
RECORDS Boys Long Course
LC Meters-Male

6 & U	50 Free	47.58	22-Feb-19	NEPN	Rueben Bleasdale	at 2018-2019 Summer Week 16
	50 Back	59.82	31-Jan-20	NEPN	Jack Greentree	at NACSCi 2019 Summer Week 13
	50 Breast	1:08.81	3-Nov-17	NEPN	Nathaniel Sanger	at Summer Week 4
	50 Fly	1:09.94	11-Mar-22	NEPN	Alex Kim	at Nepean Aquatic Centre Summer 2021-2022 Wk 11
7-7	50 Free	41.70	18-Feb-18	NEPN	Will Benson	at 2018 MSW LC Qualifying Meet
	50 Back	49.85	18-Feb-18	NEPN	Will Benson	at 2018 MSW LC Qualifying Meet
	50 Breast	55.11	18-Feb-18	NEPN	Will Benson	at 2018 MSW LC Qualifying Meet
	50 Fly	1:02.11	27-Jan-23	NEPN	Alex Kim	at Nepean Aquatic Centre Swim Club Summer Wk 11
8-8	50 Free	36.64	22-Feb-19	NEPN	CJ Honeman	at 2018-2019 Summer Week 16
	100 Free	1:25.69	14-Nov-15	NEPN	Sean Graham	at MSW Age and Open Long Course Championships
	200 Free	3:37.49	13-Dec-19	NEPN	Cooper Falzon	at NACSCi 2019 Summer Week 9
	50 Back	49.87	12-Feb-23	NEPN	Alex Kim	at 2023 Speedo Sprint Series - MSW Heats
	100 Back	1:36.04	14-Nov-15	NEPN	Sean Graham	at 2015 MSW Age and Open Long Course Championship
	200 Back	3:53.98	30-Nov-18	NEPN	Christopher McAuley	at 2018-2019 Summer Week 8
	50 Breast	49.72	15-Feb-19	NEPN	CJ Honeman	at 2018-2019 Summer Week 15
	50 Fly	46.61	14-Nov-15	NEPN	Sean Graham	at 2015 MSW Age and Open Long Course Championship
	100 Fly	1:52.30	22-Feb-19	NEPN	CJ Honeman	at 2018-2019 Summer Week 16
	200 IM	3:34.32	23-Feb-18	NEPN	CJ Honeman	at Summer Week 16
9-9	50 Free	33.05	10-Mar-18	MSW	Oliver Nekic	at 2018 Speedo Sprint Series - Finals
	100 Free	1:16.07	29-Jan-12	NEPN	Justin Cooper	at Dubbo City Swimtech Qualifying Carnival
	200 Free	3:03.27	19-Feb-16	NEPN	Lachlan Hanrahan	at 2015-16 Summer Week 17
	400 Free	6:31.85	20-Nov-15	NEPN	Lachlan Hanrahan	at 2015-16 Summer Club Night Week 7
	50 Back	39.92	29-Jan-12	NEPN	Justin Cooper	at Dubbo City Swimtech Qualifying Meet
	100 Back	1:24.01	29-Jan-12	NEPN	Justin Cooper	at Dubbo City Swimtech Qualifying Carnival
	50 Breast	49.69	10-Mar-18	MSW	Oliver Nekic	at 2018 Speedo Sprint Series - Finals
	100 Breast	2:01.17	14-Nov-15	NEPN	Lachlan Hanrahan	at 2015 MSW Age and Open Long Course Championships
	50 Fly	35.79	10-Mar-18	MSW	Oliver Nekic	at 2018 Speedo Sprint Series - Finals
	100 Fly	1:35.29	14-Nov-15	NEPN	Lachlan Hanrahan	at MSW Age and Open Long Course Championships
	200 IM	3:12.71	29-Jan-12	NEPN	Justin Cooper	at Dubbo City Swimtech Qualifying Meet
	400 IM	7:25.31	1-Dec-17	NEPN	Oliver Nekic	at Summer Week 8
10 & U	200 Free Relay	2:19.29	12-Nov-16	NEPN	Nepean Aquatic Centre	at 2016 MSW Age and Open Long Course Championship
	200 Medley Relay	2:42.10	9-Dec-16	NEPN	Nepean Aquatic Centre	J. Rolles, L. Bullard, L. Hanrahan, O. Woods
10-10	50 Free	31.06	9-Mar-19	NEPN	Oliver Nekic	at 2019 Speedo Sprint Series - Finals
	100 Free	1:08.87	29-Jan-12	NEPN	Matthew Galea	at Dubbo City Swimtech Qualifying Carnival
	200 Free	2:30.98	29-Jan-12	NEPN	Matthew Galea	at Dubbo City Swimtech Qualifying Carnival
	400 Free	5:42.98	22-Feb-19	NEPN	Ethan Bleasdale	at 2018-2019 Summer Week 16
	800 Free	11:58.10	17-Feb-17	NEPN	Lachlan Hanrahan	at NACSCi 2016-17 Summer Club Night Week 16
	1000 Free	17:01.75	27-Oct-18	NEPN	Oliver Nekic	at NACSCi 2018 Nutrition Station Open Water
	1500 Free	23:56.23	4-Nov-16	NEPN	Lachlan Hanrahan	at NACSCi 2016-17 Summer Club Night Week 4
	2500 Free	42:52.40	23-Oct-16	NEPN	Lachlan Hanrahan	2016 NACSCi Nutrition Station Open Water
	50 Back	39.15	25-Mar-23	NEPN	Jesse Worley	at 2023 NSW Junior State Age Championships
	100 Back	1:20.38	29-Jan-12	NEPN	Matthew Galea	at Dubbo City Swimtech Qualifying Meet
	200 Back	3:02.27	29-Jan-12	NEPN	Matthew Galea	at Dubbo City Swimtech Qualifying Carnival
	50 Breast	43.60	29-Jan-12	NEPN	Matthew Galea	at Dubbo City Swimtech Qualifying Meet
	100 Breast	1:42.06	18-Nov-17	NEPN	Ethan Bleasdale	at 2017 MSW Long Course Championships

RECORDS Boys Long Course

10-10	200 Breast	3:46.64	16-Feb-18	NEPN	Ethan Bleasdale at Summer Week 15
	50 Fly	35.11	29-Jan-12	NEPN	Matthew Galea at Dubbo City Swimtech Qualifying Carnival
	100 Fly	1:16.06	29-Jan-12	NEPN	Matthew Galea at Dubbo City Swimtech Qualifying Carnival
	200 IM	2:47.09	29-Jan-12	NEPN	Matthew Galea at Dubbo City Swimtech Qualifying Carnival
	400 IM	6:35.72	2-Dec-16	NEPN	Lachlan Hanrahan at NACSCi 2016-17 Summer Club Night Week 8
10-11	200 Free Relay	2:20.47	30-Mar-19	NEPN	Nepean Aquatic Centre X. Vulisuva, E. Woods, S. Stoneham, O.Nekic
	200 Medley Relay	2:42.71	30-Mar-19	NEPN	Nepean Aquatic Centre S. Stoneham, O.Nekic, X. Vulisuva, E. Woods
11-11	50 Free	30.86	30-Mar-19	NEPN	Oliver Nekic at 2019 NSW Junior State Age Championships
	100 Free	1:10.68	30-Mar-19	NEPN	Oliver Nekic at 2019 NSW Junior State Age Championships
	200 Free	2:46.13	9-Nov-18	NEPN	Austin Bock at 2018-2019 Summer Week 5
	400 Free	5:35.89	22-Feb-19	NEPN	Nathaniel Brissett at 2018-2019 Summer Week 16
	800 Free	12:00.48	16-Nov-18	NEPN	Nathaniel Brissett at 2018-2019 Summer Week 6
	1000 Free	18:01.56	22-Oct-22	NEPN	Sebastian Eggins at 2022 Nepean Aquatic Centre SC Open Water
	1500 Free	22:50.91	23-Nov-18	NEPN	Ethan Bleasdale at 2018-2019 Summer Week 7
	2500 Free	39:11.00	20-Dec-14	NEPN	Lucas Bentley 2014 NSW Open Water
	50 Back	37.44	13-Oct-19	NEPN	Oliver Nekic at Ryde Carlisle Challenge Cup
	100 Back	1:24.50	18-Nov-17	NEPN	Lachlan Hanrahan at 2017 MSW Long Course Championships
	200 Back	3:10.31	2-Dec-22	NEPN	Jackson Miller at Nepean Aquatic Centre Summer 22/23 wk 7 open
	50 Breast	40.25	18-Feb-18	NEPN	Nathaniel Brissett at 2018 MSW LC Qualifying Meet
	100 Breast	1:32.13	18-Mar-18	NEPN	Nathaniel Brissett at Summer Age Championships
	200 Breast	3:11.92	16-Nov-18	NEPN	Nathaniel Brissett at 2018-2019 Summer Week 6
	50 Fly	34.39	12-Feb-23	NEPN	Cooper Falzon at 2023 Speedo Sprint Series - MSW Heats
	100 Fly	1:21.42	30-Mar-19	NEPN	Oliver Nekic at 2019 NSW Junior State Age Championships
	200 IM	2:58.54	10-Sep-22	NEPN	Cooper Falzon at Nepean Aquatic Centre SC Long Course Meet
	400 IM	6:47.84	9-Mar-18	NEPN	Nathaniel Brissett at Summer Week 18
11-12	200 Free Relay	2:13.06	12-Nov-16	NEPN	Nepean Aquatic Centre at 2016 MSW Age and Open Long Course Champion
	200 Medley Relay	2:40.88	12-Nov-16	NEPN	Nepean Aquatic Centre at 2016 MSW Age and Open Long Course Champion
12 & U	200 Free Relay	2:03.93	17-Jan-14	NEPN	Nepean Aquatic Centre B. Robins, B. Simmons, N. Dukes, Blair Williams
	500 Free Relay	5:47.08	9-Dec-16	NEPN	Nepean Aquatic Centre
	200 Medley Relay	2:33.08	17-Jan-14	NEPN	Nepean Aquatic Centre B. Williams, N. Colbourn, B. Simmons, B. Robins
12-12	50 Free	27.79	30-Mar-19	NEPN	Nathaniel Brissett at 2019 NSW Junior State Age Championships
	100 Free	1:01.03	17-Jan-14	NEPN	Blair Williams at 2016 NSW Junior State Age LC Championships
	200 Free	2:21.58	19-Feb-16	NEPN	Jack Hanrahan at 2015-16 Summer Week 17
	400 Free	4:56.13	4-Dec-15	NEPN	Jack Hanrahan at 2015 NSW Metropolitan Championships
	800 Free	10:10.20	14-Nov-15	NEPN	Jack Hanrahan at 2015 MSW Age and Open Long Course Championship
	1500 Free	19:29.55	6-Nov-15	NEPN	Jack Hanrahan at 2015-16 Summer Week 5
	2500 Free	34:51.00	24-Oct-15	NEPN	Jack Hanrahan at NACSCi nutrition station Open Water
	5000 Free	1:17:24.81	9-Jan-22	NEPN	Zane Debrincat at 2021-2022 MSW Open Water Championships
	50 Back	36.23	16-Oct-15	NEPN	Jack Hanrahan at 2015 Woy Woy SC LC Qualifying Meet
	100 Back	1:11.49	17-Jan-14	NEPN	Blair Williams at 2014 NSW Junior State Age LC Championships
	200 Back	2:32.88	17-Jan-14	NEPN	Blair Williams at 2014 NSW Junior State Age LC Championships
	50 Breast	35.10	2-Mar-19	NEPN	Nathaniel Brissett at 2019 NSW Junior Metropolitan Championships
	100 Breast	1:20.85	2-Mar-19	NEPN	Nathaniel Brissett at 2019 NSW Junior Metropolitan Championships
	200 Breast	3:06.45	2-Mar-19	NEPN	Nathaniel Brissett at 2019 NSW Junior Metropolitan Championships
	50 Fly	34.04	16-Oct-15	NEPN	Jack Hanrahan at 2015 Woy Woy SC LC Qualifying Meet
	100 Fly	1:11.26	17-Jan-14	NEPN	Blair Williams at 2014 NSW Junior State Age LC Championships
	200 Fly	2:43.64	17-Jan-14	NEPN	Blair Williams at 2014 NSW Junior State Age LC Championships
	200 IM	2:34.01	17-Jan-14	NEPN	Blair Williams at 2014 NSW Junior State Age LC Championships
	400 IM	6:05.85	27-Nov-15	NEPN	Jack Hanrahan at 2015-16 Summer Week 8

RECORDS Boys Long Course

12-13	200 Free Relay	2:01.65	30-Mar-19	NEPN	Nepean Aquatic Centre	J. Rolles, E. Bleasdale, L. Bullard, N. Brissett	
	200 Medley Relay	2:26.05	30-Mar-19	NEPN	Nepean Aquatic Centre	E. Bleasdale, N. Brissett, J. Rolles, L. Mavin	
12-14	200 Free Relay	1:52.70	17-Nov-18	NEPN	Nepean Aquatic Centre		
	200 Medley Relay	2:14.51	17-Nov-18	NEPN	Nepean Aquatic Centre		
13-13	50 Free	25.72	9-Apr-16	NEPN	Jack Benson	at National Age LC Championships	
	100 Free	55.72	9-Apr-16	NEPN	Jack Benson	at National Age LC Championships	
	200 Free	2:08.55	18-Jan-16	NEPN	Jack Benson	at 2016 NSW Senior State Age LC Championships	
	400 Free	4:33.14	12-Dec-16	NEPN	Jack Hanrahan	at 2016 NSW Senior State Age LC Championships	
	800 Free	9:37.08	12-Dec-16	NEPN	Jack Hanrahan	at 2016 NSW Senior State Age LC Championships	
	1500 Free	18:46.80	24-Feb-17	NEPN	Jack Hanrahan	at NACSCi 2016-17 Summer Club Night Week 17	
	2500 Free	35:06.20	22-Oct-16	NEPN	Jack Hanrahan	2016 NACSCi and Nutrition Station Open Water	
	5000 Free	1:09:53.50	30-Oct-16	NEPN	Jack Hanrahan	2016 MSW Open Water Championships	
	50 Back	30.83	10-Mar-18	MSW	Ryan Slaughter	at 2018 Speedo Sprint Series - Finals	
	100 Back	1:05.57	9-Apr-13	NEPN	Gabriel Galtaross	at Australian National Age LC Championships	
	200 Back	2:20.11	9-Apr-13	NEPN	Gabriel Galtarossa	at Australian National Age LC Championships	
	50 Breast	35.78	18-Jan-17	NEPN	Oskar Staniuha	at 2017 SA State Age and Open Championships	
	100 Breast	1:17.97	18-Jan-16	NEPN	Jack Benson	at 2016 NSW Senior State Age LC Championships	
	200 Breast	2:51.07	4-Dec-15	NEPN	Jack Benson	at 2015 NSW Metropolitan Championships	
	50 Fly	30.23	10-Mar-18	MSW	Ryan Slaughter	at 2018 Speedo Sprint Series - Finals	
	100 Fly	1:03.83	9-Apr-13	NEPN	Gabriel Galtarossa	at Australian National Age LC Championships	
	200 Fly	2:28.74	24-Nov-17	NEPN	Ryan Slaughter	at 2017 NSW Metropolitan Championships	
	200 IM	2:23.45	9-Apr-13	NEPN	Gabriel Galtarossa	at Australian National Age LC Championships	
	13-14	200 Free Relay	1:55.45	12-Dec-16	NEPN	Nepean Aquatic Centre	K Stark-Sabo, T Gardiner, O. Staniucha, J. Hanrahan
		200 Medley Relay	2:10.42	12-Nov-16	NEPN	Nepean Aquatic Centre	at 2016 MSW Age and Open Long Course Champior
14-14	50 Free	25.86	18-Jan-17	NEPN	Jack Benson	at 2017 SA State Age and Open LC Championships	
	100 Free	55.40	18-Jan-17	NEPN	Jack Benson	at 2017 SA State Age and Open Championships	
	200 Free	2:04.48	1-Dec-18	NEPN	Ryan Slaughter	at 2018-19 NSW Senior Metropolitan Championships	
	400 Free	4:50.75 *	25-Jan-19	NEPN	Ryan Slaughter	at 2018-19 Summer Week 12	
	400 Free	4:50.75 *	25-Jan-19	NEPN	Ryan Slaughter	at 2018-2019 Summer Week 12	
	800 Free	9:48.11	16-Nov-18	NEPN	Jack Hanrahan	at 2018-2019 Summer Week 6	
	1500 Free	19:00.51	15-Feb-19	NEPN	Jack Hanrahan	at 2018-2019 Summer Week 15	
	2500 Free	34:02.47	13-Jan-18	NEPN	Jack Hanrahan	2018 Penrith Open Water Swim Meet	
	5000 Free	1:08:39.21	18-Dec-22	NEPN	Euan Woods	at 2022 NSW Open Water Championships	
	50 Back	30.85	17-Nov-18	NEPN	Ryan Slaughter	at 2018 MSW Long Course Championships 12/13 Over	
	100 Back	1:04.65	3-Nov-18	NEPN	Ryan Slaughter	at 2018 Telopea Summer Meet	
	200 Back	2:25.24	19-Jan-15	NEPN	Lachlan Quayle	at 2015 NSW Senior State Age LC Championships	
	50 Breast	33.00	18-Jan-17	NEPN	Jack Benson	at 2017 SA State Age and Open Championships	
	100 Breast	1:13.55	18-Jan-17	NEPN	Jack Benson	at 2017 SA State Age and Open LC Championships	
	200 Breast	2:40.15	18-Jan-17	NEPN	Jack Benson	at 2017 SA State Age and Open LC Championships	
	50 Fly	29.17	17-Nov-18	NEPN	Ryan Slaughter	at 2018 MSW Long Course Championships 12/13 Over	
	100 Fly	1:01.66	14-Dec-18	NEPN	Ryan Slaughter	at 2018-19 NSW Senior State Age Championships	
	200 Fly	2:17.09	1-Dec-18	NEPN	Ryan Slaughter	at 2018-19 NSW Senior Metropolitan Championships	
	200 IM	2:23.75	25-Nov-16	NEPN	Jack Benson	at 2016 NSW Metropolitan Championships	
	400 IM	5:41.32	8-Feb-19	NEPN	Jack Hanrahan	at 2018-2019 Summer Week 14	
15-15	50 Free	25.64	24-Nov-17	NEPN	Jack Benson	at 2017 NSW Metropolitan Championships	
	100 Free	54.32	24-Nov-17	NEPN	Jack Benson	at 2017 NSW Metropolitan Championships	
	200 Free	2:04.83	2-Nov-19	NEPN	Ryan Slaughter	at 2019 MSW Long Course Championships - Senior	
	400 Free	4:27.09	2-Nov-19	NEPN	Ryan Slaughter	at 2019 MSW Long Course Championships - Senior	
	800 Free	9:04.99	14-Dec-18	NEPN	Jack Hanrahan	at 2018-19 NSW Senior State Age Championships	

RECORDS Boys Long Course

15-15	1000 Free	19:15.57	27-Oct-18	NEPN	Luke Ahern at NACSCI 2018 Nutrition Station Open Water
	1500 Free	17:30.00	1-Dec-18	NEPN	Jack Hanrahan at 2018 NSW Senior Metropolitan LC Championships
	5000 Free	1:04:58.00	20-Dec-14	NEPN	Kyron Deacon-Chilmaid at NSW Open Water
	50 Back	31.68	16-Oct-15	NEPN	Maxwell Johnson at 2015 Woy Woy SC LC Qualifying Meet
	100 Back	1:04.56	25-Nov-16	NEPN	Blair Williams at 2016 NSW Metropolitan Championships
	200 Back	2:26.37	18-Jan-16	NEPN	Thomas Colbourn at 2016 NSW Senior State Age LC Championships
	50 Breast	33.79	17-Nov-18	NEPN	Oskar Staniucha at 2018 MSW Long Course Championships 12/13 Over
	100 Breast	1:15.38	14-Dec-18	NEPN	Oskar Staniucha at 2018-19 NSW Senior State Age Championships
	200 Breast	2:53.77	14-Dec-18	NEPN	Oskar Staniucha at 2018 NSW Senior State Age LC Championships
	50 Fly	28.85	18-Nov-17	NEPN	Jack Benson at 2017 MSW Long Course Championships
	100 Fly	1:01.96	25-Nov-16	NEPN	Blair Williams at 2016 NSW Metropolitan Championships
	200 Fly	2:17.68	13-Dec-19	NEPN	Ryan Slaughter at 2019-20 NSW Senior State Age Championships
	200 IM	2:22.66	24-Nov-17	NEPN	Jack Benson at 2017 NSW Metropolitan Championships
	400 IM	6:01.49	8-Feb-19	NEPN	Michael Payne at 2018-2019 Summer Week 14
15 & 0	200 Free Relay	1:49.00	17-Nov-18	NEPN	Nepean Aquatic Centre
16-16	50 Free	25.60	1-Dec-18	NEPN	Jack Benson at 2018 NSW Senior Metropolitan LC Championships
	100 Free	54.32	14-Dec-18	NEPN	Jack Benson at 2018 NSW Senior Metropolitan SC Championships
	200 Free	2:04.89	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	400 Free	4:30.77	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	800 Free	9:38.93	13-Dec-19	NEPN	Lucas Bentley at 2019-20 NSW Senior State Age Championships
	1500 Free	18:28.57	2-Nov-19	NEPN	Lucas Bentley at 2019 MSW Long Course Championships - Senior
	2500 Free	37:31.56	26-Jan-19	NEPN	Michael Payne at 2019 Australian Age Open Water Championships
	5000 Free	1:03:34.60	26-Oct-19	NEPN	Lucas Bentley at 2019 NACSCI nutrition station Open Water
	7500 Free	1:44:42.00	17-Nov-19	NEPN	Michael Payne at 2019 MSW Open Water Championships
	50 Back	31.21	29-Jan-12	NEPN	Kyle Maurer at Dubbo City Swimtech Qualifying Meet
	100 Back	1:05.24	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	200 Back	2:24.82	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	50 Breast	32.94	2-Nov-19	NEPN	Oskar Staniucha at 2019 MSW Long Course Championships - Senior
	100 Breast	1:15.34	14-Dec-18	NEPN	Jack Benson at 2018-19 NSW Senior State Age Championships
	200 Breast	2:50.97	2-Nov-19	NEPN	Lucas Bentley at 2019 MSW Long Course Championships - Senior
	50 Fly	28.71	2-Nov-19	NEPN	Oskar Staniucha at 2019 MSW Long Course Championships - Senior
	100 Fly	1:02.87	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	200 Fly	2:27.19	13-Dec-19	NEPN	Lucas Bentley at 2019-20 NSW Senior State Age Championships
	200 IM	2:25.92	14-Dec-08	NEPN	Jack Benson at 2018 NSW Senior State Age Championships
	400 IM	5:34.85	17-Jan-20	NEPN	Lucas Bentley at NACSci 2019 Summer Week 11
17-17	50 Free	25.57	12-Dec-16	RIPL	Kyron Deacon-Chilmaid at 2016 NSW Senior State Age LC Championships
	100 Free	57.00	25-Nov-16	NEPN	Kyron Deacon-Chilmaid at 2016 NSW Metropolitan Championships
	200 Free	2:26.63	9-Nov-18	NEPN	Jayden Borg at 2018-2019 Summer Week 5
	800 Free	9:43.51	7-Nov-20	NEPN	Lucas Bentley at 2020 MSW Long Course Championships Senior
	1500 Free	18:38.99	8-Nov-20	NEPN	Lucas Bentley at 2020 MSW Long Course Championships Senior
	5000 Free	1:04:13.00	22-Nov-20	NEPN	Lucas Bentley at 2020 MSW Open Water Male
	7500 Free	1:53:33.00	25-Jan-20	NEPN	Michael Payne at 2020 Australian Age Open Water Championships
	50 Breast	35.72	8-Nov-20	NEPN	Lucas Bentley at 2020 MSW Long Course Senior Championships
	100 Breast	1:16.09	12-Dec-20	NEPN	Lucas Bentley at 2020-21 NSW Senior State Age Championships
	200 Breast	2:45.17	12-Dec-20	NEPN	Lucas Bentley at 2020-21 NSW Senior State Age Championships
	50 Fly	28.03	12-Nov-16	NEPN	Kyron Deacon-Chilmaid at 2016 MSW Age and Open Long Course Champio
	100 Fly	1:07.04	8-Nov-22	NEPN	Lucas Bentley at 2020 MSW Long Course Championships Senior
	200 Fly	2:28.45	17-Dec-22	NEPN	Lucas Bentley at 2020-21 NSW Senior State Age Championships

RECORDS Boys Long Course

18 & 0	50 Free	27.38	26-Feb-22	NEPN	Lucas Bentley at 2022 MSW Long Course Championships
	100 Free	59.19	26-Feb-22	NEPN	Lucas Bentley at 2022 MSW Long Course Championships
	200 Free	2:20.39	20-Jan-23	NEPN	Lucas Bentley at Nepean Aquatic Summer 2022/23 Week 10 Open
	400 Free	4:51.43	26-Feb-22	NEPN	Michael Payne at 2022 MSW Long Course Championships
	800 Free	9:56.45	10-Feb-23	NEPN	Lucas Bentley at Nepean Aquatic Summer 2022/23 Week 13 Open
	1500 Free	19:16.90	17-Feb-23	NEPN	Lucas Bentley at Nepean Aquatic Summer 2022/23 Week 14 Open
	5000 Free	1:04:45.00	14-Mar-21	NEPN	Lucas Bentley 2021 Australian Open Water
	10000 Free	2:19:42.90	18-Dec-22	NEPN	Michael Payne at 2022 NSW Open Water Championships
	50 Back	35.10	26-Feb-22	NEPN	Lucas Bentley at 2022 MSW Long Course Championships
	200 Back	2:48.25	2-Dec-22	NEPN	Lucas Bentley at Nepean Aquatic Centre Summer 22/23 wk 7 open
	50 Breast	33.83	10-Mar-23	NEPN	Lucas Bentley at 2023 NSW State Open Championships
	100 Breast	1:12.99	11-Mar-23	NEPN	Lucas Bentley at 2023 NSW State Open Championships
	200 Breast	2:44.49	10-Dec-22	NEPN	Lucas Bentley at 2022-23 NSW Senior State Age Championships
	50 Fly	29.22	27-Feb-22	NEPN	Lucas Bentley at 2022 MSW Long Course Championships
	100 Fly	1:05.11	10-Sep-22	NEPN	Lucas Bentley at Nepean Aquatic Centre SC Long Course Meet
	200 Fly	2:44.17	16-Dec-22	NEPN	Lucas Bentley at Nepean Aquatic Centre Summer 22 23 Wek 9 Open
	200 IM	2:27.16	10-Dec-22	NEPN	Lucas Bentley at 2022-23 NSW Senior State Age Championships
	400 IM	5:12.94	10-Sep-22	NEPN	Lucas Bentley at Nepean Aquatic Centre SC Long Course Meet
	50 Free	25.37	15-Mar-19	NEPN	Jack Benson at 2019 NSW State Open
	100 Free	54.32	1-Dec-18	NEPN	Jack Benson at 2018 NSW Senior Metropolitan LC Championships
	200 Free	2:04.48	1-Dec-18	NEPN	Ryan Slaughter at 2018-19 NSW Senior Metropolitan Championships
	400 Free	4:27.09	2-Nov-19	NEPN	Ryan Slaughter at 2019 MSW Long Course Championships - Senior
	800 Free	9:04.99	14-Dec-18	NEPN	Jack Hanrahan at 2018-19 NSW Senior State Age Championships
	1500 Free	17:49.56	14-Dec-18	NEPN	Jack Hanrahan at 2018-19 NSW Senior State Age Championships
	50 Back	30.83	10-Mar-18	MSW	Ryan Slaughter at 2018 Speedo Sprint Series - Finals
	100 Back	1:04.65	3-Nov-18	NEPN	Ryan Slaughter at 2018 Telopea Summer Meet
	200 Back	2:24.82	12-Dec-20	NEPN	Ryan Slaughter at 2020-21 NSW Senior State Age Championships
	50 Breast	33.79	17-Nov-18	NEPN	Oskar Staniucha at 2018 MSW Long Course Championships
	100 Breast	1:12.99	10-Mar-23	NEPN	Lucas Bentley at 2023 NSW State Open Championships
	200 Breast	2:44.49	10-Dec-22	NEPN	Lucas Bentley at 2022-23 NSW Senior State Age Championships
	50 Fly	27.86	7-Nov-20	NEPN	Ryan Slaughter at 2020 MSW Long Course Senior Championships
	100 Fly	1:01.66	14-Dec-18	NEPN	Ryan Slaughter at 2018-19 NSW Senior State Age Championships
	200 Fly	2:17.09	1-Dec-18	NEPN	Ryan Slaughter at 2018-19 NSW Senior Metropolitan Championships
	200 IM	2:21.42	15-Mar-19	NEPN	Jack Benson at 2019 NSW State Open
	400 Free Relay	4:10.63	12-Nov-16	NEPN	Nepean Aquatic Centre at 2016 MSW Age and Open Long Course Champior
	500 Free Relay	4:41.19	17-Nov-18	NEPN	Nepean Aquatic Centre
	400 Medley Relay	4:58.41	12-Nov-16	NEPN	Nepean Aquatic Centre at 2016 MSW Age and Open Long Course Champior