
RECORDS PCAWN Para LC Record
LC Meters-Male

14-14	50	Free	38.07	11-Apr-24	PCAWN	Base
	100	Free	1:22.50	11-Apr-24	PCAWN	Base
	200	Free	3:06.61	11-Apr-24	PCAWN	Base
	400	Free	7:25.96	11-Apr-24	PCAWN	BASE
	50	Back	45.60	1-Dec-23	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Wellington 13 & O LC Champs 2023
	100	Back	1:33.99	9-Mar-24	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at SW NQ 9 March 2024
	200	Back	3:38.22	11-Apr-24	PCAWN	BASE
	50	Breast	51.33	1-Dec-23	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Wellington 13 & O LC Champs 2023
	100	Breast	1:48.30	10-Feb-24	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Tawa PCA Hardcore Meet - Feb 2024
	200	Breast	4:13.60	11-Apr-24	PCAWN	BASE
	50	Fly	43.43	11-Apr-24	PCAWN	BASE
	100	Fly	1:43.28	11-Apr-24	PCAWN	BASE
	200	IM	3:33.91	11-Apr-24	PCAWN	BASE
	400	IM	7:57.02	11-Apr-24	PCAWN	BASE
15-15	50	Free	35.35	1-Jan-24		BASE
	100	Free	1:16.61	1-Jan-24		BASE
	200	Free	2:42.80	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	400	Free	3:35.54	1-Jan-24		BASE
	800	Free	12:47.69	1-Jan-24		BASE
	1500	Free	24:30.39	1-Jan-24		BASE
	50	Back	41.35	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	100	Back	1:27.04	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	200	Back	3:22.63	1-Jan-24		BASE
	50	Breast	44.60	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	100	Breast	1:35.48	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	200	Breast	3:55.48	1-Jan-24		BASE
	50	Fly	43.43	1-Jan-24		BASE
	100	Fly	1:39.90	1-Jan-24		BASE
	200	IM	3:08.78	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age G
	400	IM	7:22.95	1-Jan-24		BASE