

NORWOOD Swimming Club Records													Female Short Course			30/09/2023	
	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	Open					
FREESTYLE																	
50m	P Martin	S Song	S Song	S Song	S Song	S Healy	S Healy	S Healy	S Healy	E Arnold	J Ash	J Ash					
	38.40	33.73	32.71	30.95	29.51	28.00	27.02	25.87	25.87	25.87	25.58	25.58					
100m	P Martin	W Kong	S Song	S Song	S Song	S Song	S Song	S Song	E Duncan	A Duncan	J Ash	T Papaem. ⁱⁱ					
	1:30.00	1:25.49	1:08.53	1:03.91	1:01.44	1:00.11	57.72	56.99	56.65	56.12	55.01	54.86					
200m	P Martin	W Kong	S Song	S Song	S Song	S Song	S Song	S Song	S Song	S Song	J Ash	T Papaem. ⁱⁱ					
	3:12.40	3:03.70	2:34.76	2:16.60	2:14.98	2:10.87	2:01.79	1:59.35	1:59.35	1:59.35	1:58.77	1:58.10					
400m	W Kong	W Kong	C South	Z Kowald	Z Kowald	S Song	S Song	E White	C South	C South	C South	C South					
	7:07.91	6:33.14	5:48.07	5:13.51	4:48.27	4:36.34	4:19.53	4:15.11	4:14.04	4:11.82	4:11.82	4:11.82					
800m	P Martin	A Sidey	S Luker	E Siddle	E White	E White	E White	E White	C South	C South	C South	C South					
	14:32.50	13:16.16	11:52.78	11:36.96	10:08.35	9:30.10	9:16.31	8:47.24	8:39.41	8:35.38	8:32.76	8:32.76					
1500m	No record	W Kong	S Luker	W Kong	E Caton	E Hill	C South	C South	C South	C South	C South	C South					
		25:06.36	24:37.84	22:56.62	19:13.25	18:36.55	17:44.58	17:04.15	16:27.11	16:15.48	16:15.48	16:15.48					
BACKSTROKE																	
50m	P Martin	W Kong	S Song	S Song	S Song	C Clarke	C Clarke	S Healy	S Healy	W Ireland	W Ireland	C Clarke					
	48.70	43.31	38.19	33.72	33.02	30.31	28.92	28.24	28.24	28.15	28.15	27.04					
100m	W Kong	W Kong	S Song	S Song	S Song	C Clarke	C Clarke	C Clarke	I McLachlan	I McLachlan	W Ireland	C Clarke					
	1:45.86	1:36.27	1:22.05	1:13.36	1:12.06	1:06.50	1:03.08	1:00.85	1:00.29	1:00.29	1:00.20	58.40					
200m	S Mitchell	W Kong	S Song	S Song	S Song	E Siddle	E Muir	S Healy	E Muir	J O'Neil	J O'Neil	F Adcock					
	4:01.19	3:25.75	2:56.08	2:40.49	2:28.22	2:24.44	2:16.85	2:11.04	2:09.63	2:09.54	2:09.54	2:05.37					
BREASTSTROKE																	
50m	W Kong	R Roetman	S Luker	O Innes	S Bradbrook	S Bradbrook	A Tran	A Tran	A Tran	A Dahlitz	A Dahlitz	A Dahlitz					
	52.93	48.30	44.56	41.06	37.64	36.00	33.03	33.03	33.03	31.73	31.53	31.53					
100m	W Kong	E Gaillard	A Davidson	A Davidson	M Turvey	S Bradbrook	A Tran	A Tran	A Tran	A Dahlitz	A Dahlitz	A Dahlitz					
	1:53.40	1:48.50	1:36.64	1:30.30	1:22.56	1:18.26	1:10.70	1:10.70	1:10.70	1:10.13	1:08.07	1:08.07					
200m	P Martin	E Gaillard	S Luker	A Davidson	M Turvey	M Turvey	M McMahon	M McMahon	M McMahon	M McMahon	M McMahon	T Ritenberg					
	4:12.40	3:45.25	3:30.43	3:10.04	2:51.79	2:48.27	2:37.16	2:32.90	2:32.90	2:31.23	2:31.23	2:26.81					
BUTTERFLY																	
50m	P Martin	S Song	S Song	S Song	S Song	S Song	C Clarke	C Clarke	C Clarke	E Arnold	E Arnold	E Arnold					
	47.20	37.53	35.56	32.84	31.58	30.10	29.05	28.57	28.16	27.48	26.87	26.87					
100m	P Martin	S Song	S Song	S Song	S Song	C Clarke	S Song	C Clarke	C Carrocci	A Duncan	E Arnold	A Duncan					
	2:08.80	1:25.12	1:18.41	1:13.06	1:09.23	1:05.47	1:03.27	1:02.77	1:02.30	1:01.52	59.89	59.57					
200m	No record	W Kong	W Kong	S Song	S Song	E White	E White	E White	E Muir	J Ash	J Ash	J Staples					
		3:27.34	3:12.86	2:49.05	2:37.00	2:26.47	2:19.54	2:15.49	2:13.75	2:13.26	2:10.45	2:09.59					
INDIVIDUAL MEDLEY																	
100m	Z Santos	W Kong	W Kong	S Song	S Song	S Healy	C Clarke	S Healy	S Healy	S Healy	T Papaem. ⁱⁱ	T Papaem. ⁱⁱ					
	1:42.60	1:34.10	1:27.30	1:17.64	1:12.64	1:09.07	1:06.36	1:03.39	1:03.39	1:03.27	1:02.93	1:00.47					
200m	P Martin	W Kong	W Kong	S Song	S Song	S Song	S Song	S Healy	S Healy	S Healy	S Healy	T Papaem. ⁱⁱ					
	3:42.20	3:15.70	3:15.70	2:46.05	2:34.76	2:27.83	2:22.77	2:14.64	2:14.64	2:14.64	2:14.09	2:09.65					
400m	C South	C South	A Sidey	S Luker	M Turvey	M Turvey	E Muir	S Healy	E Muir	E Muir	E Muir	J Staples					
	8:19.90	7:21.66	6:43.72	6:17.66	5:29.45	5:08.67	4:58.27	4:48.46	4:43.08	4:43.08	4:43.08	4:40.64					