

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

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<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	10 & under	200 Free	Matilda Buchholz	MCKV	<b>2:20.80</b>	11/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	200 Free	Bindi Ware	KNGC	<b>2:15.73</b>	22/07/2014	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	12 yrs	200 Free	Bindi Ware	KNGC	<b>2:10.13</b>	13/04/2015	2015 GHF Australian Age Championships	SOPAC
Girls	13 yrs	200 Free	Bindi Ware	KNGC	<b>2:08.66</b>	18/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	14 yrs	200 Free	Bindi Ware	KNGC	<b>2:10.34</b>	17/09/2016	School Sports Australia Swimming Championship	Darwin
Girls	15 yrs	200 Free	Phoebe Bentley	PTMQ	<b>2:07.52</b>	17/12/2019	2019-20 NSW Senior State Age Championships	SOPAC
Girls	16 yrs	200 Free	Phoebe Bentley	PTMQ	<b>2:06.25</b>	12/12/2020	2020-21 NSW Senior State Age Championships	SOPAC
Girls	17 yrs	200 Free	Phoebe Bentley	PTMQ	<b>2:05.15</b>	14/04/2021	2021 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	18 yrs	200 Free	Mariah Jones	TWIN	<b>2:06.56</b>	1/08/2011	School Sport Australia Swimming Championships	Melbourne Sports & Aquatic Centre
Girls	Open	200 Free	Phoebe Bentley	PTMQ	<b>2:05.15</b>	14/04/2021	2021 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	10 & under	400 Free	Matilda Buchholz	MCKV	<b>4:52.27</b>	4/10/2025	Port Macquarie LC Qualifying Meet	PMQ Olympic Swimming Pool
Girls	11 yrs	400 Free	Matilda Buchholz	MCKV	<b>4:48.23</b>	9/01/2026	Coffs Harbour Summer Splash 2026	Coffs Harbour Olympic War Memorial Pool
Girls	12 yrs	400 Free	Bindi Ware	KNGC	<b>4:36.71</b>	17/04/2015	2015 GHF Australian Age Championships	SOPAC
Girls	13 yrs	400 Free	Bindi Ware	KNGC	<b>4:27.41</b>	23/11/2015	2015 Pacific School Games	Adelaide
Girls	14 yrs	400 Free	Bindi Ware	KNGC	<b>4:32.62</b>	18/09/2016	School Sports Australia Swimming Championship	Darwin
Girls	15 yrs	400 Free	Madeleine Gough	SAWT	<b>4:24.88</b>	21/01/2015	2015 NSW 13-18 Years State Age Championship	SOPAC
Girls	16 yrs	400 Free	Phoebe Bentley	PTMQ	<b>4:32.99</b>	20/02/2021	2021 NSW Country Championships	SOPAC
Girls	17 yrs	400 Free	Felicity Walker	ALST	<b>4:26.16</b>	12/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	400 Free	Felicity Walker	ALST	<b>4:24.31</b>	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	400 Free	Felicity Walker	ALST	<b>4:24.31</b>	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	12 & under	800 Free	Eve Drew	ALST	<b>9:53.23</b>	13/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	13 yrs	800 Free	Bindi Ware	KNGC	<b>9:27.91</b>	20/01/2016	2016 NSW 13-18 Years State Age Championship	SOPAC
Girls	14 yrs	800 Free	Madeleine Gough	COFH	<b>9:12.18</b>	15/04/2014	2014 Australian Age Championships	SOPAC
Girls	15 yrs	800 Free	Madeleine Gough	SAWT	<b>9:04.72</b>	19/01/2015	2015 NSW 13-18 Years State Age Championship	SOPAC
Girls	16 yrs	800 Free	Samantha McKenna	TRLM	<b>9:19.62</b>	19/12/2014	2014 McDonalds Queensland Championships	Brisbane Aquatic Centre
Girls	16 yrs	800 Free	Madeline Ewing	ALST	<b>9:19.62</b>	5/04/2021	2021 Australian Age Championships	Gold Coast Aquatic Centre
Girls	17 yrs	800 Free	Felicity Walker	ALST	<b>9:13.50</b>	15/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	800 Free	Felicity Walker	ALST	<b>9:04.46</b>	19/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	800 Free	Felicity Walker	ALST	<b>9:04.46</b>	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	<b>20:08.94</b>	29/10/2021	Coastline Credit Union Qualifying Meet	Manning Aquatic Leisure Centre
Girls	13 yrs	1500 Free	Tylah Crabtree	TRLM	<b>19:23.05</b>	24/11/2018	2018 SNC Summer LC Championships	Coffs Harbour Memorial Pool
Girls	14 yrs	1500 Free	Lily Barlow	MCKV	<b>19:30.12</b>	14/01/2022	Coffs Harbour Summer Splash	Coffs Harbour Olympic War Memorial
Girls	15 yrs	1500 Free	Felicity Walker	ALST	<b>17:34.46</b>	10/04/2023	2023 Australian Age & MC Age Championships	Gold Coast Aquatic Centre
Girls	16 yrs	1500 Free	Madeline Ewing	ALST	<b>17:52.41</b>	5/04/2021	2021 Australian Age Championships	Gold Coast Aquatic Centre
Girls	17 yrs	1500 Free	Felicity Walker	ALST	<b>17:24.90</b>	13/04/2025	2025 Australian Age and MC Age Championships	Brisbane Aquatic Centre
Girls	18 yrs	1500 Free	Felicity Walker	ALST	<b>17:13.86</b>	17/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	Open	1500 Free	Felicity Walker	ALST	<b>17:13.86</b>	17/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	7 & under	50 Back	Lexie Smith	KNGC	<b>42.37</b>	29/11/2025	2025 Casino LC Qualifying Meet	Casino Memorial Pool
Girls	8 yrs	50 Back	Ella Bhatti	WOOL	<b>41.38</b>	3/04/2013	NSW PSSA Championships	SOPAC
Girls	9 yrs	50 Back	Ella Bhatti	WOOL	<b>38.44</b>	10/04/2014	NSW PSSA Championships	SOPAC
Girls	10 yrs	50 Back	Matilda Buchholz	MCKV	<b>35.54</b>	12/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	50 Back	Bindi Ware	KNGC	<b>34.13</b>	10/04/2014	NSW PSSA Championships	SOPAC
Girls	12 yrs	50 Back	Chloe Higgins	PTMQ	<b>32.78</b>	15/03/2025	2025 NSW Junior State Age Championships	SOPAC
Girls	13 yrs	50 Back	Chloe Higgins	PTMQ	<b>32.50</b>	19/12/2025	2025-26 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	14 yrs	50 Back	Indigo Creighton	TRLM	<b>31.32</b>	20/01/2022	2021-22 NSW Senior State Age Championships	SOPAC
Girls	15 yrs	50 Back	Millie Edwards	COFH	<b>30.94</b>	10/04/2023	2023 Australian Age & MC Age Championships	Gold Coast Aquatic Centre
Girls	16 yrs	50 Back	Millie Edwards	COFH	<b>30.47</b>	14/12/2023	2023-24 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	17 yrs	50 Back	Sophie Mayes	ALST	<b>30.64</b>	12/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	50 Back	Sophie Mayes	ALST	<b>29.94</b>	19/04/2023	2023 Australian Swimming Championships	Gold Coast Aquatic Centre
Girls	Open	50 Back	Sophie Mayes	ALST	<b>29.84</b>	19/04/2024	2024 Australian Open Championships	Gold Coast Aquatic Centre
Girls	9 & under	100 Back	Matilda Buchholz	MCKV	<b>1:25.60</b>	5/10/2024	Port Macquarie LC Qualifying Meet	Port Macquarie Olympic Pool
Girls	10 yrs	100 Back	Matilda Buchholz	MCKV	<b>1:16.86</b>	11/10/2025	2025 NSW LC Preparation Meet	Sydney Olympic Park Aquatic Centre
Girls	11 yrs	100 Back	Millie Edwards-Bradshaw	COFH	<b>1:13.11</b>	31/03/2019	2019 NSW Junior State Age Championships	SOPAC
Girls	12 yrs	100 Back	Chloe Higgins	PTMQ	<b>1:09.74</b>	15/03/2025	2025 NSW Junior State Age Championships	SOPAC
Girls	13 yrs	100 Back	Tylah Crabtree	TRLM	<b>1:07.24</b>	19/12/2018	2018-19 NSW Senior State Age Championships	SOPAC
Girls	14 yrs	100 Back	Tylah Crabtree	TRLM	<b>1:06.50</b>	22/02/2020	2020 NSW Country Championships	SOPAC
Girls	15 yrs	100 Back	Millie Edwards-Bradshaw	COFH	<b>1:06.12</b>	3/06/2022	2022 New South Wales All Schools Swimming	Sydney Aquatic Centre Homebush
Girls	16 yrs	100 Back	Claire Van Kampen	FOST	<b>1:06.81</b>	17/12/2017	2017 NSW 13-18 Years State Age Championship	SOPAC
Girls	17 yrs	100 Back	Sophie Mayes	ALST	<b>1:05.39</b>	14/12/2022	2022-23 NSW Senior State Age Championships	Sydney Olympic Park Aquatic Centre
Girls	18 yrs	100 Back	Sophie Mayes	ALST	<b>1:05.08</b>	2/06/2023	2023 NSW All Schools	SOPAC
Girls	Open	100 Back	Sophie Mayes	ALST	<b>1:05.08</b>	2/06/2023	2023 NSW All Schools	SOPAC

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

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

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