

NORWOOD Swimming Club Records							Male Long 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
<b>FREESTYLE</b>												
<b>50m</b>	B Arbon	B Zhang	B Nagel	H Caton	H Caton	H Caton	K Chalmers	K Chalmers	K Chalmers	K Chalmers	J Bastian	C Wong
	42.06	38.87	33.40	31.59	28.82	27.33	24.00	24.00	24.00	24.00	23.57	23.50
<b>100m</b>	B Zhang	P Bishop	B Nagel	B Nagel	M Langman	M Langman	K Chalmers	K Chalmers	K Chalmers	K Chalmers	C Wong	H Stoeckel
	1:51.39	1:26.27	1:14.50	1:11.10	1:02.39	59.44	52.29	52.29	52.29	52.29	51.47	51.34
<b>200m</b>	B Zhang	P Bishop	B Nagel	B Nagel	M Langman	C Salter	K Chalmers	D Potts	D Potts	D Potts	D Potts	D Potts
	4:04.54	3:05.28	2:35.80	2:27.40	2:18.40	2:12.73	1:57.48	1:56.32	1:54.57	1:51.48	1:51.48	1:51.48
<b>400m</b>	No record	B Zhang	B Nagel	B Nagel	M Langman	M Langman	M Langman	D Potts	D Potts	D Potts	D Potts	D Potts
		7:08.16	5:26.30	5:05.00	4:46.69	4:35.31	4:23.33	4:05.10	3:58.18	3:58.18	3:54.13	3:54.13
<b>800m</b>	No record	No record	No record	B Allen	J Nesbitt	C Salter	M Lewis	D Potts	D Potts	D Potts	D Potts	D Potts
				11:55.06	10:48.71	9:30.49	9:29.39	8:32.68	8:19.98	8:08.42	8:08.42	8:08.42
<b>1500m</b>	No record	No record	No record	L Curtis	L Curtis	R Nagel	D Potts	D Potts	D Potts	D Potts	D Potts	D Potts
				22:33.87	20:45.21	18:44.50	16:13.31	16:01.35	15:41.67	15:41.67	15:41.51	15:41.51
<b>BACKSTROKE</b>												
<b>50m</b>	L Curtis	S Isabel	C Valente	B Brewerton	M Langman	C Valente	K Chalmers	K Chalmers	K Chalmers	F McLachlan	F McLachlan	H Stoeckel
	53.55	45.03	40.87	36.37	34.17	31.15	28.08	27.26	27.26	27.09	26.56	25.06
<b>100m</b>	No record	P Bishop	P Bishop	B Brewerton	M Langman	C Valente	K Chalmers	L Rieck	L Rieck	F McLachlan	F McLachlan	H Stoeckel
		1:37.15	1:26.40	1:19.38	1:12.51	1:06.17	1:00.62	58.57	58.57	56.77	55.97	52.97
<b>200m</b>	No record	P Bishop	P Bishop	B Nagel	M Langman	C Valente	F McLachlan	L Rieck	D Potts	D Potts	D Potts	H Stoeckel
		3:22.00	3:04.64	2:49.10	2:32.94	2:24.96	2:17.65	2:08.31	2:05.75	2:04.14	2:01.13	1:56.39
<b>BREASTSTROKE</b>												
<b>50m</b>	B Arbon	W Hall	J Gramp	J Gramp	J Gramp	J Gramp	L Bekric	L Bekric	M Pearce	H Biddell	H Biddell	H Biddell
	56.34	49.12	43.38	40.31	37.28	35.11	33.89	31.59	31.10	30.96	29.50	29.50
<b>100m</b>	B Zhang	G Turvey	J Gramp	J Gramp	J Gramp	J Gramp	J Gramp	L Bekric	A van de Loo	H Biddell	H Biddell	H Biddell
	2:27.40	1:59.49	1:34.36	1:27.89	1:21.08	1:14.85	1:11.06	1:10.25	1:07.63	1:06.13	1:03.38	1:03.38
<b>200m</b>	No record	P Bishop	B Nagel	J Gramp	J Gramp	J Gramp	J Gramp	S Moffat	A van de Loo	H Biddell	H Biddell	H Biddell
		3:58.50	3:28.60	3:12.16	2:56.46	2:43.55	2:32.38	2:31.55	2:29.61	2:20.82	2:15.16	2:15.16
<b>BUTTERFLY</b>												
<b>50m</b>	B Zhang	B Arbon	C Valente	B Brewerton	F McLachlan	F McLachlan	K Chalmers	K Chalmers	K Chalmers	F McLachlan	F McLachlan	C Wong
	51.36	44.04	39.78	34.46	31.32	29.40	25.89	25.50	25.50	25.28	25.00	24.77
<b>100m</b>	No record	P Bishop	P Bishop	P Bishop	F McLachlan	F McLachlan	K Chalmers	K Chalmers	K Chalmers	K Chalmers	F McLachlan	F McLachlan
		1:45.80	1:28.78	1:21.17	1:10.17	1:05.06	55.93	55.22	55.22	55.22	54.49	54.49
<b>200m</b>	No record	No record	No record	B Nagel	M Langman	F McLachlan	F McLachlan	F McLachlan	D Potts	D Potts	D Potts	D Potts
				3:02.60	2:36.12	2:25.64	2:14.95	2:08.76	2:04.82	1:59.92	1:59.27	1:59.27
<b>INDIVIDUAL MEDLEY</b>												
<b>200m</b>	No record	P Bishop	B Nagel	B Brewerton	M Langman	C Salter	K Chalmers	D Potts	D Potts	D Potts	C Wong	M Bacon
		3:30.99	3:09.00	2:49.91	2:38.43	2:27.56	2:18.89	2:13.49	2:10.92	2:08.59	2:05.91	2:03.24
<b>400m</b>	No record	No record	No record	No record	R Dennis	R Dennis	D Potts	D Potts	D Potts	D Potts	D Potts	M Bacon
					5:50.16	5:23.60	4:49.14	4:40.47	4:35.55	4:23.08	4:23.08	4:22.18