

## Lindsay Lightning Bolts Swim Club Short Course Records (Male)

<b>9-10</b>	50 Free	30.17	19 June 1992	Matt Rose	
	100 Free	1.10.70	28 February 1992	Matt Rose	
	200 Free	2.24.84	08 April 1984	Garth Scott	
	400 Free	5.29.31	05 March 1982	Steve Sweetnam	
	100 Back	1.18.26	06 March 1992	Matt Rose	
	200 Back	2.51.40	19 June 1992	Matt Rose	
	100 Breast	1.24.33	05 March 1982	Steve Sweetnam	
	100 Fly	1.18.28	03 May 1992	Matt Rose	
<b>11-12</b>	200 IM	2.44.60	15 April 1982	Steve Sweetnam	
	50 Free	28.45	24 February 1984	Steve Sweetnam	
	100 Free	1.02.80	07 December 1986	Garth Scott	
	200 Free	2.13.94	07 December 1986	Garth Scott	
	400 Free	4.54.00	17 January 1987	Garth Scott	
	800 Free	11.45.59	25 October 2002	Mark Kylau	
	100 Back	1.07.55	03 March 1994	Matt Rose	
	200 Back	2.26.85	03 March 1994	Matt Rose	
	100 Breast	1.18.19	24 February 1984	Steve Sweetnam	
	200 Breast	2.48.53	24 February 1984	Steve Sweetnam	
	100 Fly	1.08.41	03 March 1994	Matt Rose	
	200 Fly	2.36.70	07 December 1986	Jared Valentic	
	200 IM	2.32.95	24 February 1984	Steve Sweetnam	
	400 IM	5.28.74	03 December 1993	Matt Rose	
<b>13-14</b>	50 Free	26.16	01 December 1988	Jared Valentic	
	100 Free	56.90	01 December 1988	Garth Scott	
	200 Free	2.03.96	01 December 1988	Garth Scott	
	400 Free	4.29.19	01 December 1988	Garth Scott	
	800 Free	10.28.67	01 February 2013	Liam Geddes	
	1500 Free	18.14.88	11 December 1988	Tyler Ward	
	100 Back	1.03.57	29 February 1996	Matt Rose	
	200 Back	2.20.56	29 February 1996	Matt Rose	
	100 Breast	1.12.00	06 December 1984	Derek Angstenberger	
	200 Breast	2.39.03	22 February 1986	Steve Sweetnam	
	100 Fly	1.03.27	23 May 1986	Steve Sweetnam	
	200 Fly	2.30.72	01 December 1988	Jared Valentic	
	200 IM	2.24.31	29 June 1986	Steve Sweetnam	
	400 IM	5.09.10	22 February 1986	Steve Sweetnam	
	<b>15 and over</b>	50 Free	24.14	11 April 1998	Matt Rose
		100 Free	52.20	28 February 1991	Steve Sweetnam
200 Free		2.00.07	20 January 1989	Steve Sweetnam	
400 Free		4.11.36	31 January 1992	Ian Gardiner	
800 Free		8.38.57	18 February 1992	Ian Gardiner	
1500 Free		16.15.95	18 February 1992	Ian Gardiner	
100 Back		58.35	28 February 1998	Matt Rose	
200 Back		2.06.75	28 February 1998	Matt Rose	
100 Breast		1.05.30	06 March 1992	Steve Sweetnam	
200 Breast		2.21.80	06 March 1992	Steve Sweetnam	
100 Fly		55.80	28 February 1990	Steve Sweetnam	
200 Fly		2.20.40	06 March 1992	Ian Gardiner	
200 IM		2.04.09	06 March 1992	Steve Sweetnam	
400 IM		4.42.16	28 January 1989	Steve Sweetnam	

## Lindsay Lightning Bolts Swim Club Long Course Records (Male)

<b>9-10</b>	50 Free	31.02	19 June 1992	Matt Rose
	100 Free	1.11.42	28 February 1992	Matt Rose
	200 Free	2.26.21	08 April 1984	Garth Scott
	400 Free	5.31.61	05 March 1982	Steve Sweetnam
	100 Back	1.19.64	06 March 1992	Matt Rose
	200 Back	2.53.72	19 June 1992	Matt Rose
	100 Breast	1.26.27	05 March 1992	Steve Sweetnam
	100 Fly	1.19.97	03 May 1992	Matt Rose
<b>11-12</b>	200 IM	2.48.82	15 April 1982	Steve Sweetnam
	50 Free	29.01	24 February 1984	Steve Sweetnam
	100 Free	1.03.96	07 December 1986	Garth Scott
	200 Free	2.16.84	07 December 1986	Garth Scott
	400 Free	4.59.27	17 January 1987	Garth Scott
	800 Free	11.56.52	25 October 2002	Mark Kylau
	100 Back	1.08.94	03 March 1994	Matt Rose
	200 Back	2.29.62	03 March 1994	Matt Rose
	100 Breast	1.20.03	24 February 1984	Steve Sweetnam
	200 Breast	2.52.12	24 February 1984	Steve Sweetnam
	100 Fly	1.09.84	03 March 1994	Matt Rose
	200 Fly	2.41.67	07 December 1986	Jared Valentic
	200 IM	2.32.95	24 February 1984	Steve Sweetnam
<b>13-14</b>	400 IM	5.34.72	03 December 1993	Matt Rose
	50 Free	27.03	01 December 1988	Jared Valentic
	100 Free	57.82	01 December 1988	Garth Scott
	200 Free	2.05.32	01 December 1988	Garth Scott
	400 Free	4.34.27	01 December 1988	Garth Scott
	800 Free	10.39.67	01 February 2013	Liam Geddes
	1500 Free	18.30.42	11 December 1998	Tyler Ward
	100 Back	1.05.84	29 February 1996	Matt Rose
	200 Back	2.24.31	29 February 1996	Matt Rose
	100 Breast	1.13.27	06 December 1984	Derek Angstenberger
	200 Breast	2.43.75	22 February 1986	Steve Sweetnam
	100 Fly	1.04.71	23 May 1986	Steve Sweetnam
	200 Fly	2.33.04	01 December 1988	Jared Valentic
	200 IM	2.24.31	29 June 1986	Steve Sweetnam
<b>15 and over</b>	400 IM	5.12.12	22 February 1986	Steve Sweetnam
	50 Free	25.01	11 April 1988	Matt Rose
	100 Free	53.18	28 February 1981	Steve Sweetnam
	200 Free	2.02.46	20 January 1989	Steve Sweetnam
	400 Free	4.15.63	31 January 1992	Ian Gardiner
	800 Free	8.43.71	18 February 1992	Ian Gardiner
	1500 Free	16.27.04	18 February 1992	Ian Gardiner
	100 Back	59.59	28 February 1998	Matt Rose
	200 Back	2.09.91	28 February 1998	Matt Rose
	100 Breast	1.08.02	06 March 1992	Steve Sweetnam
	200 Breast	2.26.32	06 March 1992	Steve Sweetnam
	100 Fly	56.49	28 February 1990	Steve Sweetnam
	200 Fly	2.27.91	06 March 1992	Ian Gardiner
	200 IM	2.09.27	06 March 1992	Steve Sweetnam
400 IM	4.50.63	28 January 1989	Steve Sweetnam	

## Lindsay Lightning Bolts Swim Club Short Course Records (Female)

<b>9-10</b>	50 Free	31:56	07 June 2002	Shelby Montgomery	
	100 Free	1:12:17	28 June 2014	Rachel Chayer	
	200 Free	2:40:74	07 June 2002	Shelby Montgomery	
	400 Free	5:35:19	15 February 2014	Rachel Chayer	
	100 Back	1:25:01	07 June 2002	Shelby Montgomery	
	200 Back	3:06:88	07 June 2002	Shelby Montgomery	
	100 Breast	1:28:73	24 February 1984	Nancy Sweetnam	
	100 Fly	1:21:04	05 May 1984	Nancy Sweetnam	
<b>11-12</b>	200 IM	2:53:28	24 February 1984	Nancy Sweetnam	
	50 Free	29:18	23 May 1986	Nancy Sweetnam	
	100 Free	1:02:56	23 April 2004	Shelby Montgomery	
	200 Free	2:19:31	22 March 1986	Nancy Sweetnam	
	400 Free	5:03:24	03 March 1984	Tracy-Lynn Imrie	
	800 Free	10:21:30	22 March 1986	Nancy Sweetnam	
	100 Back	1:10:48	23 April 2004	Shelby Montgomery	
	200 Back	2:37:19	01 March 2004	Shelby Montgomery	
	100 Breast	1:16:93	30 July 1986	Nancy Sweetnam	
	200 Breast	2:42:85	22 November 1986	Nancy Sweetnam	
	100 Fly	1:08:60	08 July 1994	Tracy-Lynn Imrie	
	200 Fly	2:54:89	01 April 1986	Nancy Sweetnam	
	200 IM	2:22:63	20 July 1986	Nancy Sweetnam	
	400 IM	5:12:63	20 July 1986	Nancy Sweetnam	
<b>13-14</b>	50 Free	28:39	22 April 2005	Nancy Sweetnam	
	100 Free	58:01	27 February 1988	Nancy Sweetnam	
	200 Free	2:15:46	03 March 1995	Tracy-Lynn Imrie	
	400 Free	4:45:15	29 February 1996	Tracy-Lynn Imrie	
	800 Free	10:05:57	12 January 1996	Tracy-Lynn Imrie	
	1500 Free	21:36:19	04 April 2014	Erika Rankin	
	100 Back	1:06:73	30 June 1988	Nancy Sweetnam	
	200 Back	2:30:63	05 March 1993	Miranda Rose	
	100 Breast	1:11:77	23 January 1988	Nancy Sweetnam	
	200 Breast	2:33:85	23 January 1988	Nancy Sweetnam	
	100 Fly	1:03:13	06 May 1988	Nancy Sweetnam	
	200 Fly	2:23:01	27 February 1988	Nancy Sweetnam	
	200 IM	2:11:17	23 January 1988	Nancy Sweetnam	
	400 IM	4:54:97	23 January 1988	Nancy Sweetnam	
	<b>15 and over</b>	50 Free	27:33	01 February 1991	Nancy Sweetnam
		100 Free	59:18	18 February 1992	Hillary Stephenson
200 Free		2:09:94	02 November 1991	Nancy Sweetnam	
400 Free		4:39:63	01 January 1998	Tracy-Lynn Imrie	
800 Free		9:46:07	01 January 1998	Tracy-Lynn Imrie	
1500 Free		24:05:16	09 June 2006	Sarah Brown	
100 Back		1:06:77	01 February 1991	Nancy Sweetnam	
200 Back		2:27:85	02 November 1991	Nancy Sweetnam	
100 Breast		1:09:41	20 February 1991	Nancy Sweetnam	
200 Breast		2:28:58	20 February 1991	Nancy Sweetnam	
100 Fly		1:00:48	03 August 1990	Nancy Sweetnam	
200 Fly		2:20:20	11 May 1990	Nancy Sweetnam	
200 IM		2:12:50	19 March 1991	Nancy Sweetnam	
400 IM		4:37:48	13 May 1992	Nancy Sweetnam	

## Lindsay Lightning Bolts Swim Club Long Course Records (Female)

<b>9-10</b>	50 Free	32:06	07 June 2002	Shelby Montgomery
	100 Free	1:13:07	28 June 2014	Rachel Chayer
	200 Free	2:42:80	07 June 2002	Shelby Montgomery
	400 Free	5:39:64	15 February 2014	Rachel Chayer
	100 Back	1:26:24	07 June 2002	Shelby Montgomery
	200 Back	3:08:42	07 June 2002	Shelby Montgomery
	100 Breast	1:30:23	24 February 1984	Nancy Sweetnam
	100 Fly	1:22:34	05 May 1984	Nancy Sweetnam
	200 IM	2:56:32	24 February 1984	Nancy Sweetnam
<b>11-12</b>	50 Free	29:98	23 May 1986	Nancy Sweetnam
	100 Free	1:03:46	23 April 2004	Shelby Montgomery
	200 Free	2:20:04	22 March 1986	Nancy Sweetnam
	400 Free	5:09:36	04 June 2016	Rachel Chayer
	800 Free	10:32:67	26 March 1986	Nancy Sweetnam
	100 Back	1:11:58	23 April 2004	Shelby Montgomery
	200 Back	2:40:21	01 March 2004	Shelby Montgomery
	100 Breast	1:18:43	20 July 1986	Nancy Sweetnam
	200 Breast	2:46:35	22 November 1986	Nancy Sweetnam
	100 Fly	1:09:90	08 July 1984	Tracy-Lynn Imrie
	200 Fly	2:54:89	01 April 1986	Nancy Sweetnam
	200 IM	2:30:73	20 July 1986	Nancy Sweetnam
400 IM	5:20:60	20 July 1986	Nancy Sweetnam	
<b>13-14</b>	50 Free	28:89	22 April 2005	Shelby Montgomery
	100 Free	59:47	27 February 1988	Nancy Sweetnam
	200 Free	2:17:84	03 March 1995	Tracy-Lynn Imrie
	400 Free	4:51:02	29 February 1986	Tracy-Lynn Imrie
	800 Free	10:14:21	12 January 1986	Tracy-Lynn Imrie
	1500 Free	21:51:87	04 April 2014	Erika Rankin
	100 Back	1:08:23	30 June 1988	Nancy Sweetnam
	200 Back	2:33:97	05 March 1993	Miranda Rose
	100 Breast	1:13:01	23 January 1988	Nancy Sweetnam
	200 Breast	2:37:35	23 January 1988	Nancy Sweetnam
	100 Fly	1:04:43	06 May 1988	Nancy Sweetnam
	200 Fly	2:28:41	27 February 1988	Nancy Sweetnam
	200 IM	2:19:27	23 January 1988	Nancy Sweetnam
	400 IM	4:59:91	23 January 1988	Nancy Sweetnam
	<b>15 and over</b>	50 Free	28:01	01 February 1991
100 Free		1:00:42	18 February 1992	Hillary Stephenson
200 Free		2:11:56	02 November 1991	Nancy Sweetnam
400 Free		4:39:63	01 January 1998	Tracy-Lynn Imrie
800 Free		9:49:99	01 January 1998	Tracy-Lynn Imrie
1500 Free		24:38:03	09 June 2006	Sarah Brown
100 Back		1:08:87	01 February 1991	Nancy Sweetnam
200 Back		2:32:09	02 November 1991	Nancy Sweetnam
100 Breast		1:10:84	20 February 1991	Nancy Sweetnam
200 Breast		2:32:56	20 February 1991	Nancy Sweetnam
100 Fly		1:01:78	03 August 1990	Nancy Sweetnam
200 Fly		2:23:51	11 May 1990	Nancy Sweetnam
200 IM		2:15:67	19 March 1991	Nancy Sweetnam
400 IM		4:45:58	13 May 1992	Nancy Sweetnam