TUGGERAH LAKES ZONE SECONDARY SCHOOL

SPORTS ASSOCIATION



**38th ANNUAL SWIMMING CARNIVAL**

**WEDNESDAY, 23rd FEBRUARY 2022**

**MINGARA AQUATIC CENTRE**

|  |  |
| --- | --- |
| COMPETING SCHOOLS | SWIM CAP COLOUR |
| Gorokan | Blue |
| Northlakes | White |
| Terrigal | Light Blue |
| TLSC A | Black |
| TLSC B | Black |
| Wadalba | Navy |
| Wyong | Red |

|  |  |
| --- | --- |
| **OFFICIALS** | **SCHOOL** |
| Carnival Manager | TERRIGAL |
| Swimming Committee | Sports Organisers in attendance |
| Announcer | TERRIGAL |
| Marshals | TLSC  NORTHLAKES  TLSC  NORTHLAKES |
| Pool Marshals | WADALBA  GOROKAN |
| Starter | TLSC |
| Timekeepers | TLSC (Chief)  WYONG  NORTHLAKES  WYONG  GOROKAN  TLSC  GOROKAN  NORTHLAKES  TLSC |
| Judges | TERRIGAL (Chief)  WADALBA  WYONG  TLSC  GOROKAN |
| Recorders/Computer | TERRIGAL WADALBA |
| Carnival Referee | TLSC |
| Catering | WADALBA  WYONG |

**TUGGERAH LAKES SWIMMING CARNIVAL**

**CARNIVAL RULES – ARRIVE, SWIM, LEAVE**

**COMPETITORS:**

* Must swim in own age division – exception; they may swim in an age division above their own provided they remain in that division for the whole carnival. If no event is available in a competitor’s age, swimmers may compete in an event above their own age.
* Must report to the marshals immediately when called.
* Must remain in their lane until asked to leave by officials.

|  |  |
| --- | --- |
| **TURNING AND FINISHING:** |  |
| **BUTTERFLY / BREASTSTROKE:** | both hands must touch in full view of judges. |
| **BACKSTROKE:** | a swimmer must finish on his back and touch with his hand. |
| **FREESTYLE:** | a swimmer must make physical contact with the wall of the  pool during his turn and must touch with the hand in full view of judges. |
| **STARTING** | **ONE START RULE APPLIES**   1. Whistle – competitors move onto blocks and stand erect. 2. “Take your mark” – competitors must remain stationary. 3. Hooter to start the race. |
| **STYLE EVENTS** | All Events will be 100m with the exception of the 50m Freestyle. |
| **OUT OF BOUNDS** | The Wading pool and concrete areas at each end of the pool. |
| **ADULT SPECTATORS** | There are to be **NO SPECTATORS** inside the complex due to COVID restrictions.  Spectators will need to sit on the grass on the western side of the pool |
| **MARSHALLING AREA** | Outside on grass – western side. |
| **ENTRY** | Competitors and Spectators use main entry doors.  Competitors are to pay their respective schools their entry fee. |
| **TIME** | Event 1 will commence at 8.30 a.m. sharp.  Events will be ‘blocked’ to allow for ‘Arrive, Swim, Leave’ to occur  Events will not start before the allocated time |
| **COVID-SMART CONSIDERATIONS** | Students are to sit in designated areas for each school with their team manager  Students **MUST** wear masks at all times indoors whilst not competing including  in the marshalling area and on the pool deck.  New masks will be supplied to all competitors once they have finished a race |
| **APPAREL** | Apparel **WILL NOT** be sold on the day. All orders need to be placed online via  The TLZSSA webstore. Items ordered on or before Monday 21st February will be  given to the School Team Manager on the day of the carnival |

**TUGGERAH LAKES ZONE SWIMMING CARNIVAL**

**PROGRAM OF EVENTS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 8.30am | 1 | Girls | 12 Years | 200m | Freestyle |  |
|  | Girls | 12 Years | 200m | Freestyle |  |
| 2 | Girls | 13 Years | 200m | Freestyle |  |
|  | Girls | 13 Years | 200m | Freestyle |  |
| 3 | Girls | 14 Years | 200m | Freestyle |  |
|  | Girls | 14 Years | 200m | Freestyle |  |
| 4 | Girls | 15 Years | 200m | Freestyle |  |
|  | Girls | 15 Years | 200m | Freestyle |  |
| 5 | Girls | 16 Years | 200m | Freestyle |  |
|  | Girls | 16 Years | 200m | Freestyle |  |
| 6 | Girls | 17-19 Years | 200m | Freestyle |  |
|  | Girls | 17-19 Years | 200m | Freestyle |  |
| 7 | Boys | 12 Years | 200m | Freestyle |  |
|  | Boys | 12 Years | 200m | Freestyle |  |
| 8 | Boys | 13 Years | 200m | Freestyle |  |
|  | Boys | 13 Years | 200m | Freestyle |  |
| 9 | Boys | 14 Years | 200m | Freestyle |  |
|  | Boys | 14 Years | 200m | Freestyle |  |
| 10 | Boys | 15 Years | 200m | Freestyle |  |
|  | Boys | 15 Years | 200m | Freestyle |  |
| 11 | Boys | 16 Years | 200m | Freestyle |  |
|  | Boys | 16 Years | 200m | Freestyle |  |
| 12 | Boys | 17-19 Years | 200m | Freestyle |  |
|  | Boys | 17-19 Years | 200m | Freestyle |  |
| 9.15am | 13 | Girls | 12 Years | 100m | Freestyle |  |
|  | Girls | 12 Years | 100m | Freestyle |  |
| 14 | Girls | 13 Years | 100m | Freestyle |  |
|  | Girls | 13 Years | 100m | Freestyle |  |
| 15 | Girls | 14 Years | 100m | Freestyle |  |
|  | Girls | 14 Years | 100m | Freestyle |  |
| 16 | Girls | 15 Years | 100m | Freestyle |  |
|  | Girls | 15 Years | 100m | Freestyle |  |
| 17 | Girls | 16 Years | 100m | Freestyle |  |
|  | Girls | 16 Years | 100m | Freestyle |  |
| 18 | Girls | 17-19 Years | 100m | Freestyle |  |
|  | Girls | 17-19 Years | 100m | Freestyle |  |
| 19 | Boys | 12 Years | 100m | Freestyle |  |
|  | Boys | 12 Years | 100m | Freestyle |  |
| 20 | Boys | 13 Years | 100m | Freestyle |  |
|  | Boys | 13 Years | 100m | Freestyle |  |
| 21 | Boys | 14 Years | 100m | Freestyle |  |
|  | Boys | 14 Years | 100m | Freestyle |  |
| 22 | Boys | 15 Years | 100m | Freestyle |  |
|  | Boys | 15 Years | 100m | Freestyle |  |
| 23 | Boys | 16 Years | 100m | Freestyle |  |
|  | Boys | 16 Years | 100m | Freestyle |  |
| 24 | Boys | 17-19 Years | 100m | Freestyle |  |
|  | Boys | 17-19 Years | 100m | Freestyle |  |
| 25 | Girls | All Age | 6 X 50m | Relay |  |
| 26 | Boys | All Age | 6 X 50m | Relay |  |
| 10.15am | 26A | Girls | 12-15 Years | 50m | Breaststroke | Multi Class |
| 26B | Girls | 16-19 Years | 50m | Breaststroke | Multi Class |
| 26C | Boys | 12-15Years | 50m | Breaststroke | Multi Class |
| 26D | Boys | 16-19 Years | 50m | Breaststroke | Multi Class |
| 27 | Girls | 12 Years | 100m | Breaststroke |  |
|  | Girls | 12 Years | 100m | Breaststroke |  |
| 28 | Girls | 13 Years | 100m | Breaststroke |  |
|  | Girls | 13 Years | 100m | Breaststroke |  |
| 29 | Girls | 14 Years | 100m | Breaststroke |  |
|  | Girls | 14 Years | 100m | Breaststroke |  |
| 30 | Girls | 15 Years | 100m | Breaststroke |  |
|  | Girls | 15 Years | 100m | Breaststroke |  |
| 31 | Girls | 16 Years | 100m | Breaststroke |  |
|  | Girls | 16 Years | 100m | Breaststroke |  |
| 32 | Girls | 17-19 Years | 100m | Breaststroke |  |
|  | Girls | 17-19 Years | 100m | Breaststroke |  |
| 33 | Boys | 12 Years | 100m | Breaststroke |  |
|  | Boys | 12 Years | 100m | Breaststroke |  |
| 34 | Boys | 13 Years | 100m | Breaststroke |  |
|  | Boys | 13 Years | 100m | Breaststroke |  |
| 35 | Boys | 14 Years | 100m | Breaststroke |  |
|  | Boys | 14 Years | 100m | Breaststroke |  |
| 36 | Boys | 15 Years | 100m | Breaststroke |  |
|  | Boys | 15 Years | 100m | Breaststroke |  |
| 37 | Boys | 16 Years | 100m | Breaststroke |  |
|  | Boys | 16 Years | 100m | Breaststroke |  |
| 38 | Boys | 17-19 Years | 100m | Breaststroke |  |
|  | Boys | 17-19 Years | 100m | Breaststroke |  |
| 11am | 39 | Girls | 12-14 Years | 200m | Individual Medley |  |
|  | Girls | 12-14 Years | 200m | Individual Medley |  |
| 40 | Boys | 12-14 Years | 200m | Individual Medley |  |
|  | Boys | 12-14 Years | 200m | Individual Medley |  |
| 41 | Girls | 15- 16 Years | 200m | Individual Medley |  |
|  | Girls | 15- 16 Years | 200m | Individual Medley |  |
| 42 | Boys | 15-16 Years | 200m | Individual Medley |  |
|  | Boys | 15-16 Years | 200m | Individual Medley |  |
| 43 | Girls | 17-19 Years | 200m | Individual Medley |  |
|  | Girls | 17-19 Years | 200m | Individual Medley |  |
| 44 | Boys | 17-19 Years | 200m | Individual Medley |  |
|  | Boys | 17-19 Years | 200m | Individual Medley |  |
| 45 | Girls | 12 Years | 50m | Freestyle |  |
|  | Girls | 12 Years | 50m | Freestyle |  |
| 46 | Girls | 13 Years | 50m | Freestyle |  |
|  | Girls | 13Years | 50m | Freestyle |  |
| 47 | Girls | 14 Years | 50m | Freestyle |  |
|  | Girls | 14 Years | 50m | Freestyle |  |
| 48 | Girls | 15 years | 50m | Freestyle |  |
|  | Girls | 15 years | 50m | Freestyle |  |
| 48A | Girls | 12-15 years | 50m | Freestyle | Multi Class |
| 49 | Girls | 16 Years | 50m | Freestyle |  |
|  | Girls | 16 Years | 50m | Freestyle |  |
| 50 | Girls | 17-19 Years | 50m | Freestyle |  |
|  | Girls | 17-19 Years | 50m | Freestyle |  |
| 50A | Girls | 16-19 Years | 50m | Freestyle | Multi Class |
| 51 | Boys | 12 Years | 50m | Freestyle |  |
|  | Boys | 12 Years | 50m | Freestyle |  |
| 52 | Boys | 13 Years | 50m | Freestyle |  |
|  | Boys | 13 Years | 50m | Freestyle |  |
| 53 | Boys | 14 Years | 50m | Freestyle |  |
|  | Boys | 14 Years | 50m | Freestyle |  |
| 54 | Boys | 15 Years | 50m | Freestyle |  |
|  | Boys | 15 Years | 50m | Freestyle |  |
| 54A | Boys | 12-15 Years | 50m | Freestyle | Multi Class |
| 55 | Boys | 16 Years | 50m | Freestyle |  |
|  | Boys | 16 Years | 50m | Freestyle |  |
| 56 | Boys | 17-19 Years | 50m | Freestyle |  |
|  | Boys | 17-19 Years | 50m | Freestyle |  |
| 56A | Boys | 16-19 Years | 50m | Freestyle | Multi Class |
| 57 | Girls | 12-19 Years | 4 X 50m | Medley Relay |  |
| 58 | Boys | 12-19 Years | 4 X 50m | Medley Relay |  |
| 12pm | 59 | Girls | 12 Years | 100m | Backstroke |  |
|  | Girls | 12 Years | 100m | Backstroke |  |
| 60 | Girls | 13 Years | 100m | Backstroke |  |
|  | Girls | 13 Years | 100m | Backstroke |  |
| 61 | Girls | 14 Years | 100m | Backstroke |  |
|  | Girls | 14 Years | 100m | Backstroke |  |
| 62 | Girls | 15 Years | 100m | Backstroke |  |
|  | Girls | 15 Years | 100m | Backstroke |  |
| 63 | Girls | 16 Years | 100m | Backstroke |  |
|  | Girls | 16 Years | 100m | Backstroke |  |
| 64 | Girls | 17-19 Years | 100m | Backstroke |  |
|  | Girls | 17-19 Years | 100m | Backstroke |  |
| 65 | Boys | 12 Years | 100m | Backstroke |  |
|  | Boys | 12 Years | 100m | Backstroke |  |
| 66 | Boys | 13 Years | 100m | Backstroke |  |
|  | Boys | 13 Years | 100m | Backstroke |  |
| 67 | Boys | 14 Years | 100m | Backstroke |  |
|  | Boys | 14 Years | 100m | Backstroke |  |
| 68 | Boys | 15 Years | 100m | Backstroke |  |
|  | Boys | 15 Years | 100m | Backstroke |  |
| 69 | Boys | 16 Years | 100m | Backstroke |  |
|  | Boys | 16 Years | 100m | Backstroke |  |
| 70 | Boys | 17-19 Years | 100m | Backstroke |  |
|  | Boys | 17-19 Years | 100m | Backstroke |  |
| 71 |  | 12-19 Years | 12 X 50M | Relay |  |
| 71A | Girls | 12-15 Years | 50m | Backstroke | Multi Class |
| 71B | Girls | 16-19 Years | 50m | Backstroke | Multi Class |
| 71C | Boys | 12-15 Years | 50m | Backstroke | Multi Class |
| 71D | Boys | 16-19 Years | 50m | Backstroke | Multi Class |
| 12.45pm | 72 | Girls | 12 Years | 100m | Butterfly |  |
|  | Girls | 12 Years | 100m | Butterfly |  |
| 73 | Girls | 13 Years | 100m | Butterfly |  |
|  | Girls | 13 Years | 100m | Butterfly |  |
| 74 | Girls | 14 Years | 100m | Butterfly |  |
|  | Girls | 14 Years | 100m | Butterfly |  |
| 75 | Girls | 15 Years | 100m | Butterfly |  |
|  | Girls | 15 Years | 100m | Butterfly |  |
| 76 | Girls | 16 Years | 100m | Butterfly |  |
|  | Girls | 16 Years | 100m | Butterfly |  |
| 77 | Girls | 17-19 Years | 100m | Butterfly |  |
|  | Girls | 17-19 Years | 100m | Butterfly |  |
| 78 | Boys | 12 Years | 100m | Butterfly |  |
|  | Boys | 12 Years | 100m | Butterfly |  |
| 79 | Boys | 13 Years | 100m | Butterfly |  |
|  | Boys | 13 Years | 100m | Butterfly |  |
| 80 | Boys | 14 Years | 100m | Butterfly |  |
|  | Boys | 14 Years | 100m | Butterfly |  |
| 81 | Boys | 15 Years | 100m | Butterfly |  |
|  | Boys | 15 Years | 100m | Butterfly |  |
| 82 | Boys | 16 Years | 100m | Butterfly |  |
|  | Boys | 16 Years | 100m | Butterfly |  |
| 83 | Boys | 17-19 Years | 100m | Butterfly |  |
|  | Boys | 17-19 Years | 100m | Butterfly |  |
| 83A | Girls | 12-15 Years | 50m | Butterfly | Multi Class |
| 83B | Girls | 16-19 Years | 50m | Butterfly | Multi Class |
| 83C | Boys | 12-15 Years | 50m | Butterfly | Multi Class |
| 83D | Boys | 16-19 Years | 50m | Butterfly | Multi Class |
| 84 | Girls | 12 Years | 4 X 50m | Relay |  |
| 85 | Boys | 12 Years | 4 X 50m | Relay |  |
| 86 | Girls | 13 Years | 4 X 50m | Relay |  |
| 87 | Boys | 13 Years | 4 X 50m | Relay |  |
| 88 | Girls | 14 Years | 4 X 50m | Relay |  |
| 89 | Boys | 14 Years | 4 X 50m | Relay |  |
| 90 | Girls | 15 Years | 4 X 50m | Relay |  |
| 91 | Boys | 15 Years | 4 X 50m | Relay |  |
| 92 | Girls | 16 Years | 4 X 50m | Relay |  |
| 93 | Boys | 16 Years | 4 X 50m | Relay |  |
| 94 | Girls | 17-19 Years | 4 X 50m | Relay |  |
| 95 | Boys | 17-19 Years | 4 X 50m | Relay |  |

**SYDNEY NORTH REGIONAL CARNIVAL**

**THURSDAY 17TH MARCH 2022**

**SYDNEY AQUATIC CENTRE, HOMEBUSH**

**CHS SWIMMING CARNIVAL**

**WEDNESDAY 30th, THURSDAY 31st MARCH, FRIDAY 1ST APRIL 2022 SYDNEY AQUATIC CENTRE, HOMEBUSH**

**BOYS ZONE RECORDS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **12 YEARS BOYS** | | | | | | | **NEW 2022 RECORD** |
| 50m Freestyle | | B.Van Spronson | | BV | 30.63 | 1988 |  |
| 100m Freestyle | | A. Pinnock | | TU | 1:06.31 | 1997 |  |
| 200m Freestyle | | T. Elliott | | TER | 2:36.60 | 2007 |  |
| 100m Breaststroke | | T. Elliott | | TER | 1:23.89 | 2007 |  |
| 100m Backstroke | | T. Asmar | | TE | 1:18.05 | 1997 |  |
| 100m Butterfly | | A. Pinnock | | TU | 1:15.35 | 1997 |  |
| 4 X 50 m Relay | | Terrigal | | TER | 2.19.87 | 2001 |  |
| **13 YEARS BOYS** | | | | | | |  |
| 50m Freestyle | | B. Hepburn | | TLSC | 28.90 | 2019 |  |
| 100m Freestyle | | A. Pinnock | | TU | 1:01.96 | 1998 |  |
| 200m Freestyle | | A. Pinnock | | TU | 2:13.30 | 1998 |  |
| 100m Breaststroke | | A. Pinnock | | TU | 1:23.00 | 1998 |  |
| 100m Backstroke | | M. Harris | | TLSC | 1:12.31 | 2008 |  |
| 100m Butterfly | | J. Taylor | | TER | 1:12.08 | 1996 |  |
| 4 X 50m Relay | | TLSC | | TLSC | 2:07.09 | 2013 |  |
| **14 YEARS BOYS** | | | | | | |  |
| 50m Freestyle | | S. Gardner | | TER | 27.55 | 2003 |  |
| 100m Freestyle | | A. Pinnock | | TER | 1:00.09 | 1999 |  |
| 200m Freestyle | | B. Woodward | | TLSC | 2:13.85 | 2012 |  |
| 100m Breaststroke | | M. Davis | | WY | 1:20.03 | 1998 |  |
| 100m Backstroke | | K. Hurst | | TER | 1:08.05 | 1995 |  |
| 100m Butterfly | | M.Lewandowski | | TE | 1:03.44 | 2002 |  |
| 200m Ind. Medley | | C. Bentley | | WA | 2:31.19 | 2012 |  |
| 4 X 50m Relay | | Terrigal | | TER | 1:59.93 | 2018 |  |
| **15 YEARS BOYS** | | | | | | |  |
| 50m Freestyle | | J. Taylor | | TER | 26.31 | 1998 |  |
| 100m Freestyle | | K. Hurst | | TER | 58.04 | 1996 |  |
| 200m Freestyle | | K. Hurst | | TER | 2:03.69 | 1996 |  |
| 400m Freestyle | | M. Jones | | TE | 4:36.60 | 1983 |  |
| 100m Breaststroke | | J. Taylor | | TER | 1:5.89 | 1998 |  |
| 100m Backstroke | | S. McBeth | | TE | 1:06.53 | 1996 |  |
| 100m Butterfly | | M.Lewandowski | | TLSC | 1:03.44 | 2002 |  |
| 4 X 50m Relay | | Terrigal | | TER | 1:54.35 | 1998 |  |
| **16 YEARS BOYS** | | | | | | |  |
| 50m Freestyle | A. Pinnock | | TER | | 26.10 | 2001 |  |
| 100m Freestyle | M. Lewandowski | | TLSC | | 56.53 | 2003 |  |
| 200m Freestyle | B. Hessel | | TLSC | | 2:12.00 | 2012 |  |
| 100m Breaststroke | J. Taylor | | TER | | 1:13.57 | 1999 |  |
| 100m Backstroke | N. Lamond | | TLSC | | 1:03.58 | 2018 |  |
| 100m Butterfly | M.Lewandowski | | TLSC | | 1:01.22 | 2003 |  |
| 200m Ind. Medley | S. Booth | | TLSC | | 2:25.04 | 2015 |  |
| 4 X 50m Relay | Terrigal | | TER | | 1:50.59 | 2001 |  |
| **17+ YEARS BOYS** | | | | | | |  |
| 50m Freestyle | | N. Lamond | | TLSC | 24.57 | 2020 |  |
| 100m Freestyle | | A. Pinnock | | TER | 56.38 | 2003 |  |
| 200m Freestyle | | K. Hurst | | TER | 1.59.80 | 1998 |  |
| 100m Breaststroke | | R. Schofield | | TER | 1.10.69 | 2003 |  |
| 100m Backstroke | | N. Lamond | | TLSC | 1.02.06 | 2019 |  |
| 100m Butterfly | | A. Pinnock | | TER | 58.97 | 2003 |  |
| 200m Ind. Medley | | K. Hurst | | TER | 2.15.53 | 1998 |  |
| 4 X 50m Relay | | TLSC | | TLSC | 1.47.56 | 2020 |  |
| 6 X 50m Relay | | TLSC | | TLSC | 2.56.77 | 2019 |  |
| 4 X 50m Med. Relay | | Terrigal | | TER | 2.00.07 | 2003 |  |
| 12 X 50m | | Terrigal | | TER | 5.49.96 | 2018 |  |

**GIRLS ZONE RECORDS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **12 YEARS GIRLS** | | | | | **NEW 2022 RECORD** |
| 50m Freestyle | Y. Pilgram | NL | 31.09 | 1997 |  |
| 100m Freestyle | A. White | TE | 1:04.61 | 1996 |  |
| 200m Freestyle | M. Elliott | TLSC | 2:38.47 | 2020 |  |
| 100m Breaststroke | K. Webber | TER | 1:28.50 | 1995 |  |
| 100m Backstroke | Y. Pilgram | NL | 1:18.41 | 1997 |  |
| 100m Butterfly | M. Elliott | TLSC | 1:22.12 | 2020 |  |
| 4 X 50m Relay | Wadalba | WA | 2:23.40 | 2002 |  |
| **13 YEARS GIRLS** | | | | |  |
| 50m Freestyle | Y. Pilgram | NL | 29.77 | 1998 |  |
| 100m Freestyle | Y. Pilgram | NL | 1:05.20 | 1998 |  |
| 200m Freestyle | A. Gasparotto | TER | 2:20.92 | 2010 |  |
| 100m Breaststroke | J. White | NL | 1:23.70 | 1997 |  |
| 100m Backstroke | Y. Pilgram | NL | 1:13.52 | 1998 |  |
| 100m Butterfly | R. Fitton | TER | 1:13.22 | 2000 |  |
| 4 X 50m Relay | Terrigal | TER | 2:10.70 | 2013 |  |
| **14 YEARS GIRLS** | | | | |  |
| 50m Freestyle | Y. Pilgram | NL | 28.53 | 1999 |  |
| 100m Freestyle | A. Collins | TU | 1:02.27 | 1999 |  |
| 200m Freestyle | L. Perks | TLSC | 2:21.54 | 2006 |  |
| 100m Breaststroke | A. West | W | 1:21.03 | 1997 |  |
| 100m Backstroke | Y. Pilgrim | NL | 1:10.77 | 1999 |  |
| 100m Butterfly | R. Fitton | TER | 1:08.16 | 2001 |  |
| 200m Ind. Medley | D. Vesper | TLSC | 2:39.56 | 2017 |  |
| 4 X 50m Relay | Terrigal | TER | 2:05.78 | 2018 |  |
| **15 YEARS GIRLS** | | | | |  |
| 50m Freestyle | Y. Pilgrim | NL | 28.14 | 2000 |  |
| 100m Freestyle | Y. Pilgrim | NL | 1:01.88 | 2000 |  |
| 200m Freestyle | Y. Pilgrim | NL | 2:12.63 | 2000 |  |
| 100m Breaststroke | J. White | TU | 1:18.43 | 1999 |  |
| 100m Backstroke | Y. Pilgrim | NL | 1:08.28 | 2000 |  |
| 100m Butterfly | R. Fitton | TER | 1:08.00 | 2002 |  |
| 4 X 50m Relay | Terrigal | TER | 2:04.70 | 2013 |  |
| **16 YEARS GIRLS** | | | | |  |
| 50m Freestyle | A. White | TER | 28.35 | 2000 |  |
| 100m Freestyle | A. White | TER | 1:01.29 | 2000 |  |
| 200m Freestyle | A. Gasparotto | TER | 2:18.34 | 2013 |  |
| 100m Breaststroke | A. West | WY | 1:18.57 | 1999 |  |
| 100m Backstroke | A. White | TER | 1:09.65 | 2000 |  |
| 100m Butterfly | S. Tobin | TER | 1:07.36 | 1999 |  |
| 200m Ind. Medley | J. Burns | TLSC | 2:36.46 | 2007 |  |
| 4 X 50 Relay | Terrigal | TER | 2:03.78 | 2003/2013 |  |
| **17+ YEARS GIRLS** | | | | |  |
| 50m Freestyle | Y. Pilgrim | NL | 27.78 | 1997 |  |
| 100m Freestyle | C. Filton | TER | 1:01.42 | 1998 |  |
| 200m Freestyle | C. Filton | TER | 2:09.30 | 1998 |  |
| 100m Breaststroke | G. Davidson | WY | 1:13.17 | 1987 |  |
| 100m Backstroke | Y. Pilgrim | NL | 1:07.53 | 2002 |  |
| 100m Butterfly | S. Tobin | TER | 1:07.16 | 2000 |  |
| 200m Ind. Medley | A. White | TER | 2:28.94 | 2000 |  |
| 4 X 50m Relay | Wadalba | WA | 2:04.30 | 2006 |  |
| 6 X 50m Relay | The Entrance | TE | 3:09.63 | 1997 |  |
| 4 X 50m Med. Relay | Terrigal | TER | 2:14.66 | 1999 |  |