

NORWOOD Swimming Club Records							Female Long Course				30/09/2025	
	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	T Lidums	S Healy	S Healy	E Arnold	E Arnold	E Arnold	E Arnold
	39.40	34.34	32.17	31.09	29.12	28.33	26.89	26.89	26.66	26.26	25.91	25.91
100m	T Dean	S Song	S Song	S Song	S Song	S Song	S Song	S Song	E Duncan	A Duncan	A Duncan	T Papaem. ⁱⁱ
	1:37.08	1:14.85	1:07.70	1:05.89	1:01.36	58.60	57.99	57.53	57.29	56.96	56.62	56.45
200m	No record	C Alonzo	S Song	S Song	S Song	S Song	S Song	S Song	S Song	S Song	T Papaem. ⁱⁱ	T Papaem. ⁱⁱ
		3:30.58	2:28.62	2:21.91	2:12.42	2:05.28	2:02.74	2:02.74	2:02.74	2:02.74	2:02.34	2:02.22
400m	No record	R Siddle	S Mitchell	S Song	S Song	S Song	E White	E White	E White	C South	C South	C South
		8:12.29	6:21.62	5:04.97	4:39.17	4:30.76	4:23.38	4:20.41	4:16.98	4:16.84	4:15.43	4:15.43
800m	No record	No record	No record	E Hill	L Cutting	L Cutting	E White	E White	E White	C South	C South	C South
				11:06.66	10:36.95	9:52.81	8:54.95	8:54.95	8:45.73	8:43.19	8:40.24	8:40.24
1500m	No record	No record	No record	E Siddle	L Cutting	H Chipperfld	C South	E White	E White	C South	C South	C South
				21:32.40	19:59.77	18:35.54	17:54.76	17:07.13	16:50.30	16:42.69	16:37.04	16:37.04
BACKSTROKE												
50m	W Kong	S Song	S Song	S Song	S HancI	S Healy	C Clarke	C Clarke	W Ireland	W Ireland	I McLachlan	I McLachlan
	48.62	40.06	38.05	36.48	33.80	31.95	29.96	29.96	29.30	28.88	28.87	28.87
100m	T Dean	S Song	S Song	S Song	E Siddle	E Siddle	C Clarke	S Healy	W Ireland	W Ireland	W Ireland	W Ireland
	1:50.41	1:25.33	1:20.90	1:14.66	1:11.73	1:07.99	1:04.33	1:03.98	1:03.13	1:02.01	1:01.35	1:01.35
200m	S Mitchell	S Mitchell	S Song	S Song	S Song	E Siddle	S Healy	E Muir	E Muir	E Muir	W Ireland	F Adcock
	4:01.19	4:01.19	2:45.68	2:38.14	2:35.59	2:26.36	2:18.94	2:16.39	2:14.70	2:14.17	2:13.43	2:10.31
BREASTSTROKE												
50m	N Barnes	W Kong	S Luker	S Luker	E Scown	L Parker	S Bradbrook	S Bradbrook	A Munday	A Dahlitz	A Dahlitz	A Dahlitz
	53.00	51.13	44.78	40.85	37.72	36.94	35.26	34.00	33.62	32.68	31.89	31.89
100m	Z Santos	C Alonzo	P Schwabe	S Luker	A Davidson	L Parker	A Munday	T Shrestha	M McMahon	A Dahlitz	A Dahlitz	A Dahlitz
	2:10.53	2:03.40	1:41.86	1:29.71	1:22.53	1:18.75	1:16.28	1:13.61	1:13.02	1:11.42	1:10.67	1:10.67
200m	No record	S Mitchell	S Mitchell	S Linn	A Davidson	A Davidson	S Luker	M McMahon	M McMahon	M McMahon	M McMahon	T Ritenberg
		4:10.80	3:43.99	3:18.05	2:57.42	2:48.14	2:42.19	2:37.53	2:34.96	2:34.96	2:34.96	2:32.74
BUTTERFLY												
50m	W Kong	S Song	S Song	S Song	S Song	E White	E White	E White	T Bastian	E Arnold	A Duncan	A Duncan
	47.76	37.78	33.92	33.53	31.72	29.80	29.24	28.78	27.95	27.42	27.05	27.05
100m	No record	S Song	S Song	S Song	S Song	S Song	E White	E White	E Arnold	E Arnold	J Ash	J Ash
		1:26.01	1:20.42	1:13.17	1:08.08	1:06.46	1:04.05	1:03.04	1:02.59	1:01.19	1:00.42	1:00.42
200m	No record	No record	S Song	E Siddle	S Song	E White	E White	E White	C Carrocci	C Carrocci	J Ash	J Staples
			3:21.89	2:46.96	2:37.96	2:28.47	2:19.15	2:17.92	2:17.02	2:17.02	2:13.85	2:12.56
INDIVIDUAL MEDLEY												
200m	No record	S Song	S Song	S Song	S Song	S Song	S Healy	S Healy	S Healy	S Healy	S Healy	T Papaem. ⁱⁱ
		3:05.01	2:53.26	2:43.35	2:35.83	2:26.54	2:20.61	2:18.52	2:18.52	2:16.67	2:16.67	2:15.95
400m	No record	No record	No record	E Siddle	E Siddle	E Siddle	E White	E Muir	E Muir	E Muir	E Muir	J Staples
				6:25.06	5:43.87	5:19.16	5:00.81	4:56.72	4:51.52	4:48.77	4:48.77	4:48.37