

**RECORDS Team Records****LC Meters-Female**

10 & U	50 Free	32.02	<b>1-Jun-94</b>	Shannan Andrews
	100 Free	1:13.33	<b>1-Jun-94</b>	Shannan Andrews
	200 Free	2:35.25	<b>1-Jul-84</b>	Rebecca Sherlock
	400 Free	5:28.19	<b>1-Jun-92</b>	Julie Cocks
	800 Free	13:25.32	<b>18-May-01</b>	Teri Lynch at Festival of Spring 2001
	50 Back	37.09	<b>24-Jun-04</b>	Kieran Liew at Ontario Junior Provincial Long Cours
	100 Back	1:18.85	<b>1-Jun-90</b>	Kristen Kursiss
	200 Back	2:47.90	<b>24-Jun-04</b>	Kieran Liew at Ontario Junior Provincial Long Cours
	50 Breast	42.92	<b>1-Jun-96</b>	Jacquelyn Craft
	100 Breast	1:32.12	<b>1-Jun-79</b>	Crystal Drummond
	200 Breast	3:15.45	<b>1-Jun-90</b>	Kristen Kursiss
	50 Fly	36.59	<b>1-Jun-94</b>	Shannan Andrews
	100 Fly	1:21.63	<b>1-Jun-92</b>	Julie Cocks
	200 Fly	4:11.78	<b>30-Mar-01</b>	Teri Lynch at Victor Davis Memorial Cup II
	200 IM	2:52.25	<b>1-Jun-90</b>	Kristen Kursiss
	400 IM	6:14.32	<b>1-Jun-90</b>	Kristen Kursiss
	200 Free Relay	2:26.72	<b>1-Jun-94</b>	Trent
	200 Medley Relay	2:44.44	<b>1-Jun-94</b>	Trent
11-12	50 Free	29.83	<b>1-Jun-93</b>	Katie Sheridan
	100 Free	1:03.14	<b>1-Jun-93</b>	Katie Sheridan
	200 Free	2:17.00	<b>1-Jun-93</b>	Katie Sheridan
	400 Free	4:49.40	<b>1-Jun-90</b>	Lesley Oake
	800 Free	9:49.06	<b>1-Jun-86</b>	Rebecca Sherlock
	1500 Free	19:34.90	<b>1-Jun-86</b>	Rebecca Sherlock
	50 Back	35.05	<b>6-Jul-06</b>	Kieran Liew at 2006 LC JR/SWAD Provincials
	100 Back	1:12.34	<b>1-Jun-90</b>	Lesley Oake
	200 Back	2:34.10	<b>1-Jun-93</b>	Katie Sheridan
	50 Breast	37.27	<b>20-Jul-06</b>	Nickie Kelly at 2006 Canadian Age Group Nationals

**RECORDS Team Records**

	100 Breast	1:17.35	<b>1-Jun-98</b>	Jacquelyn Craft
	200 Breast	2:45.30	<b>1-Jun-98</b>	Jacquelyn Craft
	50 Fly	33.66	<b>1-Jun-94</b>	Julie Cocks
	100 Fly	1:10.92	<b>1-Jun-94</b>	Julie Cocks
	200 Fly	2:34.39	<b>1-Jun-94</b>	Julie Cocks
	200 IM	2:37.08	<b>1-Jun-90</b>	Lesley Oake
	400 IM	5:37.56	<b>1-Jun-94</b>	Julie Cocks
	200 Free Relay	2:04.00	<b>6-Jul-06</b>	C. Pammett, N. Kelly, K. Liew, M. Reed
	400 Free Relay	4:33.81	<b>6-Jul-06</b>	C. Pammett, N. Kelly, K. Liew, M. Reed
	200 Medley Relay	2:18.77	<b>6-Jul-06</b>	K. Liew, N. Kelly, C. Pammett, M. Reed
	400 Medley Relay	5:09.90	<b>7-Jul-05</b>	K. Liew, N. Kelly, J. Gow, C. Pammett
13-14	50 Free	28.75	<b>25-Apr-03</b>	Karen Kerr at 2003 Division II Team Championships
	100 Free	1:01.60	<b>26-Jun-03</b>	Karen Kerr at Ontario Junior. LC Provincials
	200 Free	2:10.03	<b>1-Jun-89</b>	J Savege
	400 Free	4:31.25	<b>1-Jun-89</b>	J Savege
	800 Free	9:14.83	<b>1-Jun-88</b>	J Savege
	1500 Free	17:57.36	<b>2-Jul-88</b>	J Savege
	50 Back	32.29	<b>1-Jun-86</b>	C Drummond
	100 Back	1:07.89	<b>1-Jun-92</b>	L Oake
	200 Back	2:24.63	<b>1-Jun-96</b>	J Cocks
	50 Breast	37.23	<b>1-Jun-00</b>	J Craft
	100 Breast	1:17.23	<b>1-Jun-99</b>	J Craft
	200 Breast	2:43.23	<b>1-Jun-99</b>	J Craft
	50 Fly	31.74	<b>1-Jul-05</b>	D'Arcy Bowker at 2005 East Coast Championships
	100 Fly	1:04.96	<b>1-Jun-96</b>	J Cocks
	200 Fly	2:21.72	<b>1-Jun-96</b>	J Cocks
	200 IM	2:29.93	<b>1-Jun-88</b>	J Savege
	400 IM	5:15.77	<b>1-Jun-96</b>	J Cocks
	200 Free Relay	2:00.45	<b>21-Apr-06</b>	A. Brown, C. Pammett, R. Milne, J. Gow

**RECORDS Team Records**

	400 Free Relay	4:27.93	<b>1-Jun-96</b>	Trent
	200 Medley Relay	2:12.77	<b>21-Apr-06</b>	K. Liew, A. Brown, J. Gow, R. Milne
	400 Medley Relay	4:49.90	<b>1-Jun-96</b>	Trent
15-17	50 Free	27.58	<b>1-Jun-80</b>	W Lamers
	100 Free	1:00.69	<b>1-Jun-89</b>	J Savege
	200 Free	2:08.26	<b>1-Jun-90</b>	J Savege
	400 Free	4:26.79	<b>1-Jun-89</b>	J Savege
	800 Free	9:05.26	<b>1-Jun-90</b>	J Savege
	1500 Free	17:32.53	<b>1-Jun-91</b>	J Savege
	50 Back	32.04	<b>12-May-06</b>	Zoe Zeiler at Festival of Spring Invitational Swim Meet
	100 Back	1:06.91	<b>1-Jun-93</b>	R Oake
	200 Back	2:28.13	<b>1-Jun-93</b>	R Oake
	50 Breast	33.89	<b>24-Jul-03</b>	Jacquelyn Craft at Eastern Canada Cup 2003
	100 Breast	1:12.25	<b>31-Jul-03</b>	Jacquelyn Craft at British Youth Championships
	200 Breast	2:36.55	<b>31-Jul-03</b>	Jacquelyn Craft at British Youth Championships
	50 Fly	30.53	<b>6-Jun-03</b>	Jacquelyn Craft at NEOR Huronia Long Course A Championship
	100 Fly	1:08.10	<b>6-Jun-03</b>	Jacquelyn Craft at NEOR Huronia Long Course A Championship
	200 Fly	2:26.33	<b>1-Jun-91</b>	S Taylor
	200 IM	2:25.19	<b>26-Jun-03</b>	Jacquelyn Craft at 2003 World Championship & PanAm Games Trials
	400 IM	5:12.90	<b>31-Jul-03</b>	Jacquelyn Craft at British Youth Championships
	200 Free Relay	1:55.04	<b>6-Jul-06</b>	K. Kerr, Z. Zeiler, J. Gow, A. Brown
	400 Free Relay	4:17.09	<b>6-Jul-06</b>	K. Kerr, Z. Zeiler, J. Gow, A. Brown
	200 Medley Relay	2:06.96	<b>21-Apr-06</b>	Z. Zeiler, A. Brown, K.Kerr, A. Holek
	400 Medley Relay	4:46.04	<b>6-Jul-06</b>	Z. Zeiler, A. Brown, K. Kerr, J. Gow
18 & O	50 Free	27.26	<b>1-Jan-82</b>	W Lamers
	100 Free	59.33	<b>1-Jan-82</b>	W Lamers
	200 Free	2:15.58	<b>1-Jan-82</b>	W Lamers
	400 Free	4:50.78	<b>1-Jun-94</b>	S Taylor

**RECORDS Team Records**

	800 Free	9:56.36	<b>1-Jun-82</b>	W Lamers
	100 Back	1:10.86	<b>25-Jul-02</b>	Julie Cocks at Eastern Canada Cup
	200 Back	2:32.82	<b>25-Jul-02</b>	Julie Cocks at Eastern Canada Cup
	50 Breast	33.55	<b>5-Aug-04</b>	Jacquelyn Craft at 2004 Canadian Long Course Club Nationals
	100 Breast	1:12.25	<b>5-Aug-04</b>	Jacquelyn Craft at 2004 Canadian Long Course Club Nationals
	200 Breast	2:32.81	<b>10-May-05</b>	Jacquelyn Craft at 2005 Canadian World Championship Trials
	50 Fly	30.16	<b>24-Jul-03</b>	Julie Cocks at Eastern Canada Cup 2003
	100 Fly	1:07.31	<b>6-Jul-04</b>	Jacquelyn Craft at 2004 Canadian Olympic Trials
	200 Fly	2:27.22	<b>1-Jun-93</b>	S. Taylor
	200 IM	2:24.93	<b>10-May-05</b>	Jacquelyn Craft at 2005 Canadian World Championship Trials
	400 IM	5:16.52	<b>1-Jun-89</b>	A Perkins
	200 Free Relay	1:58.92	<b>25-Jul-02</b>	J. Craft, D. Demattos, S. Lynch, J. Cocks
	400 Free Relay	4:18.60	<b>5-Aug-04</b>	J. Craft, S. Lynch, R. Gow, K. Kerr
	800 Free Relay	9:39.94	<b>29-Jun-06</b>	A. Holek, M. Wood, D. Sheinin, L. McLeod
	200 Medley Relay	2:07.75	<b>5-Aug-04</b>	S. Lynch, R. Gow, J. Craft, K. Kerr
	400 Medley Relay	4:39.87	<b>5-Aug-04</b>	S. Lynch, R. Gow, J. Craft, K. Kerr
Open	50 Free	27.26	<b>1-Jul-88</b>	Wendy Lamers
	100 Free	59.33	<b>1-Jul-88</b>	Wendy Lamers
	200 Free	2:08.26	<b>1-Aug-90</b>	Jill Savege
	400 Free	4:26.79	<b>1-Jul-89</b>	Jill Savege
	800 Free	9:05.26	<b>1-Aug-90</b>	Jill Savege
	1500 Free	17:32.53	<b>1-Aug-91</b>	Jill Savege
	50 Back	32.15	<b>21-Apr-06</b>	Zoe Zeiler at 2006 Division 1 Team Championships
	100 Back	1:06.91	<b>1-Jul-93</b>	Renee Oake
	200 Back	2:24.63	<b>1-Jul-96</b>	Julie Cocks
	50 Breast	33.55	<b>5-Aug-04</b>	Jacquelyn Craft at 2004 Canadian Long Course Club Nationals
	100 Breast	1:12.25	<b>31-Jul-03</b>	Jacquelyn Craft at British Youth Championships
	200 Breast	2:32.81	<b>10-May-05</b>	Jacquelyn Craft at 2005 Canadian World Championship Trials
	50 Fly	30.16	<b>24-Jul-03</b>	Julie Cocks at Eastern Cup 2003

**RECORDS Team Records**

100 Fly	1:04.96	<b>1-Jul-96</b>	Julie Cocks
200 Fly	2:21.72	<b>1-Jul-96</b>	Julie Cocks
200 IM	2:24.93	<b>10-May-05</b>	Jacquelyn Craft at 2005 Canadian World Championship Trials
400 IM	5:12.90	<b>31-Jul-03</b>	Jacquelyn Craft at British Youth Championships
200 Free Relay	1:55.04	<b>6-Jul-06</b>	K. Kerr, Z. Zeiler, J. Gow, A. Brown
400 Free Relay	4:17.09	<b>6-Jul-06</b>	K. Kerr, Z. Zeiler, J. Gow, A. Brown
200 Medley Relay	2:06.68	<b>21-Jul-05</b>	S. Lynch, R. Gow, J. Craft, K. Kerr
400 Medley Relay	4:39.87	<b>5-Aug-04</b>	S. Lynch, R. Gow, J. Craft, K. Kerr

**RECORDS Team Records****LC Meters-Male**

10 & U	50 Free	33.12	<b>1-Jun-91</b>	Bryce Lillico
	100 Free	1:14.64	<b>1-Jun-90</b>	Erik Yuill
	200 Free	2:41.60	<b>1-Jun-94</b>	Bill Cocks
	400 Free	5:43.45	<b>1-Jun-91</b>	Brent Bidgood
	800 Free	00.00	<b>1-Jan-00</b>	
	50 Back	37.80	<b>25-Apr-03</b>	Anthony Liew at 2003 Division II Team Championships
	100 Back	1:21.84	<b>28-Mar-03</b>	Anthony Liew at The PEPSI -Victor Davis Memorial Cup 2003
	200 Back	2:54.46	<b>1-Jun-90</b>	Erik Yuill
	50 Breast	40.96	<b>1-Jun-94</b>	Bill Cocks
	100 Breast	1:30.63	<b>1-Jun-94</b>	Bill Cocks
	200 Breast	3:17.91	<b>10-May-02</b>	Anthony Liew at Festival of Spring Long Course Invitational
	50 Fly	36.11	<b>1-Jun-90</b>	Erik Yuill
	100 Fly	1:22.81	<b>1-Jun-94</b>	Bill Cocks
	200 Fly	3:32.31	<b>28-Mar-03</b>	Anthony Liew at The PEPSI -Victor Davis Memorial Cup 2003
	200 IM	2:57.88	<b>1-Jun-90</b>	Erik Yuill
	400 IM	6:23.94	<b>1-Jun-90</b>	Erik Yuill
	200 Free Relay	2:27.28	<b>1-Jun-90</b>	Trent
	400 Free Relay	5:32.82	<b>1-Jun-90</b>	Trent
	200 Medley Relay	2:43.78	<b>25-Apr-03</b>	A. Liew, B. Harris, K. Malakos, I. Brown
11-12	50 Free	27.59	<b>20-Apr-01</b>	Ryan Gow at 2001 Division 3 Championships
	100 Free	1:00.33	<b>30-Mar-01</b>	Ryan Gow at Victor Davis Memorial Cup II
	200 Free	2:14.05	<b>1-Jun-88</b>	C. James
	400 Free	4:51.04	<b>1-Jun-88</b>	C. James
	800 Free	10:29.44	<b>7-Jul-05</b>	Kori Malakos at 2005 LC Jr. Provincials
	1500 Free	19:28.75	<b>1-Jun-98</b>	R Kayser
	50 Back	33.33	<b>30-Mar-01</b>	Ryan Gow at Victor Davis Memorial Cup II
	100 Back	1:10.44	<b>30-Mar-01</b>	Ryan Gow at Victor Davis Memorial Cup II
	200 Back	2:32.03	<b>1-Jun-91</b>	T Boudreau

**RECORDS Team Records**

	50 Breast	37.48	<b>1-Jun-94</b>	M Penney
	100 Breast	1:20.09	<b>1-Jun-88</b>	C James
	200 Breast	2:52.84	<b>1-Jun-94</b>	M Penney
	50 Fly	32.85	<b>2-Jun-05</b>	Kori Malakos at 2005 Age Group International
	100 Fly	1:11.11	<b>7-Jul-05</b>	Kori Malakos at 2005 LC Jr. Provincials
	200 Fly	2:43.30	<b>1-Jun-96</b>	B Cocks
	200 IM	2:37.63	<b>1-Jun-94</b>	M Penney
	400 IM	5:33.17	<b>7-Jul-05</b>	Kori Malakos at 2005 LC Jr. Provincials
	200 Free Relay	2:02.71	<b>22-Apr-05</b>	A. Liew, K. Malakos, B. Harris, D. Laing
	400 Free Relay	00.00	<b>1-Jan-00</b>	
	200 Medley Relay	2:17.94	<b>22-Apr-05</b>	K. Malakos, A. Liew, I. Brown, B. Harris
	400 Medley Relay	00.00	<b>1-Jan-00</b>	
13-14	50 Free	25.59	<b>24-Jul-02</b>	Ryan Gow at Eastern Canada Cup 2002
	100 Free	55.55	<b>1-Jun-90</b>	C James
	200 Free	2:01.02	<b>1-Jun-90</b>	C James
	400 Free	4:23.56	<b>24-Jul-02</b>	Ryan Gow at Eastern Canada Cup 2002
	800 Free	9:22.09	<b>10-May-02</b>	Ryan Gow
	1500 Free	17:23.60	<b>1-Jun-89</b>	D Murphy
	50 Back	31.22	<b>5-Apr-02</b>	Ryan Gow at Ajax Sprint Invitational 2002
	100 Back	1:02.40	<b>1-Jun-90</b>	K Goode
	200 Back	2:13.54	<b>1-Jun-88</b>	M Adams
	50 Breast	33.57	<b>2-Jun-05</b>	Tyler Harris at 2005 Age Group International
	100 Breast	1:12.43	<b>1-Jun-98</b>	B Cocks
	200 Breast	2:36.69	<b>1-Jun-98</b>	B Cocks
	50 Fly	28.22	<b>1-Jun-94</b>	Andrew Slot
	100 Fly	1:02.69	<b>1-Jun-90</b>	C James
	200 Fly	2:25.31	<b>1-Jun-94</b>	E Yuill
	200 IM	2:15.37	<b>1-Jun-90</b>	C James
	400 IM	4:56.27	<b>1-Jun-90</b>	K Goode

**RECORDS Team Records**

	200 Free Relay	1:46.12	<b>1-Jun-97</b>	Trent
	400 Free Relay	4:09.14	<b>1-Jun-90</b>	Trent
	200 Medley Relay	2:00.28	<b>1-Jun-89</b>	Trent
	400 Medley Relay	4:49.85	<b>21-Jul-05</b>	A. Liew, T. Harris, K. Malakos, D. Dwyer
15-17	50 Free	23.79	<b>1-Jun-99</b>	M Rose
	100 Free	52.19	<b>8-Aug-05</b>	Ryan Gow at Jeux du Canada Games
	200 Free	1:57.14	<b>10-May-05</b>	Ryan Gow at 2005 Canadian World Championship Trials
	400 Free	4:11.31	<b>1-Jun-91</b>	D Murphy
	800 Free	8:49.49	<b>1-Jun-91</b>	D Murphy
	1500 Free	16:30.03	<b>1-Jun-91</b>	D Murphy
	50 Back	27.61	<b>20-Jul-06</b>	Zack Zeiler at 2006 Canadian Age Group Nationals
	100 Back	59.57	<b>1-Jun-99</b>	M Rose
	200 Back	2:09.20	<b>1-Jun-90</b>	M Adams
	50 Breast	31.21	<b>26-Jul-01</b>	Bill Cocks at Eastern Canada Cup
	100 Breast	1:09.76	<b>1-Jun-98</b>	C DeStefano
	200 Breast	2:29.84	<b>1-Jun-98</b>	C DeStefano
	50 Fly	26.62	<b>5-Aug-01</b>	Bill Cocks at 2001 Summer National Championships
	100 Fly	57.53	<b>5-Aug-01</b>	Bill Cocks at 2001 Summer National Championships
	200 Fly	2:13.02	<b>1-Jun-00</b>	B Cocks
	200 IM	2:13.01	<b>1-Jun-96</b>	A Slot
	400 IM	4:51.85	<b>1-Jun-93</b>	C James
	200 Free Relay	1:44.53	<b>6-Jul-06</b>	A. Davis, Z. Zeiler, T. Harris, D. Dwyer
	400 Free Relay	3:54.65	<b>6-Jul-06</b>	Z. Zeiler, A. Davis, T. Harris, D. Dwyer
	800 Free Relay	8:38.61	<b>1-Jun-93</b>	Trent
	200 Medley Relay	1:54.73	<b>6-Jul-06</b>	Z. Zeiler, T. Harris, K. Malakos, A. Davis
	400 Medley Relay	4:14.91	<b>6-Jul-06</b>	Z. Zeiler, T. Harris, K. Malakos, A. Davis
18 & O	50 Free	22.42	<b>6-Jul-04</b>	Matt Rose at 2004 Canadian Olympic Trials
	100 Free	50.14	<b>24-Nov-05</b>	Matt Rose at 2005 Canadian Commonwealth Games Trials

**RECORDS Team Records**

	200 Free	1:55.69	<b>6-Jul-04</b>	Bill Cocks at 2004 Canadian Olympic Trials
	400 Free	4:05.51	<b>21-Jul-05</b>	Elliot Burger at 2005 Canadian Long Course Club Nationals
	800 Free	8:41.98	<b>26-Jun-03</b>	Elliot Burger at 2003 World Championship & PanAm Games Trials
	1500 Free	16:30.05	<b>6-Jul-04</b>	Elliot Burger at 2004 Canadian Olympic Trials
	50 Back	25.92	<b>21-Jul-05</b>	Matt Rose at 2005 Canadian Long Course Club Nationals
	100 Back	55.32	<b>6-Jul-04</b>	Matt Rose at 2004 Canadian Olympic Trials
	200 Back	2:08.47	<b>1-Jun-92</b>	J Wray
	50 Breast	29.79	<b>5-Aug-01</b>	Matt Rose at 2001 Summer National Championships
	100 Breast	1:05.85	<b>1-Jun-92</b>	B Ellery
	200 Breast	2:22.51	<b>1-Jun-92</b>	B Ellery
	50 Fly	25.22	<b>6-Aug-02</b>	Matt Rose at 2002 Canadian Summer Nationals
	100 Fly	56.17	<b>24-Jul-03</b>	Bill Cocks at Eastern Canada Cup 2003
	200 Fly	2:06.79	<b>6-Jul-04</b>	Bill Cocks at 2004 Canadian Olympic Trials
	200 IM	2:09.93	<b>1-Jun-92</b>	B Ellery
	400 IM	4:30.20	<b>1-Jun-92</b>	B Ellery
	200 Free Relay	1:36.27	<b>25-Jul-01</b>	A. Maszko, M. Rose, B. Cocks, S. Dwyer
	400 Free Relay	3:31.60	<b>5-Aug-02</b>	B. Cocks, E. Burger, A. Maszko, R. Gow
	800 Free Relay	8:28.37	<b>1-Jun-00</b>	A. Maszko, B. Cocks, E. Burger, M. Rose
	200 Medley Relay	1:46.07	<b>5-Aug-04</b>	A. Maszko, B. Cocks, A. Babaris, R. Gow
	400 Medley Relay	3:57.75	<b>10-Aug-02</b>	M. Rose, B. Cocks, A. Babaris, A. Maszko
Open	50 Free	22.42	<b>6-Jul-04</b>	Matt Rose at 2004 Canadian Olympic Trials
	100 Free	50.14	<b>24-Nov-05</b>	Matt Rose at 2005 Canadian Commonwealth Games Trials
	200 Free	1:55.69	<b>6-Jul-04</b>	Bill Cocks at 2004 Canadian Olympic Trials
	400 Free	4:05.51	<b>21-Jul-05</b>	Elliot Burger at 2005 Canadian Long Course Club Nationals
	800 Free	8:41.98	<b>26-Jun-03</b>	Elliot Burger at 2003 World Championship & PanAm Games Trials
	1500 Free	16:30.03	<b>1-May-91</b>	Darren Murphy
	50 Back	25.92	<b>21-Jul-05</b>	Matt Rose at 2005 Canadian Long Course Club Nationals
	100 Back	55.32	<b>6-Jul-04</b>	Matt Rose at 2004 Canadian Olympic Trials
	200 Back	2:08.47	<b>1-May-92</b>	Jamie Wray

**RECORDS Team Records**

50 Breast	29.79	<b>5-Aug-01</b>	Matt Rose
100 Breast	1:05.85	<b>1-May-92</b>	Brent Ellery
200 Breast	2:22.51	<b>1-May-92</b>	Brent Ellery
50 Fly	25.22	<b>6-Aug-02</b>	Matt Rose
100 Fly	56.17	<b>24-Jul-03</b>	Bill Cocks at Eastern Canada Cup 2003
200 Fly	2:06.79	<b>6-Jul-04</b>	Bill Cocks at 2004 Canadian Olympic Trials
200 IM	2:09.93	<b>1-May-92</b>	Brent Ellery
400 IM	4:30.20	<b>1-May-92</b>	Brent Ellery
200 Free Relay	1:36.27	<b>26-Jul-01</b>	A. Maszko, M. Rose, B. Cocks, S. Dwyer
400 Free Relay	3:28.42	<b>21-Jul-05</b>	E. Burger, M. Rose, R. Gow, B. Cocks
800 Free Relay	8:28.37	<b>10-Jul-00</b>	A. Maszko, B. Cocks, E. Burger, M. Rose
200 Medley Relay	1:45.53	<b>21-Jul-05</b>	M. Rose, B. Cocks, S. Farrow, R. Gow
400 Medley Relay	3:53.39	<b>21-Jul-05</b>	M. Rose, B. Cocks, S. Farrow, R. Gow