

## 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
00.22.21	00.22.55	00.22.78	00.23.23	00.23.75	00.24.55	00.25.43	00.26.77	00.28.34	00.30.52	<b>50FR</b>	00.30.97	00.28.20	00.27.51	00.27.36	00.26.92	00.26.19	00.25.78	00.25.54	00.25.54	00.25.61
00.47.87	00.48.66	00.49.19	00.50.67	00.52.00	00.52.85	00.54.33	00.57.08	01.01.95	01.07.05	<b>100FR</b>	01.07.52	01.02.81	00.59.49	00.58.28	00.57.70	00.57.33	00.57.17	00.55.16	00.55.48	00.54.88
01.44.26	01.47.28	01.48.25	01.49.88	01.54.00	01.54.29	01.57.63	02.04.36	02.15.11	02.30.72	<b>200FR</b>	02.26.87	02.16.07	02.09.11	02.07.01	02.04.02	02.04.09	02.03.19	02.00.63	02.01.34	01.59.44
03.46.73	03.56.56	03.56.67	03.57.89	03.56.95	04.02.89	04.10.81	04.24.98	04.45.46	05.11.24	<b>400FR</b>	05.09.10	04.44.30	04.30.41	04.25.15	04.21.33	04.22.74	04.20.61	04.16.14	04.17.97	04.09.39
08.08.09	08.21.40	08.13.75	08.27.85	08.17.02	08.32.71	08.49.64	09.21.33	10.11.15	10.31.25	<b>800FR</b>	11.09.94	09.47.93	09.24.11	09.13.36	09.00.69	08.56.16	08.56.37	08.47.78	08.45.13	08.30.99
15.50.23	15.51.73	16.02.90	15.49.14	15.41.73	16.07.02	16.57.37	17.58.72	19.15.35	20.17.87	<b>1500FR</b>	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
00.25.22	00.25.66	00.26.63	00.26.54	00.26.69	00.28.02	00.28.48	00.30.68	00.33.51	00.37.28	<b>50BA</b>	00.33.71	00.32.07	00.31.51	00.30.08	00.29.69	00.29.42	00.29.42	00.28.82	00.28.43	00.27.19
00.53.94	00.56.00	00.57.37	00.57.68	00.57.97	00.58.98	01.02.13	01.07.47	01.12.81	01.20.91	<b>100BA</b>	01.12.95	01.08.51	01.05.98	01.04.73	01.02.71	01.02.92	01.01.24	01.00.93	01.01.01	00.58.08
01.57.51	02.05.31	02.04.68	02.06.92	02.07.10	02.12.82	02.15.30	02.24.45	02.36.64	02.48.08	<b>200BA</b>	02.36.44	02.26.05	02.19.44	02.18.02	02.13.68	02.11.20	02.09.90	02.11.25	02.08.08	02.07.74
00.27.25	00.28.06	00.29.45	00.29.69	00.30.25	00.31.21	00.32.40	00.33.48	00.36.28	00.40.48	<b>50BR</b>	00.39.62	00.36.91	00.35.49	00.33.28	00.32.28	00.31.94	00.31.68	00.31.92	00.31.81	00.32.89
00.59.09	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	<b>100BR</b>	01.31.03	01.19.87	01.12.53	01.11.23	01.10.61	01.09.69	01.08.74	01.09.24	01.09.16	01.13.59
02.07.96	02.13.62	02.19.71	02.20.23	02.22.59	02.28.24	02.34.28	02.44.33	02.55.97	03.20.42	<b>200BR</b>	03.09.76	02.51.04	02.37.55	02.33.25	02.31.90	02.31.83	02.31.59	02.30.39	02.30.89	02.30.81
00.23.91	00.24.49	00.25.11	00.25.85	00.26.09	00.26.38	00.27.43	00.28.55	00.29.95	00.33.17	<b>50FL</b>	00.33.89	00.30.99	00.29.65	00.28.53	00.28.24	00.27.28	00.27.57	00.26.92	00.27.07	00.26.86
00.52.25	00.55.52	00.56.16	00.55.43	00.56.89	00.57.81	01.00.70	01.03.67	01.09.00	01.15.70	<b>100FL</b>	01.17.20	01.09.25	01.05.72	01.03.31	01.02.87	01.00.86	01.02.14	00.59.93	00.59.16	00.58.34
01.56.60	02.00.73	02.02.67	02.03.60	02.06.00	02.08.10	02.13.77	02.20.30	02.34.24	02.49.45	<b>200FL</b>	02.48.91	02.36.09	02.25.87	02.23.19	02.18.93	02.17.04	02.15.20	02.11.82	02.12.94	02.08.86
01.55.28	01.59.88	02.01.57	02.03.17	02.07.10	02.08.99	02.18.08	02.24.94	02.37.05	02.49.00	<b>200IM</b>	02.47.84	02.30.11	02.23.75	02.18.39	02.15.29	02.14.10	02.13.77	02.13.13	02.11.63	02.12.42
04.09.18	04.25.80	04.28.82	04.24.53	04.30.76	04.43.71	04.48.32	05.05.95	05.38.11	05.54.13	<b>400IM</b>	05.50.12	05.21.78	05.02.25	04.56.70	04.46.62	04.43.36	04.45.28	04.42.59	04.39.37	04.34.90

Figures shown in red have yet to be ratified.

Updated 1st March 2023