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**RECORDS PCAWN Para LC Record**
**LC Meters-Male**

14-14	50 Free	38.07	<b>11-Apr-24</b>	PCAWN	Base
	100 Free	1:22.50	<b>11-Apr-24</b>	PCAWN	Base
	200 Free	3:06.61	<b>11-Apr-24</b>	PCAWN	Base
	400 Free	7:25.96	<b>11-Apr-24</b>	PCAWN	BASE
	50 Back	45.60	<b>1-Dec-23</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Wellington 13 & O LC Champs 2023
	100 Back	1:33.99	<b>9-Mar-24</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at SW NQ 9 March 2024
	200 Back	3:38.22	<b>11-Apr-24</b>	PCAWN	BASE
	50 Breast	51.33	<b>1-Dec-23</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Wellington 13 & O LC Champs 2023
	100 Breast	1:48.30	<b>10-Feb-24</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Tawa PCA Hardcore Meet - Feb 2024
	200 Breast	4:13.60	<b>11-Apr-24</b>	PCAWN	BASE
	50 Fly	43.43	<b>11-Apr-24</b>	PCAWN	BASE
	100 Fly	1:43.28	<b>11-Apr-24</b>	PCAWN	BASE
	200 IM	3:33.91	<b>11-Apr-24</b>	PCAWN	BASE
	400 IM	7:57.02	<b>11-Apr-24</b>	PCAWN	BASE
15-15	50 Free	35.35	<b>1-Jan-24</b>		BASE
	100 Free	1:16.61	<b>1-Jan-24</b>		BASE
	200 Free	2:42.80	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro
	400 Free	3:35.54	<b>1-Jan-24</b>		BASE
	800 Free	12:47.69	<b>1-Jan-24</b>		BASE
	1500 Free	24:30.39	<b>1-Jan-24</b>		BASE
	50 Back	41.35	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro
	100 Back	1:27.04	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro
	200 Back	3:22.63	<b>1-Jan-24</b>		BASE
	50 Breast	44.60	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro
	100 Breast	1:35.48	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro
	200 Breast	3:55.48	<b>1-Jan-24</b>		BASE
	50 Fly	43.43	<b>1-Jan-24</b>		BASE
	100 Fly	1:39.90	<b>1-Jan-24</b>		BASE
200 IM	3:08.78	<b>13-Apr-25</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro	
400 IM	7:22.95	<b>1-Jan-24</b>		BASE	
16-16	50 Free	32.63	<b>1-Jun-25</b>		BASE
	100 Free	1:10.72	<b>1-Jun-25</b>		BASE
	200 Free	2:37.13	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	400 Free	5:23.55	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	800 Free	11:48.64	<b>1-Jun-25</b>		BASE
	1500 Free	22:37.28	<b>1-Jun-25</b>		BASE
	50 Back	38.41	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	100 Back	1:19.87	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	200 Back	2:48.57	<b>18-Apr-26</b>	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at SW NQ April 2026
	50 Breast	43.87	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	100 Breast	1:34.20	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	200 Breast	3:37.37	<b>1-Jun-25</b>		BASE
	50 Fly	37.22	<b>1-Jun-25</b>		BASE
	100 Fly	1:28.52	<b>1-Jun-25</b>		BASE
200 Fly	4:34.93	<b>1-Jun-25</b>		BASE	
200 IM	3:02.48	<b>8-Apr-26</b>	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions	
400 IM	6:48.88	<b>1-Jun-25</b>		BASE	