

## SASA West District Age Group Short 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    |
| 00.22.44 | 00.22.40 | 00.22.76 | 00.22.85 | 00.23.67 | 00.24.64 | 00.25.07 | 00.26.27 | 00.28.09 | 00.30.42 | 50FR   | 00.30.59 | 00.28.41 | 00.27.01 | 00.26.74 | 00.26.47 | 00.26.08 | 00.25.61 | 00.25.97 | 00.26.07 | 00.25.61 |
| 00.49.10 | 00.47.37 | 00.49.29 | 00.49.47 | 00.51.15 | 00.52.56 | 00.55.15 | 00.57.91 | 01.02.45 | 01.05.95 | 100FR  | 01.04.91 | 01.02.30 | 00.59.56 | 00.58.19 | 00.56.90 | 00.55.61 | 00.56.53 | 00.55.45 | 00.57.35 | 00.54.90 |
| 01.44.57 | 01.44.80 | 01.46.94 | 01.48.02 | 01.52.76 | 01.54.00 | 01.59.25 | 02.06.30 | 02.16.20 | 02.24.13 | 200FR  | 02.21.21 | 02.12.80 | 02.07.07 | 02.04.57 | 02.00.47 | 02.01.95 | 02.01.17 | 02.01.55 | 02.01.82 | 01.56.52 |
| 03.45.17 | 03.41.33 | 03.51.57 | 03.53.57 | 03.59.01 | 04.04.26 | 04.11.73 | 04.28.70 | 04.46.50 | 05.04.13 | 400FR  | 04.58.48 | 04.35.63 | 04.22.88 | 04.17.93 | 04.15.65 | 04.15.74 | 04.13.59 | 04.14.41 | 04.11.39 | 04.03.78 |
| 08.04.12 | 08.13.51 | 08.26.15 | 08.34.20 | 08.25.26 | 08.37.84 | 08.48.60 | 09.07.03 | 09.54.14 | 10.38.99 | 800FR  | 10.14.10 | 09.45.81 | 09.24.28 | 08.54.46 | 08.46.12 | 08.51.17 | 08.37.16 | 08.33.91 | 08.33.51 | 08.21.36 |
| 15.18.42 | 15.25.55 | 15.32.66 | 15.52.79 | 15.41.97 | 16.17.86 | 16.52.34 | 17.34.50 | 18.47.43 | 20.08.52 | 1500FR | 20.39.61 | 19.46.49 | 18.06.89 | 17.24.91 | 17.04.93 | 17.17.36 | 17.41.14 | 17.21.24 | 17.57.98 | 16.31.18 |
| 00.24.40 | 00.26.27 | 00.25.71 | 00.26.16 | 00.26.40 | 00.26.84 | 00.28.05 | 00.30.93 | 00.33.52 | 00.34.77 | 50BA   | 00.34.60 | 00.32.00 | 00.30.90 | 00.28.63 | 00.28.43 | 00.28.26 | 00.29.70 | 00.29.40 | 00.28.84 | 00.28.33 |
| 00.51.47 | 00.57.33 | 00.55.05 | 00.56.34 | 00.57.21 | 00.58.30 | 01.00.51 | 01.05.35 | 01.10.78 | 01.13.17 | 100BA  | 01.11.35 | 01.07.54 | 01.06.18 | 01.03.13 | 01.01.27 | 01.01.24 | 01.00.44 | 01.01.80 | 01.01.14 | 01.03.10 |
| 01.52.18 | 01.55.31 | 01.57.47 | 02.01.32 | 02.05.87 | 02.07.07 | 02.10.91 | 02.21.79 | 02.30.78 | 02.37.04 | 200BA  | 02.24.19 | 02.20.07 | 02.17.25 | 02.13.60 | 02.13.20 | 02.12.16 | 02.12.73 | 02.10.89 | 02.13.19 | 02.11.88 |
| 00.27.96 | 00.28.63 | 00.27.92 | 00.28.96 | 00.30.35 | 00.30.87 | 00.32.25 | 00.33.45 | 00.36.60 | 00.41.50 | 50BR   | 00.39.02 | 00.35.81 | 00.34.36 | 00.33.10 | 00.32.73 | 00.31.62 | 00.31.74 | 00.32.05 | 00.31.57 | 00.31.29 |
| 01.00.20 | 01.01.86 | 01.01.56 | 01.02.72 | 01.04.41 | 01.05.84 | 01.09.93 | 01.12.30 | 01.22.44 | 01.28.99 | 100BR  | 01.26.37 | 01.19.19 | 01.14.57 | 01.10.56 | 01.09.89 | 01.08.45 | 01.08.54 | 01.09.51 | 01.10.32 | 01.07.62 |
| 02.11.29 | 02.16.22 | 02.15.63 | 02.17.98 | 02.18.83 | 02.23.58 | 02.32.19 | 02.39.73 | 02.54.79 | 03.13.98 | 200BR  | 03.03.03 | 02.49.04 | 02.40.21 | 02.34.07 | 02.31.77 | 02.29.91 | 02.27.81 | 02.27.47 | 02.29.51 | 02.28.34 |
| 00.23.83 | 00.25.16 | 00.25.81 | 00.25.26 | 00.25.76 | 00.25.90 | 00.27.35 | 00.29.40 | 00.31.05 | 00.34.04 | 50FL   | 00.33.07 | 00.31.46 | 00.28.92 | 00.28.35 | 00.28.20 | 00.27.11 | 00.27.30 | 00.27.46 | 00.28.75 | 00.26.90 |
| 00.52.41 | 00.55.37 | 00.55.97 | 00.56.69 | 00.56.88 | 00.59.22 | 01.01.06 | 01.04.93 | 01.09.08 | 01.14.33 | 100FL  | 01.16.07 | 01.09.12 | 01.05.80 | 01.02.82 | 01.02.72 | 01.00.45 | 01.01.55 | 01.00.91 | 01.02.18 | 01.01.75 |
| 01.57.84 | 01.56.05 | 02.02.54 | 02.04.00 | 02.07.12 | 02.10.45 | 02.14.79 | 02.18.98 | 02.32.91 | 02.36.18 | 200FL  | 02.50.61 | 02.31.73 | 02.25.87 | 02.22.42 | 02.16.88 | 02.15.20 | 02.12.81 | 02.11.38 | 02.13.26 | 02.20.77 |
| 00.56.28 | 00.57.28 | 00.57.78 | 00.58.22 | 00.59.84 | 01.00.41 | 01.03.58 | 01.06.91 | 01.13.93 | 01.18.03 | 100IM  | 01.17.28 | 01.12.41 | 01.07.89 | 01.03.23 | 01.06.12 | 01.04.65 | 01.03.20 | 01.02.77 | 01.05.08 | 01.03.15 |
| 02.03.66 | 01.55.92 | 02.05.12 | 02.01.95 | 02.05.91 | 02.09.18 | 02.16.58 | 02.24.97 | 02.37.06 | 02.43.73 | 200IM  | 02.42.83 | 02.29.86 | 02.22.98 | 02.14.46 | 02.14.72 | 02.19.45 | 02.12.91 | 02.17.23 | 02.14.99 | 02.14.55 |
| 04.18.50 | 04.08.04 | 04.25.21 | 04.17.18 | 04.28.77 | 04.41.37 | 04.49.35 | 05.10.54 | 05.29.76 | 05.43.64 | 400IM  | 05.30.85 | 05.17.52 | 04.59.83 | 04.47.77 | 04.47.42 | 04.48.66 | 04.47.42 | 04.44.76 | 04.40.71 | 04.38.73 |

Figures shown in red have yet to be ratified.

Updated 30th November 2018