
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 Gro	
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 Gro	
100		Back	1:27.04	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro	
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 Gro	
100		Breast	1:35.48	13-Apr-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 Apollo Projects New Zealand Age Gro	
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 Gro	
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	2:39.95	1-Jun-25		BASE	
	400	Free	5:35.28	5-Dec-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 SW LC Summer Champs	
	800	Free	11:48.64	1-Jun-25		BASE	
	1500	Free	22:37.28	1-Jun-25		BASE	
	50	Back	39.50	7-Mar-26	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at Capital Classic 2026	
	100	Back	1:22.87	21-Mar-26	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at SW NQ 21 March 2026	
	200	Back	2:58.96	21-Feb-26	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at National Qualifier 1 SwimZone Racing	
	50	Breast	45.34	5-Dec-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 SW LC Summer Champs	
	100	Breast	1:35.61	5-Dec-25	PCAWN	Nathaniel Wood S10/Sb9/Sm10 at 2025 SW LC Summer Champs	
	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	3:03.35	1-Jun-25		BASE	
400	IM	6:48.88	1-Jun-25		BASE		