emily G. Thomas at 2010 NZ Open Championships
	100	Back	1:00.22	12-Dec-09	SEN	Emily G. Thomas at 2009 Zoggs QLD Swimming Championships
	200	Back	2:09.13	12-Dec-09	SEN	Melissa INGRAM at 2009 Zoggs QLD Swimming Championships
	50	Breast	32.85	19-Apr-21	NSSAK	Melissa L. Cowen at 2021 NZ National Age Group Championships
	100	Breast	1:11.88	22-Aug-99		Jolie Workman (13/2/81)
	200	Breast	2:34.40	22-Jun-10	NSSAK	Grace E. Francis at Oceania Championship
	50	Fly	26.64	8-Apr-14	NSSAK- AK	Laura G. Quilter at State 2014 NZ Open Championships
	100	Fly	59.83	21-Jun-16	NZL	Helena D. Gasson at 11th Oceania Swimming Championships
	200	Fly	2:10.98	4-Mar-16	NZL	Helena D. Gasson at 2016 NSW State Open Championships
	200	IM	2:14.00	25-Mar-08	NSSAK- AK	Helen Norfolk at Absolute Insurance 2008 Olympic Trials
	400	IM	4:39.07	25-Mar-08	NSSAK- AK	Helen Norfolk at Absolute Insurance 2008 Olympic Trials

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RECORDS Long Course Records

LC Meters-Male

7 & U	50	Free	40.84	*	31-Jul-10	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010
	50	Free	40.84	*	31-Jul-10	NSSAK	Sungju J. Kim at WAQ July Level 2 2010
	100	Free	1:28.84	*	22-Jan-10	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships
	100	Free	1:28.84	*	22-Jan-10	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships
	200	Free	3:31.58		23-Jan-09	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships
	400	Free	6:36.99	*	31-Jul-10	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010
	400	Free	6:36.99	*	31-Jul-10	NSSAK	Sungju J. Kim at WAQ July Level 2 2010
	800	Free	30:00.00		1-Jan-01		Standard
	1500	Free	50:00.00		1-Jan-01		Standard
	50	Back	49.38	*	22-Jan-10	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships
	50	Back	49.38	*	22-Jan-10	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships
	100	Back	1:36.50	*	22-Jan-10	NSSAK	Sungju Z. Kim at 2010 CO Age Group Championships
	100	Back	1:36.50	*	22-Jan-10	NSSAK	Sungju J. Kim at 2010 CO Age Group Championships
	200	Back	3:16.81	*	31-Jul-10	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010
	200	Back	3:16.81	*	31-Jul-10	NSSAK	Sungju J. Kim at WAQ July Level 2 2010
	50	Breast	57.08		2-Jul-16	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016
	100	Breast	2:13.32		23-Jan-09	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships
	200	Breast	4:34.22		23-Jan-09	NSSAK	Kieran Z. Pangalila at 2009 CO Age Group Championships
	50	Fly	49.42		2-Jul-16	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016
	100	Fly	1:53.93		2-Jul-16	NSSAK	Harira Z. Won at Golden Homes North Shore Swim Fest 2016
	200	Fly	8:00.00		1-Jan-01		Standard
	200	IM	3:31.53	*	31-Jul-10	NSSAK	Sungju Z. Kim at WAQ July Level 2 2010
	200	IM	3:31.53	*	31-Jul-10	NSSAK	Sungju J. Kim at WAQ July Level 2 2010
	400	IM	16:00.00		1-Jan-01		Standard
8-8	50	Free	37.65	*	27-Jan-11	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
	50	Free	37.65	*	27-Jan-11	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011
	100	Free	1:21.97		4-Dec-20	NSSAK	Grayson A. Coulter at NSS Golden Homes Sprints & Skins
	200	Free	3:07.99		27-Jan-11	NSSAK	Ky A. Codd at Anthony Mosse Classic 2011
	400	Free	6:11.65	*	31-Oct-10	NSSAK	Sungju Z. Kim at Waterhole 400's
	400	Free	6:11.65	*	31-Oct-10	NSSAK	Sungju J. Kim at Waterhole 400's
	800	Free	20:00.00		1-Jan-01		Standard
	1500	Free	40:00.00		1-Jan-01		Standard
	50	Back	40.75	*	27-Jan-11	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011
	50	Back	40.75	*	27-Jan-11	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
	100	Back	1:26.04	*	19-Feb-11	NSSAK- AK	Sungju J. Kim at 2011 NZ Junior Championships
	100	Back	1:26.04	*	19-Feb-11	NSSAK- AK	Sungju Z. Kim at 2011 NZ Junior Championships
	200	Back	3:01.90	*	27-Jan-11	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
	200	Back	3:01.90	*	27-Jan-11	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011
	50	Breast	49.13		21-Nov-09	NSSAK	Bailey H. Wang at 2009 Junior Age Championships
	100	Breast	1:43.63	*	27-Jan-11	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
	100	Breast	1:43.63	*	27-Jan-11	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011
	200	Breast	3:47.88		30-Jan-10	NSSAK	Bailey H. Wang at WAQ Last Chance Meet 2010
	50	Fly	40.42		27-Jan-11	NSSAK	Ky A. Codd at Anthony Mosse Classic 2011
	100	Fly	1:38.87		10-Jun-17	NSSAK	Harira Z. Won at 2017 Golden Homes Swimfest 10th June
	200	Fly	6:00.00		1-Jan-01		Standard
	200	IM	3:12.23	*	27-Jan-11	NSSAK	Sungju Z. Kim at Anthony Mosse Classic 2011
	200	IM	3:12.23	*	27-Jan-11	NSSAK	Sungju J. Kim at Anthony Mosse Classic 2011
	400	IM	10:00.00		1-Jan-01		Standard
9-9	50	Free	32.80		6-Dec-19	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships
	100	Free	1:12.37		6-Dec-19	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships
	200	Free	2:38.64		6-Dec-19	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships
	400	Free	5:36.12		25-Jan-02	NSSAK	CRAIG W HUSTLER at 2002 COUNTIES MANUKAU CHAMPION

NORTH SHORE SWIMMING

RECORDS Long Course Records

9-9	800	Free	12:55.29	24-Jan-09	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008
	1500	Free	24:51.56	24-Jan-09	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008
	50	Back	37.51	6-Dec-19	NSSAK	Jiahn Z. Park at 2019 ASA Junior Championships
	100	Back	1:19.85	15-Sep-13	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1
	200	Back	2:52.24 *	18-Feb-12	NSSAK- AK	Sungju J. Kim at State 2012 NZ Junior Championships
	200	Back	2:52.24 *	18-Feb-12	NSSAK- AK	Sungju Z. Kim at State 2012 NZ Junior Championships
	50	Breast	41.72	9-Dec-20	NSSAK	Henry Z. Wang at 2020 ASA Open Chanpionships
	100	Breast	1:31.09	9-Dec-20	NSSAK	Henry Z. Wang at 2020 ASA Open Chanpionships
	200	Breast	3:19.02	28-Oct-17	NSSAK	Joseph J. Shin at October level 1 and 2 combined
	50	Fly	33.74	15-Sep-13	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1
	100	Fly	1:20.83	15-Sep-13	NSSAK	Andy Z. Cheong at 2013 Onehunga Level 1
	200	Fly	3:41.44	24-Jan-09	NSSAK	Joshua M. Brown at WAQ Last Chance Meet 2008
	200	IM	2:55.06 *	25-Nov-11	NSSAK	Sungju Z. Kim at 2011 Auckland Junior Invitational
	200	IM	2:55.06 *	25-Nov-11	NSSAK	Sungju J. Kim at 2011 Auckland Junior Invitational
	400	IM	7:04.92	5-Apr-09	NSSAK	Joshua M. Brown at WAQ Level 2 April 2009
10-10	50	Free	31.63	8-Feb-02	NSSAK- AK	Matthew Williams at NZ Junior Championships 2003
	100	Free	1:09.80	8-Feb-03	NSSAK	Craig HUSTLER at NZ Junior Championships 2003
	200	Free	2:29.37 *	23-Nov-12	NSSAK- AK	Sungju Z. Kim at 2012 Auckland Junior Invitational
	200	Free	2:29.37 *	23-Nov-12	NSSAK- AK	Sungju J. Kim at 2012 Auckland Junior Invitational
	400	Free	5:18.50 *	3-Nov-12	NSSAK	Sungju Z. Kim at WATERHOLE 400S NOVEMBER 2012
	400	Free	5:18.50 *	3-Nov-12	NSSAK	Sungju J. Kim at WATERHOLE 400S NOVEMBER 2012
	800	Free	11:10.43	30-Oct-99	NSSAK	NICHOLAS J ROLFE at ONEHUNGA LEVEL 1/2
	1500	Free	20:56.85	17-Jul-99	NSSAK	Nicholas Rolfe
	50	Back	35.91	22-Nov-13	NSSAK	Andy Z. Cheong at 2013 ASA Junior Champs/Invitational Auckland
	100	Back	1:16.00	21-Sep-14	NSSAK- AK	Andy Z. Cheong at 2014 United Level 1
	200	Back	2:41.02	21-Sep-14	NSSAK- AK	Andy Z. Cheong at 2014 United Level 1
	50	Breast	39.70	13-Dec-03	NSSAK- AK	Jaeyoon Y. Lee at 2004-AK Junior-Age-Championships
	100	Breast	1:27.48 *	23-Nov-12	NSSAK- AK	Sungju Z. Kim at 2012 Auckland Junior Invitational
	100	Breast	1:27.48 *	23-Nov-12	NSSAK- AK	Sungju J. Kim at 2012 Auckland Junior Invitational
	200	Breast	3:02.10 *	16-Feb-13	NSSAK- AK	Sungju Z. Kim at State 2013 NZ Junior Championships
	200	Breast	3:02.10 *	16-Feb-13	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships
	200	Breast	3:02.10 *	16-Feb-13	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships
	50	Fly	34.20	14-Feb-14	NSSAK- AK	Andy Z. Cheong at State 2014 NZ Junior Championships
	100	Fly	1:18.64	22-Jul-99		Nickolas Rolfe
	200	Fly	3:09.87	14-Nov-10	NSSAK	Leo J. Chow at 2010 Onehunga Level 2
	200	IM	2:45.10 *	16-Feb-13	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships
	200	IM	2:45.10 *	16-Feb-13	NSSAK- AK	Sungju Z. Kim at State 2013 NZ Junior Championships
	200	IM	2:45.10 *	16-Feb-13	NSSAK- AK	Sungju J. Kim at State 2013 NZ Junior Championships
	400	IM	6:05.66	4-Nov-18	NSSAK	Joseph J. Shin at Whl 400 plus and 50 meet
11-11	50	Free	28.97	7-Dec-18	NSSAK	Matthew X. Zheng at 2018 ASA Junior Championships
	100	Free	1:01.09	4-Apr-83		Nickolas Sanders
	200	Free	2:16.09	12-Jan-90		Lee Burrow
	400	Free	4:48.42	12-Jan-90		Lee Burrow
	800	Free	9:23.70	30-Nov-02	NSS- AK	Eric ABBA at Waterhole 400 + Meet
	1500	Free	19:42.54	21-Oct-00		Nickolas Rolfe
	50	Back	32.62	7-Dec-18	NSSAK	Matthew X. Zheng at 2018 ASA Junior Championships
	100	Back	1:09.58	23-Jul-83		Nickolas Sanders
	200	Back	2:35.62	20-Feb-15	NSSAK- AK	Andy Z. Cheong at 2015 NZ Junior Championships
	50	Breast	36.18	10-Jun-17	NSSAK	Daniel X. Zheng at 2017 Golden Homes Swimfest 10th June
	100	Breast	1:20.48	9-Dec-20	NSSAK	Tae Gyung Z. Yoon at 2020 ASA Open Chanpionships
	200	Breast	2:51.03	22-Mar-14	WAQAK- AK	Sungju J. Kim at 2014 Northern Zone Junior Meet
	50	Fly	31.44	10-Jun-17	NSSAK	Daniel X. Zheng at 2017 Golden Homes Swimfest 10th June
	100	Fly	1:12.73	20-Feb-15	NSSAK- AK	Andy Z. Cheong at 2015 NZ Junior Championships
	200	Fly	2:41.99	15-Apr-04	NSSAK- AK	Sam Robinson at 2004 Division II Comp

NORTH SHORE SWIMMING

RECORDS Long Course Records

11-11	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	NSSAK	Daniel X. Zheng at 2018 Golden Homes Swimfest 12th May
	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	NSSAK- AK	Krishna TORVI at Waterhole 400 50+ Meet
	1500 Free	17:53.17	4-Apr-98		Peter Mullins
	50 Back	30.78	10-Jul-15	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015
	100 Back	1:05.20	10-Jul-15	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015
	200 Back	2:21.71	10-Jul-15	NSSAK	Ra'eez M. Warley at Hamilton Winter Meet 2015
	50 Breast	34.20	3-Mar-94		Brad Herring
	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	NSSAK	Daniel X. Zheng at 2018 Golden Homes Swimfest 12th May
	100 Fly	1:06.14	11-Jan-94		Lee Burrow
	200 Fly	2:27.38	23-May-09	NSSAK	Jacob T. Garrod at LME L123 MAY 2009
	200 IM	2:25.51	3-Mar-91		Lee Burrow
	400 IM	5:13.52	1-Nov-14	WAQAK- AK	Sungju J. Kim at Waterhole 400 meet 2014
13-13	50 Free	25.67	16-Apr-19	NSSAK	Daniel X. Zheng at 2019 NZ Age Group Championships
	100 Free	55.14	3-Mar-86		John Steel
	200 Free	2:05.33	9-Dec-16	NSSAK	Samuel E. Poching at 2016 ASA Age Group Champs
	400 Free	4:20.14	3-Mar-86		John Steel
	800 Free	9:21.18	1-May-99		Peter Mullins at CL II Meet 1
	1500 Free	16:47.69	17-Jan-99		Peter Mullins
	50 Back	29.53	18-Apr-16	NSSAK- AK	Ra'eez M. Warley at 2016 NZ Age Group Championships
	100 Back	1:01.87	3-Mar-16	NSSAK	Ra'eez M. Warley at 2016 ASA Opens
	200 Back	2:14.49	18-Apr-16	NSSAK- AK	Ra'eez M. Warley at 2016 NZ Age Group Championships
	50 Breast	31.63	6-Mar-20	NSSAK	Benson Z. Li at 2020 ASA Age Group Championships
	100 Breast	1:09.80	18-Apr-16	NSSAK- AK	Sungju J. Kim at 2016 NZ Age Group Championships
	200 Breast	2:31.18	18-Apr-16	NSSAK- AK	Sungju J. Kim at 2016 NZ Age Group Championships
	50 Fly	26.83	18-Aug-12	NSSAK	Koene Z. Smit at 2012 Onehunga Level 1
	100 Fly	1:01.21	4-Apr-86		John Steel
	200 Fly	2:20.71	19-Apr-21	NSSAK	Liam C. Vogel at 2021 NZ National Age Group Championships
	200 IM	2:17.61	3-Mar-85		Nickolas Sanders
	400 IM	4:55.92	18-Apr-16	NSSAK- AK	Hunter J. Garrod at 2016 NZ Age Group Championships
14-14	50 Free	24.99	1-May-99		Mark Herring at CL II Meet 1
	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	NSSAK- AK	Flynn S. Jones at Mayfair Pools 2014 NZ Age Group Championships
	800 Free	9:07.17	11-Feb-17	NSSAK	Blair L. Helms at 2017 Zonal Championships
	1500 Free	16:37.28	6-Jan-00		Peter Mullins
	50 Back	28.16	2-Jul-18	NSSAK	Cameron J. Gray at 2018 NZ Open Championships
	100 Back	59.95	7-Dec-17	NSSAK	Samuel E. Poching at 2017 ASA Age Group Championships
	200 Back	2:09.75	2-Jul-18	NSSAK	Cameron J. Gray at 2018 NZ Open Championships
	50 Breast	30.66	18-Apr-16	NSSAK- AK	Matthew G. Holder at 2016 NZ Age Group Championships
	100 Breast	1:07.99	18-Apr-16	NSSAK- AK	Matthew G. Holder at 2016 NZ Age Group Championships
	200 Breast	2:29.73	5-Mar-02	NSS- AK	Glenn SNYDERS at New Zealand Age Groups
	50 Fly	26.23	4-Apr-87		John Steel
	100 Fly	1:00.56	21-Nov-20	NSSAK	Ivan Z. Lu at Mt Eden L1 & L2 Swim Meet
	200 Fly	2:13.95	17-Apr-18	NSSAK	Andy Z. Cheong at 2018 NZ Age Group Championships
	200 IM	2:12.15	4-Apr-93		Lee Burrow
	400 IM	4:45.75	4-Apr-93		Lee Burrow

NORTH SHORE SWIMMING**RECORDS Long Course Records**

15-15	50	Free	23.08	2-Jul-18	NSSAK	Michael J. Pickett at 2018 NZ Open Championships
	100	Free	50.61	2-Jul-18	NSSAK	Michael J. Pickett at 2018 NZ Open Championships
	200	Free	1:52.19	15-Apr-93		John Steel
	400	Free	4:09.81	25-Mar-08	NSSAK- AK	Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	800	Free	8:40.33	25-Mar-08		Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	1500	Free	16:18.02	25-Mar-08	NSSAK- AK	Sam ROBINSON at Absolute Insurance 2008 Olympic Trials
	50	Back	26.57	17-Jun-19	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	100	Back	57.12	17-Jun-19	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	200	Back	2:05.33	17-Jun-19	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	50	Breast	30.44	17-Jan-03	NSSAK	Glenn SNYDERS at 13-19/O Age & Open Championships
	100	Breast	1:05.77	17-Jan-03	NSS- AK	Glenn SNYDERS at 2003 13-19/O AGE & OPEN CHAMPS
	200	Breast	2:22.14	14-Jan-03	NSSAK	Glenn SNYDERS at 13-19/O Age & Open Championships
	50	Fly	25.09	17-Jun-19	NSSAK	Cameron J. Gray at 2019 Aon NZ Open Championships
	100	Fly	58.80	22-May-19	NSSAK	Cameron J. Gray at 2019 ASA Open Championships
	200	Fly	2:07.48	6-Apr-88		John Munro
	200	IM	2:09.97	9-Apr-08	L1	Mitchell M. Donaldson at 2008 Australian Age Championships
	400	IM	4:34.76	4-Feb-88		John Munro
16-16	50	Free	22.34	17-Jun-19	NSSAK	Michael J. Pickett at 2019 Aon NZ Open Championships
	100	Free	50.39	16-Apr-19	NSSAK	Michael J. Pickett at 2019 NZ Age Group Championships
	200	Free	1:51.81	1-Aug-89		John Steel
	400	Free	4:00.66	13-Apr-09	NZL	Mitchell M. Donaldson at 2009 Australian Age Championships
	800	Free	8:31.60	1-Apr-09	NSSAK- AK	Sam ROBINSON at 2009 NZ Open Championships
	1500	Free	15:53.58	25-Mar-12	NSSAK- AK	Mathew Z. Myers at State Insurance 2012 NZ Open Championships
	50	Back	26.83	9-Sep-16	AGHS- CB	Finn A. Kennard-Campbell at 2016 NZ Secondary Schools Championships
	100	Back	57.14	17-Dec-19	NSSAK	Cameron J. Gray at 2020 Victorian Age Championships
	200	Back	2:03.71	4-Apr-78		Gary Hurring
	50	Breast	29.83	31-Mar-04	NSSAK- AK	Glenn SNYDERS at NZ Open Championships 2004
	100	Breast	1:05.00	26-Feb-13	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2013 NZ Age Group Championships
	200	Breast	2:19.87	26-Feb-13	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2013 NZ Age Group Championships
	50	Fly	24.21	2-Mar-03	NSSAK	Corney Swanepoel at National Age Group Championship 2003
	100	Fly	53.49	2-Mar-03	NSSAK	Corney Swanepoel at National Age Group Championship 2003
	200	Fly	2:03.25	29-Apr-14	NSSAK- AK	Wilrich L. Coetzee at Mayfair Pools 2014 NZ Age Group Championships
	200	IM	2:04.59	8-Jan-09	NSSAK	Mitchell M. Donaldson at 2009 Junior Pan Pacific Championships
	400	IM	4:25.87	8-Jan-09	NSSAK	Mitchell M. Donaldson at 2009 Junior Pan Pacific Championships
17-17	50	Free	22.46	20-Aug-19	NSSAK	Michael J. Pickett at FINA World Junior Championships 2019
	100	Free	50.47	20-Aug-19	NSSAK	Michael J. Pickett at FINA World Junior Championships 2019
	200	Free	1:54.67	3-Apr-17	NSSAK- AK	Callum J. Prime at 2017 NZ Open Championships
	400	Free	4:02.13	5-Apr-10	NSSAK- AK	Sam ROBINSON at 2010 NZ Open Championships
	800	Free	8:22.42	5-Apr-10	NSSAK- AK	Sam ROBINSON at 2010 NZ Open Championships
	1500	Free	15:47.25	26-Feb-13	NSSAK- AK	Mathew Z. Myers at Mayfair Pools 2013 NZ Age Group Championships
	50	Back	26.14	3-Apr-17	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Open Championships
	100	Back	55.95	21-Mar-17	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Age Group Championships
	200	Back	2:04.40	3-Apr-17	NSSAK- AK	Finn A. Kennard-Campbell at 2017 NZ Open Championships
	50	Breast	29.02	21-Aug-04	NSSAK	Glenn SNYDERS at NZ International Trials 2004
	100	Breast	1:03.38	21-Aug-04	NSSAK	Glenn SNYDERS at NZ International Trials 2004
	200	Breast	2:17.02	29-Apr-14	NSSAK- AK	Jacob T. Garrod at Mayfair Pools 2014 NZ Age Group Championships
	50	Fly	23.99	2-Mar-04	NSSAK- AK	Corney Swanepoel at National Age Group Championship 2004
	100	Fly	52.50	31-Mar-04	NSSAK- AK	Corney Swanepoel at NZ Open Championships 2004
	200	Fly	2:02.50	5-May-15	NSSAK- AK	Wilrich L. Coetzee at 2015 NZ Age Group Championships
	200	IM	2:05.09	14-Apr-15	NSSAK- AK	Wilrich L. Coetzee at 2015 NZ Open Championships
	400	IM	4:25.49	8-Jan-90		John Munro
18-18	50	Free	23.32	9-Aug-80		Nickolas Sanders

NORTH SHORE SWIMMING

RECORDS Long Course Records

18-18	100	Free	50.57	1-Jan-91		John Steel
	200	Free	1:51.65	16-Mar-91		John Steel
	400	Free	4:01.05	5-Apr-10	NSSAK- AK	Matthew D. Stanley at 2010 NZ Open Championships
	800	Free	8:30.58	31-Mar-04	NSSAK- AK	Michael JACK at NZ Open Championships 2004
	1500	Free	15:58.22	8-Apr-14	NSSAK- AK	Mathew Z. Myers at State 2014 NZ Open Championships
	50	Back	25.24	1-Apr-09	WAQAK	Daniel R. Bell at 2009 NZ Open Championships
	100	Back	54.77	1-Apr-09	WAQAK	Daniel R. Bell at 2009 NZ Open Championships
	200	Back	2:01.44	22-Aug-99		Scott Talbot-Cameron at Pan Pac 99
	50	Breast	29.19	24-Jul-05	NSSAK	Glenn Snyders at World Champs 05
	100	Breast	1:03.39	5-May-15	NSSAK- AK	Jacob T. Garrod at 2015 NZ Age Group Championships
	200	Breast	2:17.22	5-May-15	NSSAK- AK	Jacob T. Garrod at 2015 NZ Age Group Championships
	50	Fly	23.75	1-Apr-09	WAQAK	Daniel R. Bell at 2009 NZ Open Championships
	100	Fly	52.28	1-Apr-09	WAQAK	Daniel R. Bell at 2009 NZ Open Championships
	200	Fly	2:00.15	25-Aug-15	NZL	Wilrich L. Coetzee at 5th FINA World Junior Swimming Championships
	200	IM	2:02.86	9-Dec-11	NSSAK	Mitchell M. Donaldson at 2011 Auckland Age Groups Invitational
	400	IM	4:25.11	8-Apr-14	NSSAK- AK	Mathew Z. Myers at State 2014 NZ Open Championships
Open	50	Free	22.59	21-Jul-19	NSSAK	Michael J. Pickett at FINA World Championships 2019 - Gwangju
	100	Free	49.64	25-Mar-08	NSSAK- AK	Cameron GIBSON at Absolute Insurance 2008 Olympic Trials
	200	Free	1:48.30	12-Dec-09	SEN	Andrew McMillan at 2009 Zoggs QLD Swimming Championships
	400	Free	3:48.75	1-Apr-09	NSSAK- AK	Moss J. Burmester at 2009 NZ Open Championships
	800	Free	8:08.26	5-Apr-21	NSSAK	Louis D. Clark at 2021 Aon New Zealand Swimming Championships
	1500	Free	15:34.78	25-Mar-12	NSSAK- AK	Roy M. Pearce at State Insurance 2012 NZ Open Championships
	50	Back	25.27	5-Oct-10	NSSAK	Daniel R. Bell at Commonwealth Games
	100	Back	54.38	5-Oct-10	NSSAK	Daniel R. Bell at Commonwealth Games
	200	Back	1:58.86	5-Apr-10	NSSAK- AK	Daniel R. Bell at 2010 NZ Open Championships
	50	Breast	27.06	25-Mar-12	NSSAK- AK	GLENN A. SNYDERS at State Insurance 2012 NZ Open Championships
	100	Breast	59.46	9-Aug-08	NZL	GLENN A. SNYDERS at Olympic Games
	200	Breast	2:10.55	28-Jul-12	NZL	GLENN A. SNYDERS at 2012 London Olympics
	50	Fly	23.46	1-Apr-09	NSSAK- AK	Corney Swanepoel at 2009 NZ Open Championships
	100	Fly	51.61	1-Apr-09	NSSAK- AK	Corney Swanepoel at 2009 NZ Open Championships
	200	Fly	1:54.15	1-Apr-09	NSSAK- AK	Moss J. Burmester at 2009 NZ Open Championships
	200	IM	1:59.60	17-Jun-19	NSSAK	Bradlee Z. Ashby at 2019 Aon NZ Open Championships
	400	IM	4:18.20	15-Mar-06	L1	Dean KENT at Commonwealth Games