

Swimming North Coast - Girls Long Course Overall Records as at Tuesday, 20 January 2026

<i>Gender</i>	<i>Age</i>	<i>Event</i>	<i>Swimmer</i>	<i>Club</i>	<i>Record Time</i>	<i>Date of Swim</i>	<i>Meet</i>	<i>Pool</i>
Girls	7 & under	50 Free	Lexie Smith	KNGC	36.31	15/11/2025	Lismore Annual Qualifying Meet 2025	Lismore Memorial Baths
Girls	8 yrs	50 Free	Leah Pickvance	MCKV	34.43	13/03/2016	2016 Speedo Sprint Series - Finals	SOPAC
Girls	9 yrs	50 Free	Isley Folau	KNGC	32.56	10/04/2025	2025 PSSA Championships	Sydney Olympic Park Aquatic Centre
Girls	10 yrs	50 Free	Leah Pickvance	MCKV	30.26	6/12/2017	2017 Pacific School Games	SAALC
Girls	11 yrs	50 Free	Bindi Ware	KNGC	28.97	9/04/2014	NSW PSSA Championships	SOPAC
Girls	12 yrs	50 Free	Bindi Ware	KNGC	28.25	27/03/2015	NSW CHS Swimming Championships 2015	SOPAC
Girls	13 yrs	50 Free	Bindi Ware	KNGC	27.45	25/11/2015	2015 Pacific School Games	Adelaide
Girls	14 yrs	50 Free	Layne Grant	FOST	27.46	21/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	15 yrs	50 Free	Leah Pickvance	MCKV	26.81	18/02/2023	2023 NSW Country Championships	Sydney Olympic Park Aquatic Centre
Girls	16 yrs	50 Free	Phoebe Bentley	PTMQ	26.57	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	50 Free	Sophie Mayes	ALST	26.54	13/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	50 Free	Mariah Jones	TWIN	26.32	25/02/2012	2012 NSW Country Championships	SOPAC
Girls	Open	50 Free	Mariah Jones	TWIN	25.84	2/04/2014	2014 Australian Swimming Championships	Brisbane Aquatic Centre
Girls	9 & under	100 Free	Matilda Buchholz	MCKV	1:10.26	6/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	100 Free	Matilda Buchholz	MCKV	1:05.31	5/10/2025	Port Macquarie LC Qualifying Meet	PMQ Olympic Swimming Pool
Girls	11 yrs	100 Free	Bindi Ware	KNGC	1:02.83	9/04/2014	NSW PSSA Championships	SOPAC
Girls	12 yrs	100 Free	Bindi Ware	KNGC	1:00.82	17/01/2015	2015 NSW 10U-12 Years State Age Championshi	SOPAC
Girls	13 yrs	100 Free	Bindi Ware	KNGC	59.45	21/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	13 yrs	100 Free	Bindi Ware	KNGC	59.45	21/02/2016	2016 NSW Country Championships	SOPAC
Girls	14 yrs	100 Free	Bindi Ware	KNGC	59.45	20/09/2016	School Sports Australia Swimming Championship	Darwin
Girls	15 yrs	100 Free	Phoebe Bentley	PTMQ	57.89	14/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	16 yrs	100 Free	Phoebe Bentley	PTMQ	57.73	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	100 Free	Sophie Mayes	ALST	57.52	15/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	100 Free	Sophie Mayes	ALST	57.35	24/08/2023	2023 School Sport Australia Swimming	SOPAC
Girls	Open	100 Free	Sara Marson	TWIN	56.96	19/03/2012	2012 EnergyAustralia Swimming Championships	SA Aquatic and Leisure Centre

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Gender	Age	Event	Swimmer	Club	Record Time	Date of Swim	Meet	Pool
Girls	10 & under	200 Free	Matilda Buchholz	MCKV	2:20.80	11/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	200 Free	Bindi Ware	KNGC	2:15.73	22/07/2014	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	12 yrs	200 Free	Bindi Ware	KNGC	2:10.13	13/04/2015	2015 GHF Australian Age Championships	SOPAC
Girls	13 yrs	200 Free	Bindi Ware	KNGC	2:08.66	18/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	14 yrs	200 Free	Bindi Ware	KNGC	2:10.34	17/09/2016	School Sports Australia Swimming Championship	Darwin
Girls	15 yrs	200 Free	Phoebe Bentley	PTMQ	2:07.52	17/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	16 yrs	200 Free	Phoebe Bentley	PTMQ	2:06.25	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	200 Free	Phoebe Bentley	PTMQ	2:05.15	14/04/2021	2021 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	18 yrs	200 Free	Mariah Jones	TWIN	2:06.56	1/08/2011	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	Open	200 Free	Phoebe Bentley	PTMQ	2:05.15	14/04/2021	2021 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	10 & under	400 Free	Matilda Buchholz	MCKV	4:52.27	4/10/2025	Port Macquarie LC Qualifying Meet	PMQ Olympic Swimming Pool
Girls	11 yrs	400 Free	Matilda Buchholz	MCKV	4:48.23	9/01/2026	Coffs Harbour Summer Splash 2026	Coffs Harbour Olympic War Memorial Pool
Girls	12 yrs	400 Free	Bindi Ware	KNGC	4:36.71	17/04/2015	2015 GHF Australian Age Championships	SOPAC
Girls	13 yrs	400 Free	Bindi Ware	KNGC	4:27.41	23/11/2015	2015 Pacific School Games	Adelaide
Girls	14 yrs	400 Free	Bindi Ware	KNGC	4:32.62	18/09/2016	School Sports Australia Swimming Championship	Darwin
Girls	15 yrs	400 Free	Madeleine Gough	SAWT	4:24.88	21/01/2015	2015 NSW 13-18 Years State Age Championship	SOPAC
Girls	16 yrs	400 Free	Phoebe Bentley	PTMQ	4:32.99	20/02/2021	2021 NSW Country Championships	SOPAC
Girls	17 yrs	400 Free	Felicity Walker	ALST	4:26.16	12/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	400 Free	Felicity Walker	ALST	4:24.31	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	400 Free	Felicity Walker	ALST	4:24.31	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	12 & under	800 Free	Eve Drew	ALST	9:53.23	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	13 yrs	800 Free	Bindi Ware	KNGC	9:27.91	20/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	14 yrs	800 Free	Madeleine Gough	COFH	9:12.18	15/04/2014	2014 Australian Age Championships	SOPAC
Girls	15 yrs	800 Free	Madeleine Gough	SAWT	9:04.72	19/01/2015	2015 NSW 13-18 Years State Age Championship	SOPAC
Girls	16 yrs	800 Free	Samantha McKenna	TRLM	9:19.62	19/12/2014	2014 McDonalds Queensland Championships	Brisbane Aquatic Centre
Girls	16 yrs	800 Free	Madeline Ewing	ALST	9:19.62	5/04/2021	2021 Australian Age Championships	Gold Coast Aquatic Centre
Girls	17 yrs	800 Free	Felicity Walker	ALST	9:13.50	15/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	800 Free	Felicity Walker	ALST	9:04.46	19/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	800 Free	Felicity Walker	ALST	9:04.46	19/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre

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Gender	Age	Event	Swimmer	Club	Record Time	Date of Swim	Meet	Pool
Girls	12 & under	1500 Free	Piper Phillips	TRLM	20:08.94	29/10/2021	Coastline Credit Union Qualifying Meet	Manning Aquatic Leisure Centre
Girls	13 yrs	1500 Free	Tylah Crabtree	TRLM	19:23.05	24/11/2018	2018 SNC Summer LC Championships	Coffs Harbour Memorial Pool
Girls	14 yrs	1500 Free	Lily Barlow	MCKV	19:30.12	14/01/2022	Coffs Harbour Summer Splash	Coffs Harbour Olympic War Memorial
Girls	15 yrs	1500 Free	Felicity Walker	ALST	17:34.46	10/04/2023	2023 Australian Age & MC Age Championships	Gold Coast Aquatic Centre
Girls	16 yrs	1500 Free	Madeline Ewing	ALST	17:52.41	5/04/2021	2021 Australian Age Championships	Gold Coast Aquatic Centre
Girls	17 yrs	1500 Free	Felicity Walker	ALST	17:24.90	13/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	1500 Free	Felicity Walker	ALST	17:13.86	17/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	1500 Free	Felicity Walker	ALST	17:13.86	17/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	7 & under	50 Back	Lexie Smith	KNGC	42.37	29/11/2025	2025 Casino LC Qualifying Meet	Casino Memorial Pool
Girls	8 yrs	50 Back	Ella Bhatti	WOOL	41.38	3/04/2013	NSW PSSA Championships	SOPAC
Girls	9 yrs	50 Back	Ella Bhatti	WOOL	38.44	10/04/2014	NSW PSSA Championships	SOPAC
Girls	10 yrs	50 Back	Matilda Buchholz	MCKV	35.54	12/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	50 Back	Bindi Ware	KNGC	34.13	10/04/2014	NSW PSSA Championships	SOPAC
Girls	12 yrs	50 Back	Chloe Higgins	PTMQ	32.78	15/03/2025	2025 NSW Junior State Age Championships	SOPAC
Girls	13 yrs	50 Back	Chloe Higgins	PTMQ	32.50	19/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	14 yrs	50 Back	Indigo Creighton	TRLM	31.32	20/01/2022	2021-22 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	50 Back	Millie Edwards	COFH	30.94	10/04/2023	2023 Australian Age & MC Age Championships	Gold Coast Aquatic Centre
Girls	16 yrs	50 Back	Millie Edwards	COFH	30.47	14/12/2023	2023-24 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	17 yrs	50 Back	Sophie Mayes	ALST	30.64	12/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	50 Back	Sophie Mayes	ALST	29.94	19/04/2023	2023 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	Open	50 Back	Sophie Mayes	ALST	29.84	19/04/2024	2024 Australian Open Championships	Gold Coast Aquatic Centre
Girls	9 & under	100 Back	Matilda Buchholz	MCKV	1:25.60	5/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	100 Back	Matilda Buchholz	MCKV	1:16.86	11/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	100 Back	Millie Edwards-Bradshaw	COFH	1:13.11	31/03/2019	2019 NSW Junior State Age Championships	SOPAC
Girls	12 yrs	100 Back	Chloe Higgins	PTMQ	1:09.74	15/03/2025	2025 NSW Junior State Age Championships	SOPAC
Girls	13 yrs	100 Back	Tylah Crabtree	TRLM	1:07.24	19/12/2018	2018-19 NSW Senior State Age Championships	SOPAC
Girls	14 yrs	100 Back	Tylah Crabtree	TRLM	1:06.50	22/02/2020	2020 NSW Country Championships	SOPAC
Girls	15 yrs	100 Back	Millie Edwards-Bradshaw	COFH	1:06.12	3/06/2022	2022 New South Wales All Schools Swimming	Sydney Aquatic Centre Homebush
Girls	16 yrs	100 Back	Claire Van Kampen	FOST	1:06.81	17/12/2017	2017 NSW 13-18 Years State Age Championship	SOPAC
Girls	17 yrs	100 Back	Sophie Mayes	ALST	1:05.39	14/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	100 Back	Sophie Mayes	ALST	1:05.08	2/06/2023	2023 NSW All Schools	SOPAC
Girls	Open	100 Back	Sophie Mayes	ALST	1:05.08	2/06/2023	2023 NSW All Schools	SOPAC

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Girls	10 & under	200 Back	Matilda Buchholz	MCKV	2:45.92	4/10/2025	Port Macquarie LC Qualifying Meet	PMQ Olympic Swimming Pool
Girls	11 yrs	200 Back	Jorja Welch	COFH	2:43.64	20/02/2016	2016 NSW Country Championships	SOPAC
Girls	12 yrs	200 Back	Chloe Higgins	PTMQ	2:33.57	15/03/2025	2025 NSW Junior State Age Championships	SOPAC
Girls	13 yrs	200 Back	Tylah Crabtree	TRLM	2:24.98	16/12/2018	2018-19 NSW Senior State Age Championships	SOPAC
Girls	14 yrs	200 Back	Hayley Kable	PTMQ	2:25.42	14/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	200 Back	Hayley Kable	PTMQ	2:24.66	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	16 yrs	200 Back	Claire Van Kampen	FOST	2:24.70	20/12/2017	2017 NSW 13-18 Years State Age Championship	SOPAC
Girls	17 yrs	200 Back	Claire Van Kampen	FOST	2:21.64	15/03/2019	2019 NSW State Open Championships	SOPAC
Girls	18 yrs	200 Back	Claire Van Kampen	FOST	2:21.96	18/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	Open	200 Back	Claire Van Kampen	FOST	2:21.64	15/03/2019	2019 NSW State Open Championships	SOPAC
Girls	7 & under	50 Breast	Lexie Smith	KNGC	50.73	15/11/2025	Lismore Annual Qualifying Meet 2025	Lismore Memorial Baths
Girls	8 yrs	50 Breast	Claudia Annett	KNGC	48.77	4/03/2015	North Coast PSSA Swimming Carnival 2015	Lismore Memorial Baths
Girls	9 yrs	50 Breast	Millie Edwards-Bradshaw	SAWT	43.71	12/03/2017	2017 Speedo Sprint Series - Finals	SOPAC
Girls	10 yrs	50 Breast	Olympia Pope	KNGC	40.44	31/03/2019	2019 NSW Junior State Age Championships	SOPAC
Girls	11 yrs	50 Breast	Jorja Welch	COFH	37.88	23/11/2015	2015 Pacific School Games	Adelaide
Girls	12 yrs	50 Breast	Mathilda King	PTMQ	36.72	24/02/2018	2018 NSW Country Championships	SOPAC
Girls	13 yrs	50 Breast	Tylah Crabtree	TRLM	34.33	23/02/2019	2019 NSW Country Championships	SOPAC
Girls	14 yrs	50 Breast	Mathilda King	PTMQ	33.08	22/02/2020	2020 NSW Country Championships	SOPAC
Girls	15 yrs	50 Breast	Tilly King	PTMQ	33.31	20/02/2021	2021 NSW Country Championships	SOPAC
Girls	16 yrs	50 Breast	Samantha McKenna	TRLM	33.44	1/04/2014	2014 Australian Swimming Championships	Brisbane Aquatic Centre
Girls	17 yrs	50 Breast	Mekayla Everingham	PTMQ	32.73	18/05/2015	New South Wales All Schools Swimming 2015	Sydney Aquatic Centre Homebush
Girls	18 yrs	50 Breast	Mekayla Everingham	PTMQ	32.86	13/04/2016	2016 Hancock Prospecting Australian Champs	SAALC
Girls	Open	50 Breast	Sara Marson	TWIN	32.66	2/05/2013	2013 Australian Open Championships	SA Aquatic and Leisure Centre
Girls	9 & under	100 Breast	Matilda Buchholz	MCKV	1:35.78	5/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	100 Breast	Matilda Buchholz	MCKV	1:30.19	4/10/2025	Port Macquarie LC Qualifying Meet	PMQ Olympic Swimming Pool
Girls	11 yrs	100 Breast	Ava Kotze	KNGC	1:25.87	15/11/2025	Lismore Annual Qualifying Meet 2025	Lismore Memorial Baths
Girls	12 yrs	100 Breast	Mathilda King	PTMQ	1:19.56	25/02/2018	2018 NSW Country Championships	SOPAC
Girls	13 yrs	100 Breast	Tylah Crabtree	TRLM	1:13.28	22/02/2019	2019 NSW Country Championships	SOPAC
Girls	14 yrs	100 Breast	Tylah Crabtree	TRLM	1:12.94	10/06/2019	2019 Hancock Prospecting Swimming Trials	Brisbane Aquatic Centre
Girls	15 yrs	100 Breast	Tilly King	PTMQ	1:12.10	19/02/2021	2021 NSW Country Championships	SOPAC
Girls	16 yrs	100 Breast	Samantha McKenna	TRLM	1:12.80	4/04/2014	2014 Australian Swimming Championships	Brisbane Aquatic Centre
Girls	17 yrs	100 Breast	Mekayla Everingham	PTMQ	1:10.91	4/04/2015	2015 Australian Swimming Championships	SOPAC
Girls	18 yrs	100 Breast	Mekayla Everingham	PTMQ	1:11.87	28/03/2016	2016 Australian Age Championships	SAALC
Girls	Open	100 Breast	Keatyn Simpson	AQAZ	1:09.88	10/12/2011	2011 NSW Grand Prix Meet	SOPAC

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Girls	10 & under	200 Breast	Matilda Buchholz	MCKV	3:07.97	11/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	200 Breast	Matilda Buchholz	MCKV	3:06.33	17/01/2026	2026 NSW Country Regionals - Inverell	Inverell Memorial Swimming Pool
Girls	12 yrs	200 Breast	Tylah Crabtree	TRLM	2:49.32	12/12/2017	2017 NSW 10U-12 Years State Age Championshi	SOPAC
Girls	13 yrs	200 Breast	Tylah Crabtree	TRLM	2:40.06	24/02/2019	2019 NSW Country Championships	SOPAC
Girls	14 yrs	200 Breast	Tylah Crabtree	TRLM	2:36.33	29/07/2019	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	15 yrs	200 Breast	Tilly King	PTMQ	2:39.27	21/02/2021	2021 NSW Country Championships	SOPAC
Girls	16 yrs	200 Breast	Mekayla Everingham	PTMQ	2:38.32	17/04/2014	2014 Australian Age Championships	SOPAC
Girls	17 yrs	200 Breast	Mekayla Everingham	PTMQ	2:34.07	15/04/2015	2015 GHF Australian Age Championships	SOPAC
Girls	18 yrs	200 Breast	Mekayla Everingham	PTMQ	2:34.74	30/03/2016	2016 Australian Age Championships	SAALC
Girls	Open	200 Breast	Keatyn Simpson	AQAZ	2:31.63	19/03/2012	2012 EnergyAustralia Swimming Championships	SA Aquatic and Leisure Centre
Girls	7 & under	50 Fly	Lexie Smith	KNGC	44.24	29/11/2025	2025 Casino LC Qualifying Meet	Casino Memorial Pool
Girls	8 yrs	50 Fly	Matilda Buchholz	MCKV	38.47	30/09/2023	Port Macquarie 2023 LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	9 yrs	50 Fly	Matilda Buchholz	MCKV	34.78	5/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	50 Fly	Matilda Buchholz	MCKV	32.38	11/04/2025	2025 PSSA Championships	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	50 Fly	Bindi Ware	KNGC	30.66	22/07/2014	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	12 yrs	50 Fly	Bindi Ware	KNGC	30.10	18/05/2015	New South Wales All Schools Swimming 2015	Sydney Aquatic Centre Homebush
Girls	13 yrs	50 Fly	Bindi Ware	KNGC	28.91	23/11/2015	2015 Pacific School Games	Adelaide
Girls	14 yrs	50 Fly	Leah Pickvance	MCKV	29.18	20/01/2022	2021-22 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	50 Fly	Millie Edwards-Bradshaw	COFH	28.84	10/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	16 yrs	50 Fly	Sophie Mayes	TRLM	27.83	20/01/2022	2021-22 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	50 Fly	Sophie Mayes	TRLM	27.81	18/05/2022	2022 Australian Swimming Championships	SAALC
Girls	18 yrs	50 Fly	Sophie Mayes	ALST	27.45	14/12/2023	2023 Queensland Long Course Championships	Brisbane Aquatic Centre
Girls	Open	50 Fly	Sophie Mayes	ALST	27.28	19/04/2024	2024 Australian Open Championships	Gold Coast Aquatic Centre
Girls	9 & under	100 Fly	Matilda Buchholz	MCKV	1:20.03	6/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	100 Fly	Millie Edwards-Bradshaw	COFH	1:13.93	7/12/2017	2017 Pacific School Games	SAALC
Girls	11 yrs	100 Fly	Millie Edwards-Bradshaw	COFH	1:10.68	31/03/2019	2019 NSW Junior State Age Championships	SOPAC
Girls	12 yrs	100 Fly	Bindi Ware	KNGC	1:07.40	26/03/2015	NSW CHS Swimming Championships 2015	SOPAC
Girls	13 yrs	100 Fly	Bindi Ware	KNGC	1:04.16	21/11/2015	2015 Pacific School Games	Adelaide
Girls	14 yrs	100 Fly	Millie Edwards-Bradshaw	COFH	1:04.54	30/03/2022	2022 NSW CHS	SOPAC
Girls	15 yrs	100 Fly	Millie Edwards	COFH	1:03.45	17/02/2023	2023 NSW Country Championships	Sydney Olympic Park Aquatic Centre
Girls	16 yrs	100 Fly	Sophie Mayes	TRLM	1:03.14	20/01/2022	2021-22 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	100 Fly	Sophie Mayes	ALST	1:03.13	16/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	100 Fly	Sophie Mayes	ALST	1:02.71	20/04/2023	2023 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	Open	100 Fly	Sophie Mayes	ALST	1:02.51	20/04/2024	2024 Australian Open Championships	Gold Coast Aquatic Centre

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Girls	12 & under	200 Fly	Millie Edwards-Bradshaw	COFH	2:29.20	23/02/2020	2020 NSW Country Championships	SOPAC
Girls	13 yrs	200 Fly	Millie Edwards-Bradshaw	TRLM	2:26.09	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	14 yrs	200 Fly	Millie Edwards-Bradshaw	COFH	2:22.59	18/02/2022	2022 NSW Country Championships	SOPAC
Girls	15 yrs	200 Fly	Millie Edwards	COFH	2:20.63	18/02/2023	2023 NSW Country Championships	Sydney Olympic Park Aquatic Centre
Girls	16 yrs	200 Fly	Millie Edwards	COFH	2:21.26	11/12/2023	2023-24 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	17 yrs	200 Fly	Millie Edwards	COFH	2:23.70	29/07/2024	School Sport Australia Championships 2024	Southport Aquatic Centre
Girls	18 yrs	200 Fly	Courtney Clark	COFH	2:34.95	23/11/2024	SNC Division 1 Championships	Coffs Harbour Memorial Swim Centre
Girls	Open	200 Fly	Millie Edwards	COFH	2:20.63	18/02/2023	2023 NSW Country Championships	Sydney Olympic Park Aquatic Centre
Girls	10 & under	200 IM	Matilda Buchholz	MCKV	2:42.43	12/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	200 IM	Matilda Buchholz	MCKV	2:40.25	22/11/2025	SNC Division 1 Championships	Grafton Olympic Pool
Girls	12 yrs	200 IM	Millie Edwards-Bradshaw	COFH	2:33.88	23/02/2020	2020 NSW Country Championships	SOPAC
Girls	13 yrs	200 IM	Tylah Crabtree	TRLM	2:24.45	15/12/2018	2018-19 NSW Senior State Age Championships	SOPAC
Girls	14 yrs	200 IM	Tylah Crabtree	TRLM	2:23.43	13/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	200 IM	Phoebe Bentley	PTMQ	2:23.38	18/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	16 yrs	200 IM	Phoebe Bentley	PTMQ	2:23.82	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	200 IM	Sophie Mayes	ALST	2:24.05	11/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	200 IM	Sophie Mayes	ALST	2:21.44	2/06/2023	2023 NSW All Schools	SOPAC
Girls	Open	200 IM	Sophie Mayes	ALST	2:20.79	17/04/2024	2024 Australian Open Championships	Gold Coast Aquatic Centre
Girls	12 & under	400 IM	Madeline Ewing	SATI	5:31.06	15/12/2017	2017 McDonald's Queensland Championships	Brisbane Aquatic Centre
Girls	13 yrs	400 IM	Tylah Crabtree	TRLM	5:09.27	22/02/2019	2019 NSW Country Championships	SOPAC
Girls	14 yrs	400 IM	Tylah Crabtree	TRLM	5:05.49	17/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	400 IM	Madeleine Gough	SAWT	5:09.49	22/01/2015	2015 NSW 13-18 Years State Age Championship	SOPAC
Girls	16 yrs	400 IM	Phoebe Bentley	PTMQ	5:08.08	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	400 IM	Phoebe Bentley	PTMQ	5:06.95	14/04/2021	2021 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	18 yrs	400 IM	Claire Van Kampen	FOST	5:24.07	15/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	Open	400 IM	Tylah Crabtree	TRLM	5:05.49	17/12/2019	2019-20 NSW Senior State Age Championships	SOPAC