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
16-16	50	Free	32.63	**1-Jun-25**		BASE
	100	Free	1:10.72	**1-Jun-25**		BASE
	200	Free	2:37.13	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	400	Free	5:23.55	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	800	Free	11:48.64	**1-Jun-25**		BASE
	1500	Free	22:37.28	**1-Jun-25**		BASE
	50	Back	38.41	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	100	Back	1:19.87	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	200	Back	2:48.57	**18-Apr-26**	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at SW NQ April 2026
	50	Breast	43.87	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	100	Breast	1:34.20	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	200	Breast	3:37.37	**1-Jun-25**		BASE
	50	Fly	37.22	**1-Jun-25**		BASE
	100	Fly	1:28.52	**1-Jun-25**		BASE
	200	Fly	4:34.93	**1-Jun-25**		BASE
	200	IM	3:02.48	**8-Apr-26**	PCAWN	Nathaniel Wood at 2026 New Zealand Age Group Swimming Champions
	400	IM	6:48.88	**1-Jun-25**		BASE
	50	Free	32.48	**1-Jan-26**		Base
	100	Free	1:10.19	**1-Jan-26**		Base
	200	Free	2:38.34	**1-Jan-26**		Base
	400	Free	5:29.74	**7-Nov-26**	PCAWN	Nathaniel Wood S10/SB9/SM10 at Tawa PCA Long Course Hard Cash Nov 2

RECORDS PCAWN Para LC Record

800	Free	11:48.64	**1-Jan-26**		Base
1500	Free	22:25.28	**1-Jan-26**		Base
50	Back	37.86	**21-Nov-26**	PCAWN	Nathaniel Wood S10/SB9/SM10 at 2026 NTT NQ
100	Back	1:20.36	**21-Nov-26**	PCAWN	Nathaniel Wood S10/SB9/SM10 at 2026 NTT NQ
200	Back	2:45.75	**21-Nov-26**	PCAWN	Nathaniel Wood S10/SB9/SM10 at 2026 NTT NQ
50	Breast	44.74	**1-Jan-26**		Base
100	Breast	1:36.06	**7-Nov-26**	PCAWN	Nathaniel Wood S10/SB9/SM10 at Tawa PCA Long Course Hard Cash Nov 2
200	Breast	3:37.37	**1-Jan-26**		Base
50	Fly	36.49	**1-Jan-26**		Base
100	Fly	1:19.84	**1-Jan-26**		Base
200	Fly	4:34.93	**1-Jan-26**		Base
200	IM	2:57.61	**1-Jan-26**		Base
400	IM	6:48.88	**1-Jan-26**		Base