
RECORDS Girls Long Course
LC Meters-Female

6 & U	50 Free	52.26	1-Feb-19	NEPN	Alexandra Hall at 2018-2019 Summer Week 13
	50 Back	52.83	25-Nov-22	NEPN	Harper Snelling at Nepean Aquatic Centre Swim Club Summer Wk 6
	50 Breast	1:11.66	24-Feb-17	NEPN	Tiani Honeman at NACSCi 2016-17 Summer Club Night Week 17
7-7	50 Free	41.39	15-Jan-23	NEPN	Mia Egglestone at Bathurst City Qualifying Meet 2023
	50 Back	51.66	15-Jan-23	NEPN	Mia Egglestone at Bathurst City Qualifying Meet 2023
	50 Breast	1:07.72	15-Jan-23	NEPN	Mia Egglestone at Bathurst City Qualifying Meet 2023
	50 Fly	58.98	15-Jan-23	NEPN	Mia Egglestone at Bathurst City Qualifying Meet 2023
	100 Fly	2:22.49	22-Feb-19	NEPN	Tiani Honeman at 2018-2019 Summer Week 16
8-8	50 Free	37.06	10-Sep-22	NEPN	Harper Egglestone at Nepean Aquatic Centre SC Long Course Meet
	100 Free	1:33.13	5-Mar-23	NEPN	Isabelle Eggins at Summer 2022-2023 Age Championships
	200 Free	3:52.28	9-Nov-18	NEPN	Jeneka Gulati at 2018-2019 Summer Week 5
	800 Free	13:46.58	16-Nov-18	NEPN	Scarlett Stoneham at 2018-2019 Summer Week 6
	50 Back	43.20	10-Sep-22	NEPN	Harper Egglestone at Nepean Aquatic Centre SC Long Course Meet
	100 Back	1:42.09	10-Sep-22	NEPN	Harper Egglestone at Nepean Aquatic Centre SC Long Course Meet
	200 Back	4:15.23	22-Feb-19	NEPN	Ellie Jeffs at 2018-2019 Summer Week 16
	50 Breast	56.41	1-Dec-17	NEPN	Haylee DeKruif at Summer Week 8
	100 Breast	2:18.71	2-Dec-16	NEPN	Mackenzie Kimmings at NACSCi 2016-17 Summer Club Night Week 8
	200 Breast	5:06.37	20-Nov-15	NEPN	Brytney Grenfell at 2015-16 Summer Club Night Week 7
	50 Fly	45.32	10-Sep-22	NEPN	Harper Egglestone at Nepean Aquatic Centre SC Long Course Meet
	100 Fly	2:10.00	9-Mar-18	NEPN	Klarissa Goodwin at Summer Week 18
	200 IM	4:01.01	26-Feb-16	NEPN	Holly Amies at 2015-16 Summer Week 18
9-9	50 Free	35.35	6-Feb-21	NEPN	Alexandra Hall at 2020 Speedo Sprint Series - Heats
	100 Free	1:19.33	14-Nov-15	NEPN	Alana Willetts at 2015 MSW Age and Open Long Course Championships
	200 Free	3:02.71	8-Feb-19	NEPN	Lucienne Heffernan at 2018-2019 Summer Week 14
	400 Free	7:19.80	5-Feb-16	NEPN	Teagan Hinds at 2015-16 Summer Week 15
	800 Free	13:35.75	16-Nov-18	NEPN	Lucienne Heffernan at 2018-2019 Summer Week 6
	1500 Free	30:56.39	21-Feb-20	NEPN	Jeneka Gulati at NACSCi 2019 Summer Week 16
	50 Back	41.24	12-Feb-23	NEPN	Harper Egglestone at 2023 Speedo Sprint Series - MSW Heats
	100 Back	1:30.50	14-Nov-15	NEPN	Teagan Hinds at MSW Age and Open Long Course Championships
	200 Back	3:20.65	20-Nov-15	NEPN	Alana Willetts at 2015-16 Summer Club Night Week 7
	50 Breast	48.77	10-Feb-18	NEPN	Mackenzie Kimmings at 2018 Speedo Sprint Series - MSW Heats
	100 Breast	1:43.65	14-Nov-15	NEPN	Alana Willetts at MSW Age and Open Long Course Championships
	200 Breast	3:45.58	16-Nov-18	NEPN	Mackenzie Kimmings at 2018-2019 Summer Week 6
	50 Fly	39.54	15-Feb-19	NEPN	Lucienne Heffernan at 2018-2019 Summer Week 15
	100 Fly	1:30.13	31-Oct-15	NEPN	Teagan Hinds at 2015 Talopea Summer Meet
	200 IM	3:23.54	27-Nov-15	NEPN	Alana Willetts at 2015-16 Summer Week 8
	400 IM	7:26.05	27-Nov-15	NEPN	Teagan Hinds at 2015-16 Summer Week 8
	10 & U	200 Free Relay	2:16.20	9-Dec-16	NEPN
200 Medley Relay		2:40.43	17-Jan-14	NEPN	Nepean Aquatic Centre SC Z. Vidler, C Emery, C. Baran, C. Saifoloi
10-10	50 Free	32.15	26-Mar-22	NEPN	Alexandra Hall at 2022 NSW Junior State Age Championships
	100 Free	1:11.66	26-Mar-22	NEPN	Alexandra Hall at 2022 NSW Junior State Age Championships
	200 Free	2:45.42	27-Jan-17	NEPN	Chloe Kimmings at NACSCi 2016-17 Summer Club Night Week 13
	400 Free	5:49.02	3-Feb-17	NEPN	Teagan Hinds at NACSCi 2016-17 Summer Club Night Week 14
	1000 Free	15:56.47	27-Oct-18	NEPN	Lucienne Heffernan at NACSCi 2018 Nutrition Station Open Water
	1500 Free	21:40.95	24-Feb-17	NEPN	Teagan Hinds at NACSCi 2016-17 Summer Club Night Week 17

RECORDS Girls Long Course

10-10	2500 Free	42:43.70	22-Oct-16	NEPN	Kiani Slaughter	at 2016 NACSCi and nutrition station Open Water classic
	50 Back	38.57	2-Feb-19	NEPN	Lucienne Heffernan	at 2019 Speedo Sprint Series - MSW Heats
	100 Back	1:19.83	17-Jan-14	NEPN	Zahlie Vidler	at 2014 NSW Junior State Age Championships
	200 Back	3:11.61	27-Jan-17	NEPN	Chloe Kimmings	at NACSCi 2016-17 Summer Club Night Week 13
	50 Breast	45.44	1-Feb-19	NEPN	Jaida Timbs	at 2018-2019 Summer Week 13
	100 Breast	1:41.14	6-Jan-19	NEPN	Mackenzie Kimmings	at 2019 MSW LC Qualifying Meet
	200 Breast	3:42.42	16-Nov-18	NEPN	Holly Amies	at 2018-2019 Summer Week 6
	50 Fly	35.77	26-Mar-22	NEPN	Alexandra Hall	at 2022 NSW Junior State Age Championships
	100 Fly	1:19.42	25-Nov-16	NEPN	Teagan Hinds	at 2016 NSW Metropolitan Championships
	200 Fly	3:28.19	30-Nov-18	NEPN	Lucienne Heffernan	at 2018-2019 Summer Week 8
	200 IM	3:00.83	9-Dec-16	NEPN	Teagan Hinds	at 2016 NSW Junior State Age LC Championships
	400 IM	6:41.60	18-Nov-16	NEPN	Teagan Hinds	at NACSCi 2016-17 Summer Club Night Week 6
10-11	200 Free Relay	2:14.60	30-Mar-19	NEPN	Nepean Aquatic Centre	L. Heffernan, M. Kimmings, R. Hall, H Amies
	200 Medley Relay	2:29.71	30-Mar-19	NEPN	Nepean Aquatic Centre	R. Hall, M. Kimmings, L. Heffernan, H. Amies
11-11	50 Free	31.12	18-Nov-17	NEPN	Chloe Kimmings	at 2017 MSW Long Course Championships
	100 Free	1:08.64	18-Nov-17	NEPN	Teagan Hinds	at 2017 MSW Long Course Championships
	200 Free	2:35.01	27-Jan-17	NEPN	Jordan Amies	at NACSCi 2016-17 Summer Club Night Week 13
	400 Free	5:21.04	18-Nov-17	NEPN	Tanna Davey	at 2017 MSW Long Course Championships
	800 Free	11:03.80	16-Nov-18	NEPN	Chloe Kimmings	at 2018-2019 Summer Week 6
	1000 Free	14:57.00	26-Oct-19	NEPN	Rebecca Hall	at NACSCi 2019 Nutrition Station Open Water
	1500 Free	21:36.62	24-Feb-17	NEPN	Jordan Amies	at NACSCi 2016-17 Summer Club Night Week 17
	2500 Free	38:40.46	26-Oct-19	NEPN	Lucienne Heffernan	at NACSCi 2019 Nutrition Station Open Waer
	50 Back	35.90	10-Mar-18	MSW	Chloe Kimmings	at 2018 Speedo Sprint Series - Finals
	100 Back	1:17.69	16-Dec-14	NEPN	Alyssa Proctor	at 2014 NSW Metropolitan LC Championships
	200 Back	3:14.43	3-Feb-23	NEPN	Tahlia Dewberry	at Nepean Aquatic Centre Summer 2022 2023 Wk 12
	50 Breast	41.64	30-Mar-19	NEPN	Holly Amies	at 2019 NSW Junior State Age Championships
	100 Breast	1:29.97	6-Dec-14	NEPN	Alyssa Proctor	at 2014 Metropolitan LC Championships
	200 Breast	3:26.13	16-Feb-18	NEPN	Chloe Kimmings	at Summer Week 15
	50 Fly	33.66	25-Mar-23	NEPN	Sienna Gurman	at 2023 NSW Junior State Age Championships
	100 Fly	1:14.54	24-Nov-17	NEPN	Teagan Hinds	at 2017 NSW Metropolitan Championships
	200 Fly	2:50.88	24-Nov-17	NEPN	Teagan Hinds	at 2017 NSW Metropolitan Championships
	200 IM	2:50.18	18-Nov-17	NEPN	Teagan Hinds	at 2017 MSW Long Course Championships
	400 IM	6:14.79	9-Mar-18	NEPN	Teagan Hinds	at Summer Week 18
11-12	200 Free Relay	2:06.94	25-Oct-14	NEPN	Nepean Aquatic Centre SC	
	200 Medley Relay	2:34.93	12-Nov-16	NEPN	Nepean Aquatic Centre SC	
12 & U	500 Free	5:30.16	9-Dec-16	NEPN	Nepean Aquatic Centre	
	200 Free Relay	2:03.40	17-Jan-14	NEPN	Nepean Aquatic Centre	J. Jones, Z. Vidler, K. Deacon-Chilmaid, A. Stanley
	200 Medley Relay	2:27.28	17-Jan-14	NEPN	Nepean Aquatic Centre	A. Stanley, A. Nicholopoulos, Z. Vidler, J.Jones
12-12	50 Free	29.05	17-Jan-14	NEPN	Arizona Stanley	at 2014 NSW Junior State Age LC Championships
	100 Free	1:03.39	17-Jan-14	NEPN	Arizona Stanley	at 2014 NSW Junior State Age LC Championships
	200 Free	2:18.00	17-Jan-14	NEPN	Arizona Stanley	at 2014 NSW Junior State Age LC Championships
	400 Free	4:48.72	17-Jan-14	NEPN	Arizona Stanley	at 2014 NSW Junior State Age LC Championships
	800 Free	10:25.25	16-Nov-18	NEPN	Jordan Amies	at 2018-2019 Summer Week 6
	1000 Free	15:50.57	27-Oct-18	NEPN	Ciara Tobin	at NACSCi 2018 Nutrition Station Open Water
	1500 Free	20:01.44	15-Feb-19	NEPN	Jordan Amies	at 2018-2019 Summer Week 15
	2500 Free	35:48.00	8-Nov-14	NEPN	Keisha Deacon-Chilmaid	at 2014 MSW Open Water
	5000 Free	1:21:50.31	22-Oct-17	NEPN	Bethany Mavin	at 2017 MSW Open Water Championships
	50 Back	33.82	30-Mar-19	NEPN	Chloe Kimmings	at 2019 NSW Junior State Age Championships
	100 Back	1:12.38	17-Jan-14	NEPN	Arizona Stanley	at 2014 NSW Junior State Age LC Championships

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12-12	200 Back	2:35.50	22-Feb-19	NEPN	Jordan Amies at 2018-2019 Summer Week 16
	50 Breast	39.60	27-Nov-20	NEPN	Mackenzie Kimmings at 2020 21 NSW Junior Metropolitan Championship
	100 Breast	1:24.99	8-Nov-15	NEPN	Alyssa Proctor at 2015 Glenbrook Festival Carnival
	200 Breast	3:04.13	7-Dec-15	NEPN	Alyssa Proctor at 2015 NSW Metropolitan Championships
	50 Fly	32.34	27-Nov-20	NEPN	Lucienne Heffernan at 2020 21 NSW Junior Metropolitan Championships
	100 Fly	1:15.73	2-Mar-19	NEPN	Teagan Hinds at 2019 NSW Junior Metropolitan Championships
	200 Fly	2:51.07	2-Mar-19	NEPN	Teagan Hinds at 2019 NSW Junior Metropolitan Championships
	200 IM	2:40.57	30-Mar-19	NEPN	Chloe Kimmings at 2019 NSW Junior State Age Championships
	400 IM	5:35.91	8-Feb-19	NEPN	Jordan Amies at 2018-2019 Summer Week 14
	200 Free Relay	2:01.53	30-Mar-19	NEPN	Nepean Aquatic Centre T. Davey, T. Hinds, K. Slaughter, C. Kimmings
	200 Medley Relay	2:20.60	30-Mar-19	NEPN	Nepean Aquatic Centre C. Kimmings, K. Slaughter, T. Hinds, T. Davey
12-14	200 Medley Relay	2:18.20	17-Nov-18	NEPN	Nepean Aquatic Centre
13-13	50 Free	28.28	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age LC Championships
	100 Free	1:06.40	14-Dec-18	NEPN	Anique Pantazakos at 2018-19 NSW Senior State Age Championships
	200 Free	2:11.20	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age LC Championships
	400 Free	4:35.29	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age LC Championships
	800 Free	9:37.22	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age Championships
	1500 Free	20:54.76	8-Nov-19	NEPN	Tanna Davey at NACSci 2019 Summer Week 4
	2500 Free	36:07.23	27-Oct-18	NEPN	Jordan Amies at NACSci 2018 Nutrition Station Open Water
	5000 Free	1:13:00.00	8-Nov-14	NEPN	Arizona Stanley at 2014 MSW Open Water Championships
	50 Back	32.88	10-Mar-18	MSW	Charlotte Forti at 2018 Speedo Sprint Series - Finals
	100 Back	1:09.47	3-Nov-18	NEPN	Jordan Amies at 2018 Telopea Summer Meet
	200 Back	2:30.76	17-Nov-18	NEPN	Jordan Amies at 2018 MSW Long Course Championships 12/13 Over
	50 Breast	37.13	12-Mar-22	NEPN	Mackenzie Kimmings at 2022 Speedo Sprint Series - Finals
	100 Breast	1:23.52	20-Jan-22	NEPN	Mackenzie Kimmings at 2021-22 NSW Senior State Age Championships
	200 Breast	2:59.30	18-Jan-16	NEPN	Alyssa Proctor at 2016 NSW Senior State Age LC Championships
	50 Fly	31.66	17-Nov-18	NEPN	Jordan Amies at 2018 MSW Long Course Championships 12/13 Over
	100 Fly	1:09.43	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age LC Championships
	200 IM	2:32.42	19-Jan-15	NEPN	Arizona Stanley at 2015 NSW Senior State Age LC Championships
	400 IM	5:38.09	1-Mar-19	NEPN	Jordan Amies at 2018-2019 Summer Week 17
13-14	200 Free Relay	1:59.11	12-Dec-16	NEPN	Nepean Aquatic Centre L. Wolsley, C. Bullard, K. Deacon-Chilmaid, H. McPherson
	200 Medley Relay	2:16.26	12-Dec-16	NEPN	Nepean Aquatic Centre A. Procter, C. Bullard, L. Wolsley, H. McPherson
14-14	50 Free	27.44	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	100 Free	1:00.06	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	200 Free	2:09.51	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	400 Free	4:37.19	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age Championships
	800 Free	9:44.43	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	1500 Free	21:36.33	24-Feb-17	NEPN	Lauren Wolsley at NACSci 2016-17 Summer Club Night Week 17
	5000 Free	1:13:02.00	19-Dec-20	NEPN	Kiani Slaughter at 2020 NSW Open Water Championships
	50 Back	32.74	1-Dec-18	NEPN	Charlotte Forti at 2018 NSW Senior Metropolitan LC Championships
	100 Back	1:07.12	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	200 Back	2:25.96	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	50 Breast	34.41	10-Dec-22	NEPN	Mackenzie Kimmings at 2022-23 NSW Senior State Age Championships
	100 Breast	1:16.30	10-Dec-22	NEPN	Mackenzie Kimmings at 2022-23 NSW Senior State Age Championships
	200 Breast	2:49.64	10-Dec-22	NEPN	Mackenzie Kimmings at 2022-23 NSW Senior State Age Championships
	50 Fly	31.58	26-Feb-22	NEPN	Lucienne Heffernan at 2022 MSW Long Course Championships
	100 Fly	1:09.82	6-Jan-19	NEPN	Jordan Amies at 2019 MSW LC Qualifying Meet
	200 IM	2:33.63	18-Jan-16	NEPN	Arizona Stanley at 2016 NSW Senior State Age LC Championships
	400 IM	5:42.01	20-Jan-14	NEPN	Melissa Folkes at 2014 NSW Senior State Age LC Championships

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15-15	50	Free	28.21	4-Dec-21	NEPN	Chloe Kimmings at 2021 NSW LC Qualifying Meet
	100	Free	1:02.04	4-Dec-21	NEPN	Chloe Kimmings at 2021 NSW LC Qualifying Meet
	200	Free	2:14.35	19-Mar-22	NEPN	Chloe Kimmings at 2022 NSW Senior Metropolitan Championships
	400	Free	4:42.19	19-Jan-15	NEPN	Abbi Williams at 2015 NSW Senior State Age LC Championships
	800	Free	9:49.03	19-Jan-15	NEPN	Melissa Fokes at 2015 NSW Senior State Age LC Championships
	1500	Free	22:15.63	17-Nov-18	NEPN	Monique Wilson at 2018 MSW Long Course Championships
	2500	Free	41:32.95	26-Jan-19	NEPN	Bethany Mavin at 2019 Australian Age Open Water Championships
	5000	Free	1:09:13.00	20-Dec-14	NEPN	Melissa Fokes at NSW Open Water
	10000	Free	2:20:25.00	20-Dec-14	NEPN	Melissa Fokes at NSW Open Water
	50	Back	32.07	19-Mar-22	NEPN	Chloe Kimmings at 2022 NSW Senior Metropolitan Championships
	100	Back	1:08.58	19-Jan-15	NEPN	Abbi Williams at 2015 Senior State Age LC Championships
	200	Back	2:26.96	13-Dec-19	NEPN	Jordan Amies at 2019-20 NSW Senior State Age Championships
	50	Breast	35.04	7-Apr-23	NEPN	Mackenzie Kimmings at 2023 Australian Age & MC Age Championships
	100	Breast	1:20.31	7-Apr-23	NEPN	Mackenzie Kimmings at 2023 Australian Age & MC Age Championships
	200	Breast	2:52.78	7-Apr-23	NEPN	Mackenzie Kimmings at 2023 Australian Age & MC Age Championships
	50	Fly	30.39	29-Jan-12	NEPN	Jaymie Eaton at Dubbo City Swimtech Qualifying Carnival
	100	Fly	1:07.73	19-Jan-15	NEPN	Abbi Williams at 2015 NSW Senior State Age LC Championships
	200	IM	2:31.06	19-Mar-22	NEPN	Chloe Kimmings at 2022 NSW Senior Metropolitan Championships
	400	IM	5:00.05	18-Nov-17	NEPN	Coral Bullard at 2017 MSW Long Course Championships
16-16	50	Free	27.45	12-Dec-16	NEPN	Abbey Slaughter at 2016 Senior State Age LC Champonships
	100	Free	59.19	29-Jan-12	NEPN	Lucy Palu at Dubbo City Swimtech Qualifying Carnival
	200	Free	2:08.82	25-Nov-16	NEPN	Abbey Slaughter at 2016 NSW Metropolitan Championships
	400	Free	4:30.60	25-Nov-16	NEPN	Abbey Slaughter at 2016 NSW Metropolitan Championships
	800	Free	9:50.25	16-Oct-15	NEPN	Melissa Fokes at 2015 Woy Woy LC Qualifying Meet
	1500	Free	18:46.32	24-Feb-17	NEPN	Abbey Slaughter at NACSci 2016-17 Summer Club Night Week 17
	2500	Free	44:27.88	26-Jan-19	NEPN	Monique Wilson at 2019 Australian Age Open Water Championships
	5000	Free	1:05:01.00	19-Dec-11	NEPN	Melissa Fokes at NSW State Age Open Water
	7500	Free	2:07:40.00	25-Jan-20	NEPN	Monique Wilson at 2020 Australian Age Open Water Championships
	10000	Free	2:14:06.00	19-Dec-15	NEPN	Melissa Fokes at NSW State Age Open Water
	50	Back	32.20	10-Sep-22	NEPN	Chloe Kimmings at Nepean Aquatic Centre SC Long Course Meet
	100	Back	1:09.09	12-Nov-16	NEPN	Abbey Slaughter at 2016 MSW Age and Open Long Course Championshi
	200	Back	2:29.00	10-Dec-22	NEPN	Chloe Kimmings at 2022-23 NSW Senior State Age Championships
	50	Breast	42.10	2-Dec-22	NEPN	Chloe Kimmings at Nepean Aquatic Centre Summer 2022 2023 Week 7
	100	Breast	1:21.19	10-Sep-22	NEPN	Chloe Kimmings at Nepean Aquatic Centre SC Long Course Meet
	50	Fly	29.78	10-Dec-22	NEPN	Chloe Kimmings at 2022-23 NSW Senior State Age Championships
	100	Fly	1:02.89	18-Jan-17	NEPN	Abbey Slaughter at 2017 SA State Age and Open Championships
	200	Fly	2:18.27	12-Dec-16	NEPN	Abbey Slaughter at 2016 NSW Senior State LC Championships
	200	IM	2:24.19	18-Jan-17	NEPN	Abbey Slaughter at 2017 SA State Age and Open Championships
	400	IM	5:04.79	12-Dec-16	NEPN	Abbey Slaughter at 2016 NSW Senior State Age LC Championships
17-17	50	Free	26.58	29-Jan-12	NEPN	Summalea Arndt at Dubbo City Swimtech Qualifying Carnival
	100	Free	58.85	24-Nov-17	NEPN	Abbey Slaughter at 2017 NSW Metropolitan Championships
	200	Free	2:08.29	24-Nov-17	NEPN	Abbey Slaughter at 2017 NSW Metropolitan Championships
	400	Free	4:30.48	18-Nov-17	NEPN	Abbey Slaughter at 2017 MSW Long Course Championships
	5000	Free	1:18:16.27	28-Oct-17	NEPN	Kayla Bentley at 2017 NACSCI Nutrition Station Open Water
	50	Back	30.60	5-Apr-14	NEPN	Brittane Newman at 2014 Australian Age LC Championships
	100	Back	1:05.88	9-Apr-13	NEPN	Lucy Palu at Australian National Age LC Championships
	200	Back	2:23.73	15-Apr-14	NEPN	Brittane Newman at 2014 Australian Age LC Championships
	50	Breast	34.82	29-Jan-12	NEPN	Summalea Arndt at Dubbo City Swimtech Qualifying Carnival
	100	Breast	1:17.44	29-Jan-12	NEPN	Summalea Arndt at Dubbo City Swimtech Qualifying Carnival
	200	Breast	2:55.14	29-Jan-12	NEPN	Summalea Arndt at Dubbo City Swimtech Qualifying Carnival

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17-17	50 Fly	29.54	29-Jan-12	NEPN	Summarea Arndt	at Dubbo City Swimtech Qualifying Carnival
	100 Fly	1:03.25	24-Nov-17	NEPN	Abbey Slaughter	at 2017 NSW Metropolitan Championships
	200 Fly	2:20.82	24-Nov-17	NEPN	Abbey Slaughter	at 2017 NSW Metropolitan Championships
	200 IM	2:24.81	24-Nov-17	NEPN	Abbey Slaughter	at 2017 NSW Metropolitan Championships
	400 IM	5:13.68	24-Nov-17	NEPN	Abbey Slaughter	at 2017 NSW Metropolitan Championships
18-18	50 Free	27.65	14-Dec-18	NEPN	Abbey Slaughter	at 2018 NSW Senior State Age Championships
	200 Free	2:10.26	14-Dec-18	NEPN	Abbey Slaughter	at 2018 NSW Senior State Age Championships
	800 Free	9:52.72	19-Jan-15	NEPN	Brittane Newman	at 2015 NSW Senior State LC Championships
	100 Back	1:07.53	19-Jan-15	NEPN	Brittane Newman	at 2015 NSW Senior State LC Championships
	200 Back	2:26.68	19-Jan-15	NEPN	Brittane Newman	at 2015 NSW Senior State LC Championships
	100 Breast	1:20.70	19-Jan-15	NEPN	Brittane Newman	at 2015 NSW Senior State LC Championships
	100 Fly	1:03.18	14-Dec-18	NEPN	Abbey Slaughter	at 2018 NSW Senior State Age Championships
	200 Fly	2:15.71	17-Nov-18	NEPN	Abbey Slaughter	at 2018 NSW Long Course Championships
	200 IM	2:51.47	1-Dec-18	NEPN	Kayla Bentley	at 2018 NSW Senior Metropolitan Championships
	400 IM	5:44.38	19-Jan-15	NEPN	Isabella Ryan	at 2015 NSW Senior State LC Championships
18 & O	50 Free	27.42	13-Dec-19	NEPN	Abbey Slaughter	at 2019-20 NSW Senior State Age Championships
	100 Free	59.74	13-Dec-19	NEPN	Abbey Slaughter	at 2019-20 NSW Senior State Age Championships
	200 Free	2:10.26	14-Dec-18	NEPN	Abbey Slaughter	at 2018-19 NSW Senior State Age Championships
	400 Free	4:46.02	29-Jan-12	NEPN	Kara Leo	at Dubbo City Swimtech Qualifying Carnival
	800 Free	10:04.89	17-Feb-17	NEPN	Brittane Newman	at NACSCi 2016-17 Summer Club Night Week 16
	1500 Free	20:36.12	6-Nov-15	NEPN	Isabella Ryan	at 2015-16 Summer Week 5
	5000 Free	1:17:17.90	21-Nov-15	NEPN	Isabella Ryan	at 2015 MSW Open Water Championships
	50 Back	30.81	6-Apr-15	NEPN	Brittane Newman	at 2015 Australian Swimming Championships
	100 Back	1:06.10	4-Apr-15	NEPN	Brittane Newman	at 2015 Australian Swimming Championships
	200 Back	2:21.84	6-Apr-15	NEPN	Brittane Newman	at 2015 Australian Swimming Championships
	50 Breast	37.00	25-Nov-16	NEPN	Brittane Newman	at 2017 NSW Metropolitan Championships
	100 Breast	1:25.03	19-Mar-17	NEPN	Brittane Newman	at 2017 NACSCi Summer Age Championships
	50 Fly	29.48	25-Nov-16	NEPN	Brittane Newman	at 2016 NSW Metropolitan Championships
	100 Fly	1:01.41	17-Nov-18	NEPN	Abbey Slaughter	at 2018 NSW Long Course Championships
	200 Fly	2:50.93	7-Dec-15	NEPN	Isabella Ryan	at 2015 NSW Metropolitan Championships
	200 IM	2:22.64	17-Nov-18	NEPN	Abbey Slaughter	at 2018 NSW Long Course Championships
	400 IM	5:03.12	25-Nov-16	NEPN	Brittane Newman	at 2016 NSW Metropolitan Championships
	50 Free	27.35	17-Nov-18	NEPN	Abbey Slaughter	at 2018 NSW Long Course Championships
	100 Free	58.85	24-Nov-17	NEPN	Abbey Slaughter	at 2017 NSW Metropolitan Championships
	200 Free	2:09.00	12-Nov-16	NEPN	Abbey Slaughter	at 2016 NSW Age and Open Long Course Championships
	400 Free	4:32.11	12-Nov-16	NEPN	Abbey Slaughter	at 2016 NSW Age and Open Long Course Championships
	800 Free	9:29.54	12-Nov-16	NEPN	Brittane Newman	at 2016 NSW Age and Open Long Course Championships
	1500 Free	20:59.34	23-Nov-18	NEPN	Chloe Kimmings	at 2018-2019 Summer Week 7
	50 Back	30.73	27-Feb-15	NEPN	Brittane Newman	at 2015 NSW State Open Championships
	100 Back	1:06.10	3-Apr-15	NEPN	Brittane Newman	at 2015 Hancock Prospecting Australian Swimming Championships
	200 Back	2:15.03	17-Nov-18	NEPN	Charlotte Forti	at 2018 NSW Long Course Championships
	50 Breast	34.41	10-Dec-22	NEPN	Mackenzie Kimmings	at 2022-23 NSW Senior State Age Championships
	100 Breast	1:16.30	10-Dec-22	NEPN	Mackenzie Kimmings	at 2022-23 NSW Senior State Age Championships
	200 Breast	2:49.64	10-Dec-22	NEPN	Mackenzie Kimmings	at 2022-23 NSW Senior State Age Championships
	50 Fly	29.65	12-Nov-16	NEPN	Brittane Newman	at 2016 NSW Age and Open LC Championships
	100 Fly	1:01.41	17-Nov-18	NEPN	Abbey Slaughter	at NSW Long Course Championships
	200 Fly	2:19.28	15-Mar-19	NEPN	Abbey Slaughter	at 2019 NSW State Open
	200 IM	2:24.19	18-Jan-17	NEPN	Abbey Slaughter	at 2017 SA State Age and Open Championships
	400 IM	5:07.27	12-Nov-16	NEPN	Brittane Newman	at 2016 NSW Age and Open Long Course Championships

RECORDS Girls Long Course

500 Free Relay	5:09.43	12-Nov-16	NEPN	Nepean Aquatic Centre	at 2016 MSW Age and Open Long Course Champion
400 Medley Relay	4:52.09	12-Nov-16	NEPN	Nepean Aquatic Centre	at 2016 MSW Age and Open Long Course Champion