

## Canberra Amateur Swim Club

### RECORDS Canberra Female Long

#### LC Meters-Female

8 & U	50 Free	36.03	<b>9-Mar-13</b>	ACT	Isabella Domazet at 2013 Speedo Sprint Series - Finals	
	100 Free	1:25.18	<b>14-Nov-04</b>	CFSD	Britt McDonald at TVSC ACT Summer Series LC	
	200 Free	10:39.99	<b>1-Nov-03</b>			
	400 Free	10:39.99	<b>1-Nov-03</b>			
	800 Free	25:03.00	<b>1-Dec-04</b>			
	1500 Free	40:00.00	<b>1-Oct-06</b>		Standard	
	50 Back	43.37	<b>10-Dec-04</b>	CFSD	Britt McDonald at Canberra Christmas Classic	
	100 Back	1:35.09	<b>23-Oct-04</b>	CFSD	Britt McDonald at Burley Griffin October Meet	
	200 Back	10:39.99	<b>1-Nov-03</b>			
	50 Breast	49.31	<b>1-Sep-92</b>	CBRA	Michelle Ingram	
	100 Breast	1:49.31	<b>24-Nov-18</b>	CBRA	Nafanua Hamilton at 2018 Canberra Christmas Classic	
	200 Breast	10:39.99	<b>1-Nov-03</b>			
	50 Fly	42.66	<b>21-Mar-04</b>	CFSD	Miranda Cowley at James Brophy Inter-district In	
	100 Fly	10:39.99	<b>1-Nov-03</b>			
	200 Fly	10:39.99	<b>1-Nov-03</b>			
	200 IM	3:28.46	<b>10-Dec-04</b>	CFSD	Britt McDonald at Canberra Christmas Classic	
	400 IM	10:39.99	<b>1-Nov-03</b>			
	9-9	50 Free	32.62	<b>8-May-14</b>	CBRA	Sarah Wilford at 2014 ACT School Sport Swimming Championships
		100 Free	1:12.87	<b>25-Feb-05</b>	CBRA	Stephanie Wise at NSW Country Championships 2005
		200 Free	2:48.84	<b>26-Jan-05</b>	CBRA	Stephanie Wise at Australia Day Summer Series Meet
400 Free		6:16.34	<b>23-Oct-16</b>	CBRA	Rachel Allen at ACT Summer Distance Series 2016-17 Meet 2	
800 Free		30:00.00	<b>1-Dec-04</b>			
1500 Free		40:00.00	<b>1-Oct-06</b>		Standard	
50 Back		38.15	<b>23-Mar-14</b>	ACT	Sarah Wilford at James Brophy Inter-district Invitational Meet	
100 Back		1:25.17	<b>8-May-14</b>	CBRA	Sarah Wilford at 2014 ACT School Sport Swimming Championships	
200 Back		3:14.68	<b>26-Jan-05</b>	CBRA	Stephanie Wise at Australia Day Summer Series Meet	
50 Breast		45.66	<b>13-Mar-05</b>	CFSD	Sarah A. Naco at James Brophy Inter-district In	
100 Breast		1:36.29	<b>4-Mar-05</b>	CFSD	Ashleigh M. Sunderland at Canberra Labor Club ACT Championships	
200 Breast		3:40.51	<b>12-Mar-04</b>	CFSD	Sarah R. Baker at ACT Age Championships	
50 Fly		38.04	<b>8-May-14</b>	CBRA	Sarah Wilford at 2014 ACT School Sport Swimming Championships	
100 Fly		1:26.96	<b>15-Oct-16</b>	CBRA	Anna Gillard at 2016 Burley Griffin Meet	
200 Fly		3:32.56	<b>26-Jan-05</b>	CFSD	Miranda Cowley at Australia Day Summer Series Meet	
200 IM		3:09.17	<b>14-Mar-14</b>	CBRA	Isabella Domazet at 2014 ACT Championships	
400 IM		10:39.99	<b>1-Nov-03</b>			
10-10		50 Free	31.19	<b>3-May-12</b>	ASS	Bella White at 2012 ACT School Sport Swimming Championships
		100 Free	1:09.13	<b>28-Nov-05</b>	ACT	Stephanie Wise at 2005 Pacific School Games
		200 Free	2:30.92	<b>17-Mar-06</b>	CBRA	Stephanie Wise at Canberra Labor Club ACT Championships
	400 Free	5:20.87	<b>17-Mar-06</b>	CBRA	Stephanie Wise at Canberra Labor Club ACT Championships	
	800 Free	30:00.00	<b>1-Dec-04</b>			
	1500 Free	40:00.00	<b>1-Oct-06</b>		standard	
	50 Back	35.26	<b>21-Jul-14</b>	ACT	Sarah Wilford at SSA Swimming Championships	
	100 Back	1:18.13	<b>21-Jul-14</b>	ACT	Sarah Wilford at SSA Swimming Championships	
	200 Back	2:50.16	<b>17-Mar-06</b>	CBRA	Stephanie Wise at Canberra Labor Club ACT Championships	
	50 Breast	39.35	<b>16-Sep-16</b>	ACT	Olivia Jordan at SSA Swimming Championships	
	100 Breast	1:29.92	<b>25-Feb-06</b>	CBRA	Ashleigh M. Sunderland at NSW Country Championships 2006	
	200 Breast	3:19.01	<b>7-Jan-06</b>	CFSD	Sarah Naco at NSW State 9Years/Under-12 Years Age Champs	
	50 Fly	33.01	<b>3-May-12</b>	ASS	Bella White at 2012 ACT School Sport Swimming Championships	
	100 Fly	1:19.73	<b>7-Jan-12</b>	CBRA	Bella White at NSW State 10/U - 12 Years Age Championships	
	200 Fly	3:07.82	<b>18-Dec-05</b>	CBRA	Stephanie Wise at QBN Leagues Swap Meet 2005	
	200 IM	2:52.59	<b>25-Feb-05</b>	CFSD	Brianna J. Charteris at NSW Country Championships 2005	
	400 IM	10:39.99	<b>1-Nov-03</b>			

## Canberra Amateur Swim Club

### RECORDS Canberra Female Long

11-11	50 Free	29.70	<b>16-Sep-17</b>	CBRA	Olivia Jordan at Burleigh Griffin	
	100 Free	1:05.15	<b>24-Feb-17</b>	CBRA	Lucy Piva at 2017 NSW Country Championships	
	200 Free	2:22.94	<b>9-Mar-07</b>	CBRA	Stephanie Wise at Canberra Labor Club ACT Championships 2007	
	400 Free	4:57.60	<b>9-Mar-07</b>	CBRA	Stephanie Wise at Canberra Labor Club ACT Championships 2007	
	800 Free	11:32.46	<b>8-Nov-15</b>	CBRA	Emma Willett at ACT Summer Distance Series 2015-16 Meet 2	
	1500 Free	40:00.00	<b>1-Oct-06</b>		standard	
	50 Back	33.05	<b>25-Mar-12</b>	ACT	Courtney Taylor at James Brophy Inter-district Invitational Meet	
	100 Back	1:12.74	<b>21-Nov-15</b>	ACT	Sarah Wilford at 2015 SSA PSG	
	200 Back	2:37.50	<b>3-Mar-07</b>	CBRA	Stephanie Wise at NSW Country Championships 2007	
	50 Breast	37.59	<b>16-Sep-17</b>	CBRA	Olivia Jordan at Burleigh Griffin	
	100 Breast	1:25.15	<b>7-Jan-06</b>	CBRA	Clare Courtney at NSW State 9Years/Under-12 Years Age Champs	
	200 Breast	3:02.31	<b>7-Jan-06</b>	CBRA	Clare Courtney at NSW State 9Years/Under-12 Years Age Champs	
	50 Fly	30.68	<b>15-Mar-13</b>	CBRA	Bella White at 2013 NSW State Open Championships	
	100 Fly	1:11.11	<b>23-Feb-13</b>	CBRA	Bella White at 2013 NSW Country Championships	
	200 Fly	2:48.01	<b>12-Jan-07</b>	CBRA	Stephanie Wise at 2007 NSW 10/Under-12 Years Age Championships	
	200 IM	2:44.37	<b>17-Mar-06</b>	CBRA	Clare Courtney at Canberra Labor Club ACT Championships	
	400 IM	6:29.66	<b>7-Nov-20</b>	CBRA	Tara Holmes at Splash Back into 2020 Series - Meet 5	
	12-12	50 Free	28.17	<b>8-Apr-13</b>	CBRA	Courtney Taylor at 2013 GHSF Australian Age Nationals
		100 Free	1:00.95	<b>16-Apr-17</b>	CBRA	Sarah Wilford at 2017 GHF Australian Age Championships
		200 Free	2:15.21	<b>25-Feb-12</b>	CBRA	Madaleine Thomas-Beck at 2012 NSW Country Championships-Individual
400 Free		4:46.98	<b>18-Mar-11</b>	CBRA	Leah Allen at Canberra Labor Club ACT Championships	
800 Free		9:56.47	<b>1-Mar-11</b>	CBRA	Leah Allen at Victorian Times	
1500 Free		19:57.80	<b>18-Apr-10</b>	CBRA	Rachel Brown at Canberra ASC Club Night	
50 Back		31.59	<b>23-Feb-13</b>	CBRA	Courtney Taylor at 2013 NSW Country Championships	
100 Back		1:08.57	<b>8-Apr-13</b>	CBRA	Courtney Taylor at 2013 GHSF Australian Age Nationals	
200 Back		2:29.64	<b>11-Apr-07</b>	CBRA	Clare Courtney at 2007 Australian Age Championships	
50 Breast		36.06	<b>16-Mar-18</b>	CBRA	Lucy Piva at ACT Championships	
100 Breast		1:17.45	<b>9-Aug-07</b>	ACT	Sarah R. Baker at 2007 Australian Secondary Schools Swimming Ch	
200 Breast		2:43.70	<b>9-Aug-07</b>	ACT	Sarah R. Baker at 2007 Australian Secondary Schools Swimming Ch	
50 Fly		30.04	<b>8-Sep-13</b>	ACT	Bella White at School Sport Australia Swimming Championships	
100 Fly		1:07.61	<b>25-Feb-12</b>	CBRA	Madaleine Thomas-Beck at 2012 NSW Country Championships-Individual	
200 Fly		2:29.62	<b>25-Feb-12</b>	CBRA	Madaleine Thomas-Beck at 2012 NSW Country Championships-Individual	
200 IM		2:34.65	<b>1-Mar-11</b>	CBRA	Leah Allen at Victorian Times	
400 IM		5:27.64	<b>18-Apr-11</b>	CBRA	Leah Allen at 2011 Australian Age Championships	
13-13		50 Free	26.97	<b>21-Apr-18</b>	CBRA	Sarah Wilford at 2018 GHF Australian Age Championships
		100 Free	58.85	<b>21-Apr-18</b>	CBRA	Sarah Wilford at 2018 GHF Australian Age Championships
		200 Free	2:08.77	<b>5-May-11</b>	CBRA	Bonnie Zhang at 2011 ACT School Sport Swimming Championships
	400 Free	4:31.42	<b>10-Jan-12</b>	CBRA	Leah Allen at 2012 NSW State Age 13-18 Years Championships	
	800 Free	9:12.70	<b>18-Apr-11</b>	CBRA	Bonnie Zhang at 2011 Australian Age Championships	
	1500 Free	18:44.53	<b>26-Nov-11</b>	CBRA	Leah Allen at 2011 Coast & Valley Summer Championships	
	50 Back	30.60	<b>8-Mar-14</b>	ACT	Courtney Taylor at 2014 Speedo Sprint Series - Finals	
	100 Back	1:04.73	<b>14-Apr-14</b>	CBRA	Courtney Taylor at 2014 GHSF Australian Age & MC Championships	
	200 Back	2:23.84	<b>14-Apr-14</b>	CBRA	Courtney Taylor at 2014 GHSF Australian Age & MC Championships	
	50 Breast	34.58	<b>21-Feb-09</b>	CBRA	Ashleigh M. Sunderland at 2009 NSW Country Championships	
	100 Breast	1:16.09	<b>5-Jan-09</b>	CBRA	Ashleigh M. Sunderland at 2009 NSW State 13 - 18 Age Championships	
	200 Breast	2:45.02	<b>5-Jan-09</b>	CBRA	Ashleigh M. Sunderland at 2009 NSW State 13 - 18 Age Championships	
	50 Fly	30.27	<b>21-Feb-09</b>	CBRA	Ashleigh M. Sunderland at 2009 NSW Country Championships	
	100 Fly	1:06.63	<b>23-Feb-13</b>	CBRA	Madaleine Thomas-Beck at 2013 NSW Country Championships	
	200 Fly	2:24.36	<b>9-Apr-12</b>	CBRA	Isabella Marinelli at Australian Age Championships	
	200 IM	2:26.39	<b>5-Jan-09</b>	CBRA	Ashleigh M. Sunderland at 2009 NSW State 13 - 18 Age Championships	
	400 IM	5:11.66	<b>10-Jan-12</b>	CBRA	Leah Allen at 2012 NSW State Age 13-18 Years Championships	
	14-14	50 Free	26.76	<b>14-Dec-18</b>	CBRA	Sarah Wilford at 2018-19 NSW Senior State Age Championships
		100 Free	58.04	<b>9-Apr-12</b>	CBRA	Bonnie Zhang at Australian Age Championships

## Canberra Amateur Swim Club

### RECORDS Canberra Female Long

14-14	200 Free	2:04.55	<b>9-Apr-12</b>	CBRA	Bonnie Zhang at Australian Age Championships
	400 Free	4:19.96	<b>9-Apr-12</b>	CBRA	Bonnie Zhang at Australian Age Championships
	800 Free	8:58.25	<b>9-Apr-12</b>	CBRA	Bonnie Zhang at Australian Age Championships
	1500 Free	18:57.76	<b>14-Nov-09</b>	CBRA	Nellie Metcalfe at 2009 ACT Summer Distance Meet
	50 Back	29.63	<b>21-Jul-14</b>	ACT	Courtney Taylor at SSA Swimming Championships
	100 Back	1:03.12	<b>13-Apr-15</b>	CBRA	Courtney Taylor at 2015 GHF Australian Age Championships
	200 Back	2:20.81	<b>19-Jan-15</b>	CBRA	Courtney Taylor at 2015 NSW 13-18 Years State Age Championships
	50 Breast	33.59	<b>21-Feb-20</b>	CBRA	Lucy Piva at 2020 NSW Country Championships
	100 Breast	1:15.45	<b>1-Dec-08</b>	ACT	Sarah R. Baker at Pacific School Games 2008 Swimming
	200 Breast	2:38.46	<b>21-Feb-09</b>	CBRA	Sarah R. Baker at 2009 NSW Country Championships
	50 Fly	29.38	<b>10-Jan-15</b>	CBRA	Courtney Taylor at 2015 NSW Country Regional - Queanbeyan
	100 Fly	1:05.41	<b>10-Jan-12</b>	CBRA	Grace Hoytink at 2012 NSW State Age 13-18 Years Championships
	200 Fly	2:21.94	<b>8-Apr-13</b>	CBRA	Isabella Marinelli at 2013 GHSF Australian Age Nationals
	200 IM	2:26.79	<b>8-Apr-13</b>	CBRA	Isabella Marinelli at 2013 GHSF Australian Age Nationals
	400 IM	5:09.28	<b>8-Jan-13</b>	CBRA	Isabella Marinelli at 2013 NSW 13-18 Years State Age Championships
	15-15	50 Free	26.80	<b>18-Feb-22</b>	CBRA
100 Free		57.73	<b>29-Jul-12</b>	ACT	Bonnie Zhang at School Sport Australia Swimming Championships
200 Free		2:03.79	<b>8-Apr-13</b>	CBRA	Bonnie Zhang at 2013 GHSF Australian Age Nationals
400 Free		4:19.57	<b>8-Apr-13</b>	CBRA	Bonnie Zhang at 2013 GHSF Australian Age Nationals
800 Free		8:55.37	<b>8-Apr-13</b>	CBRA	Bonnie Zhang at 2013 GHSF Australian Age Nationals
1500 Free		18:21.74	<b>15-Nov-14</b>	CBRA	Grace Pyke at Narooma Qualifying Meet 15th November 2014
50 Back		29.48	<b>21-Nov-15</b>	ACT	Courtney Taylor at 2015 SSA PSG
100 Back		1:03.24	<b>21-Nov-15</b>	ACT	Courtney Taylor at 2015 SSA PSG
200 Back		2:20.79	<b>14-Apr-14</b>	CBRA	Isabella Marinelli at 2014 GHSF Australian Age & MC Championships
50 Breast		33.48	<b>19-Feb-21</b>	CBRA	Lucy Piva at 2021 NSW Country Championships
100 Breast		1:12.76	<b>5-Apr-10</b>	CBRA	Sarah R. Baker at 2010 Australian Age Championships
200 Breast		2:35.26	<b>5-Apr-10</b>	CBRA	Sarah R. Baker at 2010 Australian Age Championships
50 Fly		28.26	<b>20-Jan-22</b>	CBRA	Choe Douglas-Byrne at 2021-22 NSW Senior State Age Championships
100 Fly		1:04.84	<b>14-Apr-14</b>	CBRA	Isabella Marinelli at 2014 GHSF Australian Age & MC Championships
200 Fly		2:18.51	<b>14-Apr-14</b>	CBRA	Isabella Marinelli at 2014 GHSF Australian Age & MC Championships
200 IM		2:24.19	<b>14-Dec-13</b>	CBRA	Isabella Marinelli at 2014 Victorian Age Championships
400 IM	5:01.97	<b>14-Apr-14</b>	CBRA	Isabella Marinelli at 2014 GHSF Australian Age & MC Championships	
16-16	50 Free	26.73	<b>7-Dec-13</b>	CBRA	Bonnie Zhang at Canberra Christmas Classic 2013
	100 Free	57.32	<b>8-Sep-13</b>	ACT	Bonnie Zhang at School Sport Australia Swimming Championships
	200 Free	2:02.26	<b>8-Sep-13</b>	ACT	Bonnie Zhang at School Sport Australia Swimming Championships
	400 Free	4:22.91	<b>8-Sep-13</b>	ACT	Bonnie Zhang at School Sport Australia Swimming Championships
	800 Free	9:08.14	<b>14-Mar-14</b>	CBRA	Bonnie Zhang at 2014 ACT Championships
	1500 Free	17:57.25	<b>21-Nov-15</b>	ACT	Grace Pyke at 2015 SSA PSG
	50 Back	30.10	<b>23-Jun-16</b>	SSA	Courtney Taylor at 2016 ACT School Sport Swimming Championships
	100 Back	1:03.13	<b>16-Apr-17</b>	CBRA	Courtney Taylor at 2017 GHF Australian Age Championships
	200 Back	2:24.28	<b>13-Apr-15</b>	CBRA	Grace Pyke at 2015 GHF Australian Age Championships
	50 Breast	33.93	<b>20-Jan-22</b>	CBRA	Lucy Piva at 2021-22 NSW Senior State Age Championships
	100 Breast	1:12.18	<b>8-Apr-13</b>	ACT	Emma Harris at 2013 GHSF Australian Age Nationals
	200 Breast	2:34.14	<b>8-Jan-13</b>	ACT	Emma Harris at 2013 NSW 13-18 Years State Age Championships
	50 Fly	30.07	<b>23-Jun-16</b>	SSA	Courtney Taylor at 2016 ACT School Sport Swimming Championships
	100 Fly	1:06.56	<b>13-Apr-15</b>	CBRA	Emma Gillingham at 2015 GHF Australian Age Championships
	200 Fly	2:19.63	<b>13-Apr-15</b>	CBRA	Emma Gillingham at 2015 GHF Australian Age Championships
	200 IM	2:25.42	<b>16-Apr-17</b>	CBRA	Courtney Taylor at 2017 GHF Australian Age Championships
400 IM	5:08.09	<b>13-Apr-15</b>	CBRA	Leah Allen at 2015 GHF Australian Age Championships	
17-17	50 Free	27.28	<b>21-Feb-15</b>	CBRA	Bonnie Zhang at 2015 NSW Country Championships
	100 Free	58.01	<b>1-Nov-14</b>	CBRA	Bonnie Zhang at 2014 Telopea Summer Meet
	200 Free	2:05.81	<b>13-Apr-15</b>	CBRA	Bonnie Zhang at 2015 GHF Australian Age Championships
	400 Free	4:23.46	<b>18-Jan-16</b>	CBRA	Emma Gillingham at 2016 NSW 13-18 Years State Age Championships

## Canberra Amateur Swim Club

### RECORDS Canberra Female Long

17-17	800 Free	9:04.65	<b>18-Jan-16</b>	CBRA	Emma Gillingham at 2016 NSW 13-18 Years State Age Championships	
	1500 Free	17:30.42	<b>21-Nov-15</b>	ACT	Emma Gillingham at 2015 SSA PSG	
	50 Back	30.46	<b>1-May-17</b>	SSA	Courtney Taylor at 2017 ACT School Sport Swimming Championships	
	100 Back	1:07.02	<b>1-Nov-14</b>	CBRA	Bonnie Zhang at 2014 Telopea Summer Meet	
	200 Back	2:23.96	<b>1-Nov-14</b>	CBRA	Bonnie Zhang at 2014 Telopea Summer Meet	
	50 Breast	34.81	<b>10-Dec-11</b>	CBRA	Sarah R. Baker at Canberra Christmas Classic	
	100 Breast	1:12.53	<b>22-Feb-14</b>	ACT	Emma Harris at 2014 NSW Country Championships	
	200 Breast	2:34.08	<b>28-Feb-14</b>	ACT	Emma Harris at 2014 NSW State Open Championships	
	50 Fly	30.18	<b>1-May-17</b>	SSA	Courtney Taylor at 2017 ACT School Sport Swimming Championships	
	100 Fly	1:05.22	<b>18-Jan-16</b>	CBRA	Emma Gillingham at 2016 NSW 13-18 Years State Age Championships	
	200 Fly	2:19.28	<b>21-Nov-15</b>	ACT	Emma Gillingham at 2015 SSA PSG	
	200 IM	2:28.07	<b>21-Nov-15</b>	ACT	Leah Allen at 2015 SSA PSG	
	400 IM	5:17.90	<b>4-Mar-16</b>	CBRA	Grace Pyke at 2016 NSW State Open Championships	
	18 & O	50 Free	26.27	<b>16-Nov-19</b>	CBRA	Hayley Baker at 2019 Canberra Christmas Classic
		100 Free	56.69	<b>28-Mar-16</b>	CBRA	Bonnie Zhang at 2016 GHF Australian Age Championships
		200 Free	2:02.52	<b>7-Apr-16</b>	CBRA	Bonnie Zhang at 2016 Hancock Prospecting Australian Champs
400 Free		4:19.45	<b>28-Mar-16</b>	CBRA	Bonnie Zhang at 2016 GHF Australian Age Championships	
800 Free		10:51.89	<b>27-Feb-04</b>	CBRA	Kate McCaskill at 2004 Speedo AIS/ACT Open - ACT version	
1500 Free		30:00.00	<b>1-Feb-06</b>			
50 Back		28.50	<b>1-Feb-20</b>	CBRA	Hayley Baker at ACT Championships	
100 Back		1:01.79	<b>13-Dec-19</b>	CBRA	Hayley Baker at 2019-20 NSW Senior State Age Championships	
200 Back		2:21.40	<b>25-Jan-20</b>	CBRA	Hayley Baker at 2020 NSW Country Regionals - Tuggeranong	
50 Breast		33.04	<b>20-Jan-22</b>	CBRA	Emily Nobbs at 2021-22 NSW Senior State Age Championships	
100 Breast		1:11.12	<b>4-Mar-22</b>	CBRA	Emily Nobbs at 2022 NSW State Open Championships	
200 Breast		2:32.80	<b>4-Mar-22</b>	CBRA	Emily Nobbs at 2022 NSW State Open Championships	
50 Fly		28.49	<b>19-Feb-21</b>	CBRA	Oriane Villiers at 2021 NSW Country Championships	
100 Fly		1:02.68	<b>24-Nov-18</b>	CBRA	Hayley Baker at 2018 Canberra Christmas Classic	
200 Fly		2:20.59	<b>16-Apr-17</b>	CBRA	Emma Gillingham at 2017 GHF Australian Age Championships	
200 IM		2:15.98	<b>13-Dec-19</b>	CBRA	Hayley Baker at 2019-20 NSW Senior State Age Championships	
400 IM		15:00.00	<b>1-Feb-06</b>			