

## SASA West District Age Group Long Course Records

Boys										Girls										
19/O	18	17	16	15	14	13	12	11	10/U	Event	10/U	11	12	13	14	15	16	17	18	19/O
00.23.08	00.23.15	00.22.78	00.23.23	00.23.75	00.24.44	00.25.43	00.26.77	00.28.34	00.30.52	50FR	00.31.30	00.28.20	00.27.51	00.27.36	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	00.57.16	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	02.04.02	02.04.98	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	04.21.33	04.22.74	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	00.26.54	00.26.69	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	00.29.89	00.30.55	00.29.30	00.29.66
00.55.42	00.56.46	00.57.68	00.57.68	00.57.97	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	01.02.92	01.04.40	01.04.20	01.02.97	01.03.22
02.00.01	02.06.27	02.04.68	02.08.15	02.07.10	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	02.13.68	02.11.20	02.17.55	02.16.37	02.13.21	02.15.68
00.27.80	00.28.18	00.29.45	00.29.69	00.30.25	00.31.21	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	00.32.89
01.01.39	01.02.28	01.02.91	01.03.76	01.06.29	01.07.49	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	01.10.93	01.09.16	01.13.59
02.12.57	02.13.62	02.19.97	02.20.23	02.22.61	02.28.24	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	02.30.39	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	00.28.24	00.27.28	00.27.57	00.26.92	00.28.67	00.27.03
00.53.31	00.55.52	00.56.91	00.55.43	00.56.89	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	01.00.50	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	02.16.89
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	02.15.29	02.14.10	02.17.40	02.18.89	02.17.48	02.14.44
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	04.46.62	04.43.36	04.55.03	04.51.74	04.47.48	04.46.11

Figures shown in red have yet to be ratified.