

SASA West District Age Group Long Course Records

| Boys | | | | | | | | | | Girls | | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 19/24 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10/U | Event | 10/U | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19/24 |
| 00.23.26 | 00.23.15 | 00.22.78 | 00.23.23 | 00.23.75 | 00.24.61 | 00.25.43 | 00.26.77 | 00.28.34 | 00.30.52 | 50FR | 00.31.30 | 00.28.20 | 00.27.51 | 00.27.48 | 00.26.92 | 00.26.19 | 00.25.78 | 00.26.86 | 00.26.28 | 00.26.34 |
| 00.49.17 | 00.49.43 | 00.49.19 | 00.50.67 | 00.52.00 | 00.52.85 | 00.54.33 | 00.57.08 | 01.01.95 | 01.07.05 | 100FR | 01.07.52 | 01.02.81 | 00.59.49 | 00.58.28 | 00.57.70 | 00.57.33 | 00.57.17 | 00.57.77 | 00.56.69 | 00.56.24 |
| 01.46.53 | 01.48.55 | 01.49.66 | 01.49.88 | 01.54.00 | 01.54.29 | 01.57.63 | 02.04.36 | 02.15.11 | 02.30.72 | 200FR | 02.26.87 | 02.16.07 | 02.09.11 | 02.07.01 | 02.04.10 | 02.05.32 | 02.03.19 | 02.02.25 | 02.02.90 | 01.59.44 |
| 03.46.73 | 04.03.99 | 03.56.67 | 04.06.55 | 03.56.95 | 04.02.89 | 04.10.81 | 04.24.98 | 04.45.46 | 05.11.24 | 400FR | 05.19.39 | 04.44.30 | 04.30.41 | 04.25.15 | 04.22.40 | 04.23.12 | 04.20.61 | 04.16.14 | 04.18.16 | 04.09.39 |
| 08.25.03 | 08.25.14 | 08.33.79 | 08.35.89 | 08.17.02 | 08.32.71 | 08.49.64 | 09.21.33 | 10.11.15 | 10.31.25 | 800FR | 11.09.94 | 10.07.10 | 09.24.11 | 09.13.36 | 09.00.69 | 09.05.69 | 08.57.59 | 08.47.78 | 08.45.13 | 08.30.99 |
| 15.50.23 | 15.51.73 | 16.12.39 | 16.32.04 | 15.41.73 | 16.07.02 | 16.57.37 | 17.32.59 | 19.15.35 | 20.17.87 | 1500FR | 21.37.26 | 19.29.78 | 18.21.02 | 17.52.57 | 17.12.41 | 17.20.40 | 17.13.76 | 16.45.91 | 16.42.45 | 16.16.72 |
| 00.25.78 | 00.25.66 | 00.26.68 | 00.27.40 | 00.27.20 | 00.28.02 | 00.28.48 | 00.31.06 | 00.33.51 | 00.37.80 | 50BA | 00.33.71 | 00.32.07 | 00.31.51 | 00.30.08 | 00.29.69 | 00.29.42 | 00.29.93 | 00.30.55 | 00.29.67 | 00.29.66 |
| 00.55.42 | 00.56.46 | 00.58.11 | 00.59.12 | 00.59.30 | 00.58.98 | 01.02.13 | 01.06.74 | 01.12.81 | 01.20.91 | 100BA | 01.12.95 | 01.08.51 | 01.05.98 | 01.04.73 | 01.02.71 | 01.03.31 | 01.04.40 | 01.04.20 | 01.02.97 | 01.03.22 |
| 02.00.01 | 02.06.27 | 02.06.00 | 02.08.15 | 02.08.46 | 02.12.82 | 02.15.30 | 02.26.00 | 02.36.64 | 02.48.08 | 200BA | 02.36.44 | 02.26.05 | 02.19.44 | 02.18.02 | 02.14.39 | 02.18.24 | 02.17.55 | 02.16.37 | 02.13.21 | 02.17.73 |
| 00.28.06 | 00.28.18 | 00.29.45 | 00.29.69 | 00.30.25 | 00.31.76 | 00.32.40 | 00.33.48 | 00.36.28 | 00.40.51 | 50BR | 00.40.09 | 00.36.91 | 00.34.55 | 00.33.28 | 00.32.28 | 00.32.23 | 00.31.68 | 00.32.64 | 00.31.81 | 00.33.03 |
| 01.01.39 | 01.02.28 | 01.02.91 | 01.03.76 | 01.06.29 | 01.08.74 | 01.11.65 | 01.13.52 | 01.19.12 | 01.30.25 | 100BR | 01.31.03 | 01.19.87 | 01.12.53 | 01.11.23 | 01.10.61 | 01.09.69 | 01.08.74 | 01.11.75 | 01.09.16 | 01.13.59 |
| 02.17.05 | 02.13.62 | 02.19.97 | 02.20.23 | 02.22.61 | 02.29.00 | 02.35.85 | 02.44.33 | 02.55.97 | 03.24.20 | 200BR | 03.12.10 | 02.51.04 | 02.37.55 | 02.33.25 | 02.31.90 | 02.31.83 | 02.31.59 | 02.34.12 | 02.30.89 | 02.39.69 |
| 00.24.29 | 00.25.74 | 00.25.76 | 00.25.85 | 00.26.15 | 00.26.38 | 00.27.58 | 00.28.55 | 00.29.95 | 00.33.68 | 50FL | 33.89 | 00.30.99 | 00.29.65 | 00.28.53 | 0.28.36 | 00.27.28 | 00.27.57 | 00.27.94 | 00.28.81 | 00.27.03 |
| 00.53.31 | 00.55.52 | 00.56.91 | 00.55.43 | 00.57.61 | 00.57.81 | 01.00.70 | 01.03.67 | 01.09.00 | 01.15.70 | 100FL | 01.17.20 | 01.09.25 | 01.05.72 | 01.03.31 | 01.02.87 | 01.01.35 | 01.02.29 | 01.01.82 | 01.02.76 | 01.01.83 |
| 02.00.30 | 02.00.73 | 02.03.71 | 02.03.60 | 02.06.00 | 02.08.10 | 02.13.77 | 02.20.30 | 02.34.24 | 02.49.45 | 200FL | 02.48.91 | 02.36.09 | 02.25.87 | 02.23.19 | 02.18.93 | 02.17.04 | 02.16.27 | 02.13.92 | 02.15.61 | 02.21.79 |
| 02.03.40 | 02.07.59 | 02.01.57 | 02.03.17 | 02.07.10 | 02.08.99 | 02.18.08 | 02.25.12 | 02.37.05 | 02.49.00 | 200IM | 02.47.84 | 02.30.11 | 02.23.75 | 02.18.39 | 02.18.58 | 02.21.97 | 02.17.40 | 02.18.89 | 02.17.48 | 02.16.19 |
| 04.19.10 | 04.29.02 | 04.33.70 | 04.24.53 | 04.30.76 | 04.43.71 | 04.48.32 | 05.05.95 | 05.40.28 | 05.54.13 | 400IM | 05.50.12 | 05.21.78 | 05.02.25 | 04.56.70 | 04.50.69 | 04.58.95 | 04.55.03 | 04.51.74 | 04.47.48 | 04.46.11 |

Figures shown in red have yet to be ratified.