

## Mens Long Course Club Records

Age	Event	Distance	Name	Time	Place	Date
35 - 39	Freestyle	50	Matthew Smith	27.36	SAALC	20/08/2023
35 - 39	Freestyle	100	Matthew Smith	1:01.77	SAALC	20/08/2023
35 - 39	Freestyle	200	Matthew Smith	2:35.45*	SAALC	5/11/2023
35 - 39	Freestyle	400	Matthew Smith	5:28.85	SAALC	5/11/2023
35 - 39	Butterfly	50	Matthew Smith	30.66	SAALC	10/09/2023
40 - 44	Freestyle	50	Mathew Williams	31.69	SAALC	20/08/2023
40 - 44	Freestyle	100	John Baranoff	1:15.37*	SAALC	19/07/2021
40 - 44	Freestyle	200	John Baranoff	2:38.31*	SAALC	19/07/2021
40 - 44	Freestyle	400	John Baranoff	5:35.96	SAALC	19/07/2021
40 - 44	Backstroke	50	Joel Popperwell	46.65*	SAALC	19/07/2021
40 - 44	Breaststroke	50	Mathew Williams	49.73	SAALC	10/09/2023
40 - 44	Butterfly	50	Mathew Williams	37.58	SAALC	20/08/2023
45 - 49	Freestyle	50	David Bryce	29.00*	SAALC	19/07/2021
45 - 49	Freestyle	100	John Baranoff	1:13.21*	SAALC	15/08/2021
45 - 49	Freestyle	200	John Baranoff	2:31.79	SAALC	15/08/2021
45 - 49	Freestyle	400	John Baranoff	5:35.96	SAALC	19/07/2021
45 - 49	Freestyle	800	John Baranoff	11:38.80*	SAALC	7/11/2021
45 - 49	Freestyle	1500	John Baranoff	22:20.83	SAALC	7/11/2021
45 - 49	Backstroke	50	Andrew Osborne	34.26	SAALC	2/04/2023
45 - 49	Backstroke	100	Andrew Osborne	1:22.27	Gawler	29/01/2023
45 - 49	Backstroke	200	David Bryce	2:53.05	SAALC	19/07/2021
45 - 49	Backstroke	400	David Bryce	6:32.54	SAALC	5/11/2023
45 - 49	Breaststroke	50	David Bryce	36.44	Strathalbyn	28/02/2021
45 - 49	Breaststroke	100	David Bryce	1:14.19*	Gawler	31/01/2021
45 - 49	Breaststroke	200	David Bryce	3:01.14*	Gawler	31/01/2021
45 - 49	Breaststroke	400	David Bryce	6:50.51	SAALC	15/08/2021
45 - 49	Breaststroke	800	David Bryce	14:41.43*	SAALC	5/11/2023
45 - 49	Breaststroke	1500	David Bryce	27:38.60	SAALC	5/11/2023
45 - 49	Butterfly	50	David Bryce	32.09	Gawler	31/01/2021
45 - 49	Butterfly	100	David Bryce	1:28.81	SAALC	19/07/2021
45 - 49	Butterfly	200	David Bryce	3:16.13	SAALC	19/07/2021
45 - 49	Butterfly	400	David Bryce	7:44.77	SAALC	7/11/2021
45 - 49	Individual Medley	200	Andrew Osborne	3:05.90	Strathalbyn	27/02/2022
50 - 54	Freestyle	50	Stephen Osborne	27.63	SAALC	15/08/2021
50 - 54	Freestyle	100	Stephen Osborne	1:03.21	SAALC	19/07/2021
50 - 54	Freestyle	200	Stephen Osborne	2:23.31	SAALC	15/08/2021
50 - 54	Butterfly	50	Stephen Osborne	30.50	Strathalbyn	28/02/2021
50 - 54	Butterfly	100	Stephen Osborne	1:13.15	Strathalbyn	28/02/2021
55 - 59	Freestyle	50	John Dundon	30:19	SAALC	10/10/2021
55 - 59	Freestyle	100	John Dundon	1:08.43	SAALC	19/07/2021
55 - 59	Freestyle	200	John Dundon	2:31.86	SAALC	10/10/2021
55 - 59	Freestyle	400	John Dundon	5:28.72	Gawler	31/01/2021
55 - 59	Freestyle	800	Nicholas Bigiulli	11:52.64	SAALC	7/11/2021
55 - 59	Freestyle	1500	John Dundon	21:51.66	SAALC	7/11/2021
55 - 59	Backstroke	50	John Dundon	38.51	SAALC	19/07/2021
55 - 59	Backstroke	400	John Dundon	6:44.57	SAALC	7/11/2021
55 - 59	Breaststroke	50	Nicholas Bigiulli	42:10	SAALC	10/10/2021

55 - 59	Breaststroke	100	Dean Taylor	1:40.96	SAALC	20/08/2023
55 - 59	Butterfly	50	John Dundon	35.44	SAALC	19/07/2021
55 - 59	Individual Medley	200	Norm Collins	3:08.54	SAALC	23/10/2022
60 - 64	Freestyle	50	Nicholas Bigioli	31.47	SAALC	2/04/2023
60 - 64	Freestyle	100	John Dundon	1:11.37	SAALC	14/08/2022
60 - 64	Freestyle	200	Nicholas Bigioli	2:50.96	SAALC	2/04/2023
60 - 64	Freestyle	400	John Dundon	5:40.22	SAALC	11/09/2022
60 - 64	Backstroke	50	John Dundon	40.59	SAALC	11/09/2022
60 - 64	Backstroke	100	John Dundon	1:32.16	SAALC	23/10/2022
60 - 64	Backstroke	200	John Dundon	3:26.65	SAALC	14/08/2022
60 - 64	Butterfly	50	John Dundon	36.10	SAALC	23/10/2022
60 - 64	Butterfly	100	Grant Simpson	1:17.52	SAALC	24/10/2020
60 - 64	Butterfly	200	Grant Simpson	3:08.94	SAALC	24/10/2020
60 - 64	Individual Medley	200	Grant Simpson	2:55.31	SAALC	24/10/2020
65 - 69	Freestyle	50	Grant Simpson	30.39	Hobart	21/03/2021
65 - 69	Freestyle	100	Grant Simpson	1:08.32	Gawler	30/01/2022
65 - 69	Freestyle	200	Grant Simpson	2:27.84	SAALC	15/08/2021
65 - 69	Freestyle	400	Grant Simpson	5:09.97	SAALC	19/07/2021
65 - 69	Freestyle	800	Grant Simpson	10:55.01	SAALC	18/09/2021
65 - 69	Freestyle	1500	Grant Simpson	21:04.94	SAALC	7/11/2021
65 - 69	Backstroke	50	Grant Simpson	40.01	Strathalbyn	27/02/2022
65 - 69	Backstroke	100	Grant Simpson	1:21.57	SAALC	14/08/2022
65 - 69	Backstroke	200	Grant Simpson	2:53.19	SAALC	15/08/2021
65 - 69	Backstroke	400	Grant Simpson	6:08.08	SAALC	10/10/2021
65 - 69	Breaststroke	400	Grant Simpson	7:58.87	Gawler	29/01/2023
65 - 69	Butterfly	50	Grant Simpson	32.62	SAALC	19/07/2021
65 - 69	Butterfly	100	Grant Simpson	1:13.71	SAALC	15/08/2021
65 - 69	Butterfly	200	Grant Simpson	2:58.45	Hobart	20/03/2021
65 - 69	Butterfly	400	Grant Simpson	6:36.20	SAALC	7/11/2021
65 - 69	Individual Medley	200	Grant Simpson	2:53.93	SAALC	19/07/2021
65 - 69	Individual Medley	400	Grant Simpson	6:20.47	Hobart	20/03/2021
70 - 74	Freestyle	50	Neal Bertram	43.00*	SAALC	12/09/2022
70 - 74	Freestyle	100	Neal Bertram	1:56.18	SAALC	11/09/2022
70 - 74	Backstroke	50	Neal Bertram	1:04.90	SAALC	11/09/2022
70 - 74	Breaststroke	50	Neal Bertram	1:04.91	SAALC	2/04/2023
70 - 74	Freestyle	50	Neal Bertram	42.76	Strathalbyn	27/02/2022
70 - 74	Freestyle	100	Neal Bertram	1:56.03	SAALC	10/10/2021
70 - 74	Backstroke	50	Neal Bertram	1:05.29	SAALC	10/10/2021
70 - 74	Breaststroke	50	Neal Bertram	1:04.27	SAALC	10/10/2021

## Historical Mens Long Course Club Records

Space

Age	Event	Distance	Name	Time	Place
35 - 39	Freestyle	50	Matthew Smith	28.22	SAALC
35 - 39	Freestyle	100	Matthew Smith	1:03.8	SAALC
35 - 39	Freestyle	200			
35 - 39	Freestyle	400			
35 - 39	Butterfly	50	Matthew Smith	30.91	SAALC
40 - 44	Freestyle	50	Joel Popperwell	33.57	SAALC
40 - 44	Freestyle	100			
40 - 44	Freestyle	200			
40 - 44	Freestyle	400			
40 - 44	Backstroke	50			
40 - 44	Breaststroke	50			
40 - 44	Butterfly	50			
45 - 49	Freestyle	50	Simon Howe	36.18	Strathalbyn
45 - 49	Freestyle	100	Simon Howe	1:26.23	Strathalbyn
45 - 49	Freestyle	200	Simon Howe	3:17.35	Strathalbyn
45 - 49	Freestyle	400			
45 - 49	Freestyle	800			
45 - 49	Freestyle	1500			
45 - 49	Backstroke	50	Andrew Osborne	34.39	SAALC
45 - 49	Backstroke	100	Andrew Osborne	1:23.25	Gawler
45 - 49	Backstroke	200			
45 - 49	Backstroke	400	Andrew Osborne	7:02.68	SAALC
45 - 49	Breaststroke	50	Andrew Osborne	40.47	Gawler
45 - 49	Breaststroke	100			
45 - 49	Breaststroke	200			
45 - 49	Breaststroke	400	David Bryce	6:59.21	Gawler
45 - 49	Breaststroke	800			
45 - 49	Breaststroke	1500	David Bryce	27:59.01	SAALC
45 - 49	Butterfly	50			
45 - 49	Butterfly	100			
45 - 49	Butterfly	200			
45 - 49	Butterfly	400			
45 - 49	Individual Medle	200			
50 - 54	Freestyle	50	Stephen Osborne	27.83	Strathalbyn
50 - 54	Freestyle	100			
50 - 54	Freestyle	200			
50 - 54	Butterfly	50			
50 - 54	Butterfly	100			
55 - 59	Freestyle	50	John Dundon	30.59	SAALC
55 - 59	Freestyle	100	John Dundon	1:11.91	Strathalbyn
55 - 59	Freestyle	200	John Dundon	2:36.63	Strathalbyn
55 - 59	Freestyle	400			
55 - 59	Freestyle	800			
55 - 59	Freestyle	1500			
55 - 59	Backstroke	50			
55 - 59	Backstroke	400			
55 - 59	Breaststroke	50	Dean Taylor	43.21	SAALC

-	55 - 59	Breaststroke	100	Dean Taylor	1:41.02	SAALC
-	55 - 59	Butterfly	50	John Dundon	35.67	Gawler
-	55 - 59	Individual Medle	200	Norm Collins	3:11:57	SAALC
-	60 - 64	Freestyle	50	John Dundon	31.60	SAALC
-	60 - 64	Freestyle	100			
-	60 - 64	Freestyle	200	John Dundon	2:57.79*	SAALC
-	60 - 64	Freestyle	400	John Dundon	5.45.60	Strathalbyn
-	60 - 64	Backstroke	50	John Dundon	41.20	Strathalbyn
-	60 - 64	Backstroke	100			
-	60 - 64	Backstroke	200			
-	60 - 64	Butterfly	50	Grant Simpson	36.68*	SAALC
-	60 - 64	Butterfly	100			
-	60 - 64	Butterfly	200			
-	60 - 64	Individual Medle	200			
-	65 - 69	Freestyle	50			
-	65 - 69	Freestyle	100	Grant Simpson	1:16.23*	SAALC
-	65 - 69	Freestyle	200	Grant Simpson	2:34.81*	SAALC
-	65 - 69	Freestyle	400	Grant Simpson	5:12.48	Hobart
-	65 - 69	Freestyle	800			
-	65 - 69	Freestyle	1500			
-	65 - 69	Backstroke	50			
-	65 - 69	Backstroke	100			
-	65 - 69	Backstroke	200	Grant Simpson	2:58.13	Gawler
-	65 - 69	Backstroke	400	Grant Simpson	6:14.46	Strathalbyn
-	65 - 69	Breaststroke	400			
-	65 - 69	Butterfly	50	Grant Simpson	32.70	Gawler
-	65 - 69	Butterfly	100	Grant Simpson	1:14.33	Hobart
-	65 - 69	Butterfly	200			
-	65 - 69	Butterfly	400			
-	65 - 69	Individual Medle	200	Grant Simpson	2:55.39	Strathalbyn
-	65 - 69	Individual Medle	400			
-	70 - 74	Freestyle	50	Neal Bertram	45.37	SAALC
-	70 - 74	Freestyle	100			
-	70 - 74	Backstroke	50			
-	70 - 74	Breaststroke	50			
-	70 - 74	Freestyle	50	Neal Bertram	44:19	SAALC
-	70 - 74	Freestyle	100			
-	70 - 74	Backstroke	50			
-	70 - 74	Breaststroke	50			
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## Historical Mens Long Course Club Records

Date	Space	Age	Event	Distance	Name	Time
2/04/2023		35 - 39	Freestyle	50		
2/04/2023		35 - 39	Freestyle	100		
		35 - 39	Freestyle	200		
		35 - 39	Freestyle	400		
20/08/2023		35 - 39	Butterfly	50	Matthew Smith	32.30
23/10/2022		40 - 44	Freestyle	50	Joel Popperwell	35.01`
		40 - 44	Freestyle	100		
		40 - 44	Freestyle	200		
		40 - 44	Freestyle	400		
		40 - 44	Backstroke	50		
		40 - 44	Breaststroke	50		
		40 - 44	Butterfly	50		
28/02/2021		45 - 49	Freestyle	50		
28/02/2021						
28/02/2021		45 - 49	Freestyle	200		
23/10/2022		45 - 49	Backstroke	50	Andrew Osborne	34.95*
31/01/2021		45 - 49	Backstroke	100		
		45 - 49	Backstroke	200		
23/10/2022		45 - 49	Backstroke	400	Simon Howe	8:37:58
31/01/2021		45 - 49	Breaststroke	50		
		45 - 49	Breaststroke	100		
		45 - 49	Breaststroke	200		
31/01/2021		45 - 49	Breaststroke	400		
		45 - 49	Breaststroke	800		
7/11/2021		45 - 49	Breaststroke	1500		
		45 - 49	Butterfly	50		
		45 - 49	Butterfly	100		
		45 - 49	Butterfly	200		
		45 - 49	Butterfly	400		
		45 - 49	Individual Medle	200		
28/02/2021		50 - 54	Freestyle	50		
		50 - 54	Freestyle	100		
		50 - 54	Freestyle	200		
		50 - 54	Butterfly	50		
		50 - 54	Butterfly	100		
15/08/2021		55 - 59	Freestyle	50	John Dundon	30.98
28/02/2021		55 - 59	Freestyle	100	John Dundon	1:19.85*
28/02/2021		55 - 59	Freestyle	200	John Dundon	2:43.79*
		55 - 59	Freestyle	400		
		55 - 59	Freestyle	800		
		55 - 59	Freestyle	1500		
		55 - 59	Backstroke	50		
		55 - 59	Backstroke	400		
15/08/2021		55 - 59	Breaststroke	50		

14/08/2022		55 - 59	Breaststroke	100		
31/01/2021						
10/10/2021		55 - 59	Individual Medle	200		
11/09/2023		60 - 64	Freestyle	50	John Dundon	32.16*
		60 - 64	Freestyle	100		
23/10/2022		60 - 64	Freestyle	200		
27/02/2022		60 - 64	Freestyle	400		
27/02/2022		60 - 64	Backstroke	50		
		60 - 64	Backstroke	100		
		60 - 64	Backstroke	200		
24/10/2020		60 - 64	Butterfly	50		
		60 - 64	Butterfly	100		
		60 - 64	Butterfly	200		
		60 - 64	Individual Medle	200		
		65 - 69	Freestyle	50		
19/07/2021		65 - 69	Freestyle	100	Grant Simpson	1:17.93*
19/07/2021		65 - 69	Freestyle	200	Grant Simpson	2:37.85*
21/03/2021		65 - 69	Freestyle	400	Grant Simpson	6:14.46
		65 - 69	Freestyle	800		
		65 - 69	Freestyle	1500		
		65 - 69	Backstroke	50		
		65 - 69	Backstroke	100		
31/01/2021		65 - 69	Backstroke	200		
28/02/2021		65 - 69	Backstroke	400		
		65 - 69	Breaststroke	400		
31/01/2021		65 - 69	Butterfly	50		
21/03/2021		65 - 69	Butterfly	100	Grant Simpson	1:15.52
		65 - 69	Butterfly	200		
		65 - 69	Butterfly	400		
28/02/2021		65 - 69	Individual Medle	200		
		65 - 69	Individual Medle	400		
11/09/2022		70 - 74	Freestyle	50		
		70 - 74	Freestyle	100		
		70 - 74	Backstroke	50		
		70 - 74	Breaststroke	50		
10/10/2021						

## Historical Mens Long Course Club Recc

Place	Date	Space	Age	Event	Distance	Name
			35 - 39	Freestyle	50	
			35 - 39	Freestyle	100	
			35 - 39	Freestyle	200	
			35 - 39	Freestyle	400	
SAALC			35 - 39	Butterfly	50	
SAALC	15/08/2021		40 - 44	Freestyle	50	Joel Popperwell
			40 - 44	Freestyle	100	
			40 - 44	Freestyle	200	
			40 - 44	Freestyle	400	
			40 - 44	Backstroke	50	
			40 - 44	Breaststroke	50	
			40 - 44	Butterfly	50	
			45 - 49	Freestyle	50	
			45 - 49	Freestyle	100	
			45 - 49	Freestyle	200	
SAALC	15/08/2021		45 - 49	Backstroke	50	Andrew Osborne
			45 - 49	Backstroke	100	
			45 - 49	Backstroke	200	
SAALC	7/11/2021		45 - 49	Backstroke	400	Simon Howe
			45 - 49	Breaststroke	50	
			45 - 49	Breaststroke	100	
			45 - 49	Breaststroke	200	
			45 - 49	Breaststroke	400	
			45 - 49	Breaststroke	800	
			45 - 49	Breaststroke	1500	
			45 - 49	Butterfly	50	
			45 - 49	Butterfly	100	
			45 - 49	Butterfly	200	
			45 - 49	Butterfly	400	
			45 - 49	Individual Medle	200	
			50 - 54	Freestyle	50	
			50 - 54	Freestyle	100	
			50 - 54	Freestyle	200	
			50 - 54	Butterfly	50	
			50 - 54	Butterfly	100	
Gawler	31/01/2021		55 - 59	Freestyle	50	
Gawler	31/01/2021					
Gawler	31/01/2021		55 - 59	Freestyle	200	
			55 - 59	Freestyle	400	
			55 - 59	Freestyle	800	
			55 - 59	Freestyle	1500	
			55 - 59	Backstroke	50	
			55 - 59	Backstroke	400	
			55 - 59	Breaststroke	50	

			55 - 59	Breaststroke	100	
			55 - 59	Butterfly	50	
			55 - 59	Individual Medle	100	
SAALC	14/08/2022		60 - 64	Freestyle	50	John Dundon
			60 - 64	Freestyle	100	
			60 - 64	Freestyle	200	
			60 - 64	Freestyle	400	
			60 - 64	Backstroke	50	
			60 - 64	Backstroke	100	
			60 - 64	Backstroke	200	
			60 - 64	Butterfly	50	
			60 - 64	Butterfly	100	
			60 - 64	Butterfly	200	
			60 - 64	Individual Medle	200	
			65 - 69	Freestyle	50	
Hobart	21/03/2021		65 - 69	Freestyle	100	Grant Simpson
Hobart	21/03/2021		65 - 69	Freestyle	200	Grant Simpson
Strathalbyn	28/02/2021		65 - 69	Freestyle	400	
			65 - 69	Freestyle	800	
			65 - 69	Freestyle	1500	
			65 - 69	Backstroke	50	
			65 - 69	Backstroke	100	
			65 - 69	Backstroke	200	
			65 - 69	Backstroke	400	
			65 - 69	Breaststroke	400	
			65 - 69	Butterfly	50	
Strathalbyn	28/02/2021		65 - 69	Butterfly	100	
			65 - 69	Butterfly	200	
			65 - 69	Butterfly	400	
			65 - 69	Individual Medle	200	
			65 - 69	Individual Medle	400	
			70 - 74	Freestyle	50	
			70 - 74	Freestyle	100	
			70 - 74	Backstroke	50	
			70 - 74	Breaststroke	50	





				55 - 59	Breaststroke	100
				55 - 59	Butterfly	50
				55 - 59	Individual Medle	100
33.64*	SAALC	14/08/2022		60 - 64	Freestyle	50
				60 - 64	Freestyle	100
				60 - 64	Freestyle	200
				60 - 64	Freestyle	400
				60 - 64	Backstroke	50
				60 - 64	Backstroke	100
				60 - 64	Backstroke	200
				60 - 64	Butterfly	50
				60 - 64	Butterfly	100
				60 - 64	Butterfly	200
				60 - 64	Individual Medle	200
				65 - 69	Freestyle	50
1:32.67*	Strathalbyn	28/02/2021				
3:09.61*	Strathalbyn	28/02/2021		65 - 69	Freestyle	200
				65 - 69	Freestyle	400
				65 - 69	Freestyle	800
				65 - 69	Freestyle	1500
				65 - 69	Backstroke	50
				65 - 69	Backstroke	100
				65 - 69	Backstroke	200
				65 - 69	Backstroke	400
				65 - 69	Breaststroke	400
				65 - 69	Butterfly	50
				65 - 69	Butterfly	100
				65 - 69	Butterfly	200
				65 - 69	Butterfly	400
				65 - 69	Individual Medle	200
				65 - 69	Individual Medle	400
				70 - 74	Freestyle	50
				70 - 74	Freestyle	100
				70 - 74	Backstroke	50
				70 - 74	Breaststroke	50









Records		Historical Mens Long Course Club Records							Historical	
Date	Space	Age	Event	Distance	Name	Time	Place	Date	Space	Age
		35 - 39	Freestyle	50						35 - 39
		35 - 39	Freestyle	100						35 - 39
		35 - 39	Freestyle	200						35 - 39
		35 - 39	Freestyle	400						35 - 39
		35 - 39	Butterfly	50						35 - 39
		40 - 44	Freestyle	50						40 - 44
		40 - 44	Freestyle	100						40 - 44
		40 - 44	Freestyle	200						40 - 44
		40 - 44	Freestyle	400						40 - 44
		40 - 44	Backstroke	50						40 - 44
		40 - 44	Breaststroke	50						40 - 44
		40 - 44	Butterfly	50						40 - 44
		45 - 49	Freestyle	50						45 - 49
		45 - 49	Freestyle	100						45 - 49
		45 - 49	Freestyle	200						45 - 49
		45 - 49	Backstroke	50						45 - 49
		45 - 49	Backstroke	100						45 - 49
		45 - 49	Backstroke	200						45 - 49
		45 - 49	Backstroke	400						45 - 49
		45 - 49	Breaststroke	50						45 - 49
		45 - 49	Breaststroke	100						45 - 49
		45 - 49	Breaststroke	200						45 - 49
		45 - 49	Breaststroke	400						45 - 49
		45 - 49	Breaststroke	800						45 - 49
		45 - 49	Breaststroke	1500						45 - 49
		45 - 49	Butterfly	50						45 - 49
		45 - 49	Butterfly	100						45 - 49
		45 - 49	Butterfly	200						45 - 49
		45 - 49	Butterfly	400						45 - 49
		45 - 49	Individual	200						45 - 49
		50 - 54	Freestyle	50						50 - 54
		50 - 54	Freestyle	100						50 - 54
		50 - 54	Freestyle	200						50 - 54
		50 - 54	Butterfly	50						50 - 54
		50 - 54	Butterfly	100						50 - 54
		55 - 59	Freestyle	50						55 - 59
		55 - 59	Freestyle	100						55 - 59
		55 - 59	Freestyle	200						55 - 59
		55 - 59	Freestyle	400						55 - 59
		55 - 59	Freestyle	800						55 - 59
		55 - 59	Freestyle	1500						55 - 59
		55 - 59	Backstroke	50						55 - 59
		55 - 59	Backstroke	400						55 - 59
		55 - 59	Breaststroke	50						55 - 59





# ric Mens Long Course Club Records

Event	Distance	Name	Time	Place	Date	Duplicates Check
Freestyle	50					35 - 39 Freestyle 50
Freestyle	100					35 - 39 Freestyle 100
Freestyle	200					35 - 39 Freestyle 200
Freestyle	400					35 - 39 Freestyle 400
Butterfly	50					35 - 39 Butterfly 50
Freestyle	50					40 - 44 Freestyle 50
Freestyle	100					40 - 44 Freestyle 100
Freestyle	200					40 - 44 Freestyle 200
Freestyle	400					40 - 44 Freestyle 400
Backstroke	50					40 - 44 Backstroke 50
Breaststro	50					40 - 44 Breaststroke 50
Butterfly	50					40 - 44 Butterfly 50
Freestyle	50					45 - 49 Freestyle 50
Freestyle	100					45 - 49 Freestyle 100
Freestyle	200					45 - 49 Freestyle 200
						45 - 49 Freestyle 400
						45 - 49 Freestyle 800
						45 - 49 Freestyle 1500
Backstroke	50					45 - 49 Backstroke 50
Backstroke	100					45 - 49 Backstroke 100
Backstroke	200					45 - 49 Backstroke 200
Backstroke	400					45 - 49 Backstroke 400
Breaststro	50					45 - 49 Breaststroke 50
Breaststro	100					45 - 49 Breaststroke 100
Breaststro	200					45 - 49 Breaststroke 200
Breaststro	400					45 - 49 Breaststroke 400
Breaststro	800					45 - 49 Breaststroke 800
Breaststro	1500					45 - 49 Breaststroke 1500
Butterfly	50					45 - 49 Butterfly 50
Butterfly	100					45 - 49 Butterfly 100
Butterfly	200					45 - 49 Butterfly 200
Butterfly	400					45 - 49 Butterfly 400
Individual	200					45 - 49 Individual Medley 200
Freestyle	50					50 - 54 Freestyle 50
Freestyle	100					50 - 54 Freestyle 100
Freestyle	200					50 - 54 Freestyle 200
Butterfly	50					50 - 54 Butterfly 50
Butterfly	100					50 - 54 Butterfly 100
Freestyle	50					55 - 59 Freestyle 50
Freestyle	100					55 - 59 Freestyle 100
Freestyle	200					55 - 59 Freestyle 200
Freestyle	400					55 - 59 Freestyle 400
Freestyle	800					55 - 59 Freestyle 800
Freestyle	1500					55 - 59 Freestyle 1500
Backstroke	50					55 - 59 Backstroke 50
Backstroke	400					55 - 59 Backstroke 400
Breaststro	50					55 - 59 Breaststroke 50

Breaststro	100					55 - 59 Breaststroke 100
Butterfly	50					55 - 59 Butterfly 50
Individual	100					55 - 59 Individual Medley 200
Freestyle	50					60 - 64 Freestyle 50
Freestyle	100					60 - 64 Freestyle 100
Freestyle	200					60 - 64 Freestyle 200
Freestyle	400					60 - 64 Freestyle 400
Backstroke	50					60 - 64 Backstroke 50
Backstroke	100					60 - 64 Backstroke 100
Backstroke	200					60 - 64 Backstroke 200
Butterfly	50					60 - 64 Butterfly 50
Butterfly	100					60 - 64 Butterfly 100
Butterfly	200					60 - 64 Butterfly 200
Individual	200					60 - 64 Individual Medley 200
Freestyle	50					65 - 69 Freestyle 50
Freestyle	100					65 - 69 Freestyle 100
Freestyle	200					65 - 69 Freestyle 200
Freestyle	400					65 - 69 Freestyle 400
Freestyle	800					65 - 69 Freestyle 800
Freestyle	1500					65 - 69 Freestyle 1500
Backstroke	50					65 - 69 Backstroke 50
Backstroke	100					65 - 69 Backstroke 100
Backstroke	200					65 - 69 Backstroke 200
Backstroke	400					65 - 69 Backstroke 400
Breaststro	400					65 - 69 Breaststroke 400
Butterfly	50					65 - 69 Butterfly 50
Butterfly	100					65 - 69 Butterfly 100
Butterfly	200					65 - 69 Butterfly 200
Butterfly	400					65 - 69 Butterfly 400
Individual	200					65 - 69 Individual Medley 200
Individual	400					65 - 69 Individual Medley 400
Freestyle	50					70 - 74 Freestyle 50
Freestyle	100					70 - 74 Freestyle 100
Backstroke	50					70 - 74 Backstroke 50
Breaststro	50					70 - 74 Breaststroke 50