

RLSSA NATIONAL and APLSC RECORDS

(UPDATED Dec 2024)

World record at time set indicated by *

APLSC Masters Records are only acknowledged in 15-year age groups.

MALE

200m Obstacles	NATIONAL RECORDS					APLSC Championship RECORDS					
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE
OPEN 200 Obstacles	1:53.16 *	Bradley Woodward	NSW	2019	German Cup	1.56.87	James Koch	NSW	2022	Pymble	
U19 200 Obstacles	1:57.31	Bradley Woodward	NSW	2016	ALT	1.59.85	Brendon Smith	NSW	2019	Pymble	
U16 200 Obstacles	2.06.01	Matthew Magnussen	Grammar Qld	2020	Perth APLSC	2.06.01	Matthew Magnussen	Grammar QLD	2020	Perth	
U14 200 Obstacles	2.19.17	Preston Andrews	Hills	2019	NSW State	2.29.64	Anthony Doyle	Hills	2020	Perth	
30 –39 200 Obstacles	2.23.42	Andrew Bowden	Hills	2023	NSW State	Not conducted at APLSC					
40-49 200 Obstacles	2.12.50*	David Locke	WA	2012	Adelaide Worlds						
50+ 200m Obstacles	2.26.15	Paul Lemmon	Mingara	2022	Pymble NSW						
100m Obstacles											
U14 100 Obstacles	1:02.76	Preston Andrews	The Hills	2019	APLSC	1:02.76	Preston Andrews	The Hills	2019	Pymble	
30/34 100 Obstacles	59.37	Andrew Bowden	NSW	2015	APLSC	59.37	Andrew Bowden	NSW	2015	Hobart	

35 - 39 100 Obstacles	1:02.88	Steve Boxall	NSW	2007	APLSC					
40 –44 100 Obstacles	1:03.69	Steve Boxall	NSW	2013	APLSC					
45 -49 100 Obstacles	1:02.57	Paul Lemmon	NSW	2014	APLSC	1:02.57	Paul Lemmon	NSW	2014	Canberra
50 -54 100 Obstacles	1:08.40	Gray Parkes	NSW	2011	APLSC					
55 –59 100 Obstacles	1:13.46	Gray Parkes	Pt Hack	2019	APLSC					
60-64 100 Obstacles	1.06.45	Paul Blackbeard	NT	2020	APLSC	1.43.07	Rob Hendry	Pt Hack	2013	KNOX, NSW
65+ 100 Obstacles	1.39.74	Norm Stanley	Hills - NSW	2018	NSW State					

100m Manikin Tow with fins		NATIONAL RECORDS					APLSC Championship RECORDS				
EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE	
Open 100 Manikin Tow	47.68	Harrison Hynes	WA	2024	LWC	51.79	Jake Smith	WA	2024	Melbourne	
U19 100 Manikin Tow	53.26	Steven Coombes	Qld	2019	Leeds, C'wealth	54.76	Harrison Hynes	WA	2020	Perth	
U16 100 Manikin Tow	58.06	Brayden Woodford	NSW	2022	Pymble NSW	58.06	Brayden Woodford	NSW	2022	Pymble NSW	
U14 100 manikin tow	1.06.95	Preston Andrews	The Hills	2019	NSW State	1.14.33	Riley Brennan	SA	2020	Perth	
MASTERS											
30 –34 100 Manikin Tow	56.04	David Butler	NSW	2012	World Champ	1.00.07	Andrew Bowden	Hills	2015	Hobart	
35 - 39 100 Manikin Tow	1:00.98	Troy Rackleyft	NSW	2016	APLSC						
40– 44 100 Manikin Tow	56.31 *	Adam Moore	WESTS-WA	2020	APLSC						
45 - 49 100 Manikin Tow	57.33*	Adam Moore	WESTS-WA	2021	WA State	58.76	Adam Moore	WA	2022	Pymble NSW	

50 - 54 100 Manikin Tow	1:07.79	Gray Parkes	NSW	2014	APLSC					
55– 59 100 Manikin Tow	1:15.77	Gray Parkes	NSW	2019	APLSC					
60 –64 100 Manikin Tow	1.22.57	Peter Goss	TAS	2015	AMG	1:22.40	Peter Goss	TAS	Hobart	2015
65+ 100 Manikin Tow	1.26.92	Rob Hendry	Pt Hack	2020	APLSC					
50m Manikin Tow with fins (modified)										
U14 50 Manikin Tow	31.54	Dominic Elliott	QLD	2014	APLSC	31.54	Dominic Elliott	QLD	2014	Canberra

50m Manikin Carry		NATIONAL RECORDS				APLSC Championship RECORDS				
EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE
Open 50 Manikin Carry	28.22	Jake Smith	WA	2022	LWC-Riccione	28.42	Jake Smith	WA	2024	Melbourne
U19 50 Manikin Carry	29.88	Callum Brennan	Grammar	2022	LWC-Riccione	30.80	Callum Brennan	Grammar-Qld	2023	Melbourne
U16 50 Manikin Carry	32.76	P J Chong Sue	WA	2019	Leeds, C'wealth	32.96	Riley Brennan	Grammar-Qld	2022	Pymble NSW
U14 50 Manikin Carry	36.12	Preston Andrews	The Hills	2019	NSW State	39.71	Daniel Beales	WLS	2020	Perth
MASTERS										
30/34 50 Manikin Carry	31.48	Andrew Bowden	NSW	2015	APLSC	31.48	Andrew Bowden	NSW	2015	Hobart
35/39 50 Manikin Carry	33.93	Andrew Bowden	Hills -NSW	2023	NSW State					
40 – 44 50 Manikin Carry	37.33	Adam Moore	WA	2020	APLSC					
45 - 49 50 Manikin Carry	35.43	Troy Racklyeft	Engadine	2024	Melbourne	35.43	Troy Racklyeft	Engadine NSW	2024	Melbourne
50 - 54 50 Manikin Carry	39.73	Gray Parkes	NSW	2010	World Champ					

55 – 59 50 Manikin Carry	40.95	Paul Lemmon	Mingara	2024	NSW State					
60 - 64 50 Manikin Carry	56.43	Peter Goss	TAS	2015	AMG	58.06	Rob Hendry	Qld	2014	Canberra
65+ 50 manikin Carry	56.04	Norm Stanley	Hills-NSW	2022	NSW State					
MODIFIED EVENT (modified – ½ full manikin)										
U14 50 Manikin Carry	33.74	Preston Andrews	Hills	2019	APLSC	33.74	Preston Andrews	Hills NSW	2019	Pymble NSW

100m Manikin Carry with Fins		NATIONAL RECORDS				APLSC Championship RECORDS				
						* 2022 Venue conditions not compliant for records.				
EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE
Open 100 Manikin Carry	46.26	James Koch	NSW	2022	LWC-Riccione	46.78	Jake Smith	WA	2020	Perth
U19 100 Manikin Carry	46.98	Harrison Hynes	WA	2021	WA State	47.54	Connor Peabody	QLD	2020	Perth
U16 100 Manikin Carry	51.31	TJ Chong Sue	WA	2019	APLSC	51.31	TJ Chong Sue	WA	2019	Pymble NSW
U14 100 manikin Carry	59.91	Daniel Beale	Wls	2020	APLSC	59.91	Daniel Beale	West LSC WA	2020	Perth
MASTERS										
30–34 100 Manikin Carry	48.43	Andrew Bowden	NSW	2014	World Champs	51.09	Andrew Bowden	Hills NSW	2015	Hobart
35-39 100 Manikin Carry	56.31	Andrew Moulin	WLS	2020	APLSC					
40-44 100 Manikin Carry	54.66	Adam Moore	WA	2020	APLSC					
45-49 100 Manikin Carry	58.18	Troy Racklyeft	Engadine	2024	Melbourne	58.18	Troy Racklyeft	Engadine	2024	Melbourne
50-54 100 Manikin Carry	1.03.20	Peter Traeger	West LSC,	2024	Melbourne					

55-59 100 Manikin Carry	1:10.96	Daniel Harding	Hills -NSW	2023	NSW State					
60-64 100 Manikin Carry	1:22.40	Peter Goss	TAS	2015	APLSC	1:22.40	Peter Goss	TAS	2015	Hobart
65+ 100 Manikin Carry	1.30.49	Norm Stanley	The Hills	2022	NSW state					
MODIFIED EVENT (modified– ½ full manikin)										
U14 100 Manikin Carry	1:00.48	Mitchell Parkes	NSW	2033	APLSC	1:00.48	Mitchell Parkes	NSW	2003	Hobart

12.5m Line Throw	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
Open 12.5 Line Throw	9.54	Taj Ward	Sth Aust	2024	NSW State	9.89	Taj Ward	South Aust	2023	APLSC - VIC
U19 12.5 Line Throw	10.87	Brendan Smith	Vic	2019	APLSC	10.87	Brendan Smith	Vic	2019	Pymble NSW
U16 12.5 Line Throw	12.50	Mack Elliott	Engadine	2024	NSW State	13.33	James Petropoulos	VIC	2015	Hobart
U14 <u>12.5</u> Line Throw	14.22	Ryan McNamara	Engadine	2024	NSW State	16.03	Jackson Brennan	Grammar Qld	2023	APLSC - VIC
MASTERS										
30 – 34 12.5 Line Throw	12.10	Greig Brown	SA	2017	APLSC	10.93	Troy Racklyeft	NSW	2015	Hobart
35 – 39 12.5 Line Throw	10.93	Troy Racklyeft	NSW	2015	APLSC					
40 – 44 12.5 Line Throw	10.98*	Troy Racklyeft	Pt Hack	2019	APLSC					
45 - 49 12.5 Line Throw	11.14	Troy Racklyeft	Engadine	2023	APLSC - VIC	11.14	Troy Racklyeft	Engadine NSW	2023	APLSC - VIC
50 - 54 12.5 Line Throw	14.56	Rob Reid	Qld	2015	AMG					
55 - 59 12.5 Line Throw	15.87	George Quine	VIC	2017	APLSC					

60 - 64 12.5 Line Throw	26.40	Sing Ma	NSW	2015	AMG	18.42	John Pearn	QLD	2019	Pymble NSW
65-69 12.5 Line Throw	18.92	Rob Hendry	Pt Hacking	2019	APLSC					
70+ 12.5 Line Throw	18.42	John Pearn	QLD	2019	APLSC					
10m Line Throw										
U14 10 Line Throw	10.94	Danny Ma	NSW	2005	APLSC	10.94	Danny Ma	Hills, NSW	2005	Brisbane

200m Super Lifesaver	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
Open 200 Super Lifesaver	2:07:15	James Koch	NSW	2019	Orange Cup	2.08.23	Jake Smith	WA	2023	APLSC - VIC
U19 200 Super Lifesaver	2:09.06	Callum Brennan	Grammar	2022	LWC-Riccione	2.12.82	Callum Brennan	Grammar-Qld	2023	APLSC – VIC
U16 200 Super Lifesaver	2:17.81	TJ Chong Sue	WA	2019	Leeds, C'wealth	2.19.96	Riley Brennan	Grammar-Qld	2022	Pymble NSW
U14 200 Super Lifesaver	2:51.85	Preston Andrews	Hills-NSW	2019	NSW State	2.52.30	Daniel Beales	West LSC WA	2020	Perth
O30 200 Super Lifesaver	2:34.22	Troy Racklyeft	Enf	2016	APLSC	Not conducted at APLSC as master's event				
O40 200 Super Lifesaver	2:36.40	Troy Racklyeft	Engadine	2023	APLSC - VIC					

100m Rescue Medley										
Open 100 Rescue Medley	58.70	Jake Smith	WA	2022	LWC	1.01.66	Ryan Napoleon	Qld	2014	Melbourne
U19 100 Rescue Medley	1.03.88	Matt Magnussen	Youth Nat	2022	LWC	1.03.96	Brad Woodward	NSW	2017	Pymble APLSC
U16 100 Rescue Medley	1.06.77	Riley Brennan	Grammar Q	2022	Pymble APLSC	1.06.77	Riley Brennan	Grammar Qld	2022	
30/39 100 Rescue Medley		Not contested				Not conducted at APLSC as master's event				
O40 100 Rescue Medley	1.18.83	Troy Racklyeft	Engadine NSW	2022	Pymble APLSC					

FEMALE

200m Obstacles	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
OPEN 200 Obstacles	2.06.11	Chelsea Gillett	Qld	2014	World Champs	2.09.37	Chelsea Gillett	Qld	2018	Adelaide
U19 200 Obstacles	2.06.11	Chelsea Gillett	Qld	2014	World Champs	2.12.17	Rachel Wood	NSW	2017	Melbourne
U16 200 Obstacles	2.16.13	Kaylah Holmes	NSW	2018	APLSC	2.16.13	Kaylah Holmes	NSW	2018	APLSC
U14 200 Obstacles	2.29.21	Karlie Mussarra	NSW	2016	APLSC	2.29.21	Karlie Mussarra	NSW	2016	Gold Coast
30-39 200 Obstacles	2.13.84	Nadine Jones	Vic	2016	APLSC	Not conducted at APLSC as master's event				
40+ 200 Obstacle	2.25.88	Dori Miller	Bondi	2019	APLSC					
100m Obstacles										
U14 100 Obstacles	1:04.52	Chelsea Gillett	QLD	2011	APLSC	1:04.52	Chelsea Gillett	QLD	2011	Brisbane
30 –34 100 Obstacle	1:07.21	Sarah Windsor	QLD	2009	APLSC	1:07.86	Sarah Windsor	QLD	2009	Canberra
35 -39 100 Obstacles	1:12.04	Lee Dalzell	SA	2016	APLSC					
40–44 100 Obstacles	1.15.98	Sarah Goodwin	SA	2018	APLSC					
45-49 100 Obstacles	1:10.08*	Jenny Whiteley	NSW	2009	APLSC	1:08.13	Jenny Whiteley	Hills, NSW	2009	Sydney
50 54 100 Obstacles	1:08.13*	Jenny Whiteley #	Hills NSW	2013	Sydney APLSC					
55 –59 100 Obstacles	1:10.70*	Jenny Whiteley	Hills NSW	2014	Canberra APLSC					

60-64 100 Obstacles	1:09.27*	Jenny Whiteley	Hills NSW	2018	Worlds Adelaide	1.12.87	Jenny Whitely	Hills NSW	2023	APLSC - VIC
65+ 100 Obstacles	1.12.60*	Jenny Whitley	Hills NSW	2024	LWC– Gold Coast					

100m Manikin Tow with fins	NATIONAL RECORDS					APLSC Championship RECORDS				
EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE
Open 100 Manikin Tow	56.60	Natalie Peat		2014	World Champs	1.00.24	Pamela Hendry	Qld	2016	Gold Coast
U19 100 Manikin Tow	1.01.84	Prue Davies	Gam Qld	2016	ALT Time trial	1.02.05	Prue Davies	Gammar - Qld	2016	Gold Coast
U16 100 Manikin Tow	1:05.10	Anthea Warne	QLD	2016	APLSC	1:05.10	Anthea Warne	QLD	2016	Gold Coast
U14 100 manikin tow	1.13.58	Karli Mussarra	NSW	2016	APLSC	1.13.58	Karli Mussarra	NSW	2016	Gold Coast
MASTERS										
30 – 34 100 Manikin Tow	1.04.26	Mariah Jones	Grammar	2024	Melbourne	1.04.26	Mariah Jones	Grammar - Qld	2024	Melbourne
35 - 39 100 Manikin Tow	1:05.00	Lisa Ferguson	Vic	2020	APLSC					
40 – 44 100 Manikin Tow	1.03.69*	Lisa Ferguson	Vic	2024	LWC- Gold Coast					
45 - 49 100 Manikin Tow	1:12.12*	Jenny Whiteley	NSW	2007	APLSC	1:10.97	Jenny Whiteley	Hills, NSW	2014	Canberra

50 - 54 100 Manikin Tow	1:11.80*	Jenny Whiteley	NSW	2013	APLSC					
55 – 59 100 Manikin Tow	1:10.97*	Jenny Whiteley	NSW	2014	Canberra APLSC					
60 – 64 100 Manikin Tow	1:11.54*	Jenny Whiteley	NSW	2018	LWC Adelaide	1.17.42	Jenny Whiteley	Hills NSW	2022	Pymble NSW
65+ 100 Manikin Tow	1.13.84*	Jenny Whiteley	Hills NSW	2024	LWC Gold Coast					
50m Manikin Tow with fins (modified)										
U14 50m Manikin Tow	34.44	Charlotte Laws	VIC	2019	APLSC	34.44	Charlotte Laws	VIC	2019	Sydney

50m Manikin Carry		NATIONAL RECORDS				APLSC Championship RECORDS				
EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date	APLSC VENUE
Open 50 Manikin Carry	34.01	Mariah Jones	Grammar Qld	2024	Melbourne	34.01	Mariah Jones	Grammar Qld	2024	Melbourne
U19 50 Manikin Carry	35.49	Samantha Howe	VIC	2016	APLSC	35.49	Samantha Howe	VIC	2016	Gold Coast
U16 50 Manikin Carry	35.87	Samantha Howe	VIC	2015	LWC	37.27	Morgan Knox	WA	2020	Perth
U14 50 Manikin Carry	41.31	Madison Howe	Vic	2014	APLSC	41.31	Madison Howe	Vic	2014	Canberra
MASTERS										
30–34 50 Manikin Carry	34.01	Mariah Jones	Grammar	2024	Melbourne	34.01	Mariah Jones	Grammar Qld	2024	Melbourne

35-39 50 Manikin Carry	41.97	Lisa Ferguson	Vic	2020	APLSc					
40-44 50 Manikin Carry	44.74	Lisa Ferguson	Vic	2024	Melbourne					
45-49 50 Manikin Carry	46.58	Josephine Varney	WA	2018		42.40	Jenny Whiteley	Hills, NSW	2016	Gold Coast
50-54 50 Manikin Carry	42.84*	Jenny Whiteley	Hills -NSW	2012	LWC Adelaide					
55-59 50 Manikin Carry	33.21	Jenny Whiteley	Hills -NSW	2018	APLSC					
60-64 50 Manikin Carry	39.68*	Jenny Whiteley	Hills -NSW	2022	NSW State	43.56	Jenny Whitely	Hills, NSW	2032	Melbourne
65+ 50m Manikin Carry	42.90*	Jenny Whiteley	Hills -NSW	2024	LWC Gold Coast					
MODIFIED EVENT (modified- ½ full manikin)										
U14 50 Manikin Carry	37.42	Alex Knesl	QLD	2011	APLSC	37.42	Alex Knesl	QLD	2011	Brisbane

100m Manikin Carry with Fins	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
Open 100 Manikin Carry	52.68	Pamela Hendry	Qld	2015	German Cup	55.66	Pamela Hendry	Qld	2017	Melbourne
U19 100 Manikin Carry	55.50	Samantha Howe	VIC	2016	World Champs	55.61	Samantha Howe	VIC	2017	Melbourne
U16 100 Manikin Carry	55.33	Samantha Howe	VIC	2016	World Champs	1.00.32	Samantha Howe	Vic	2015	
U14 100 manikin Carry	1.08.57	Caitlin Huell	Vic	2016	APLSC	1.08.57	Caitlin Huell	Vic	2016	Gold Coast
MASTERS										

* 2022 Venue conditions not compliant for records.

30– 34 100 Man Carry	58.53	Lisa Ferguson	Vic	2016	APLSC	58.66	Mariah Jones	Grammar QLD	2024	Melbourne
35- 39 100 Man Carry	59.99*	Lisa Ferguson	Vic	2019	Sydney					
40- 44 100 Man Carry	1.02.02	Lisa Ferguson	Vic	2024	Melbourne					
45- 49 100 Man Carry	1.06.89	Dori Miller	Bondi - NSW	2019	APLSC	1.06.89	Dori Miller	Bondi - NSW	2019	Pymble NSW
50- 54 100 Man Carry	1:13.57*	Jenny Whiteley	NSW	2013	APLSC					
55- 59 100 Man Carry	1:13.68*	Jenny Whiteley	NSW	2016	APLSC					
60- 64 100 Mani Carry	1.12.41*	Jenny Whiteley	NSW	2018	LWC – Adelaide	1.16.90	Jenny Whiteley	Hills NSW	2023	APLSC - VIC
65+ 100 Manikin Carry	1.13.85*	Jenny Whiteley	NSW	2024	LWC– Gold Coast					
MODIFIED EVENT (modified– ½ full manikin)										
U14 100 Manikin Carry	1:02.83	Madeleine Gibson	VIC	2011	APLSC	1:02.83	Madeleine Gibson	VIC	2011	Brisbane

12.5m Line Throw	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
Open 12.5 Line Throw	13.79	Lisa Ferguson	VIC	2014	APLSC	13.79	Lisa Ferguson	VIC	2014	Canberra
U19 12.5 Line Throw	13.39	Phoebe Ashworth	WA	2023	APLSC	13.39	Phoebe Ashworth	WA	2023	Melbourne
U16 12.5 Line Throw	16.06	Laura Campbell	Qld	2014	APLSC	16.06	Laura Campbell	Qld	2014	APLSC

U14 12.5 Line Throw	18.20	Imogen Walsh	Engadine	2024	Melbourne	18.20	Imogen Walsh	Engadine NSW	2024	Melbourne
MASTERS										
30– 34 12.5 Line Throw	12.75	Ondine Adey	TAS	2016	APLSC	12.75	Ondine Adey	TAS	2016	Gold Coast
35 –39 12.5 Line Throw	22.35	Lee Dalzell	SA	2016	APLSC					
40 –44 12.5 Line Throw	14.74	Lisa Ferguson	Vic	2024	Melbourne					
45 - 49 12.5 Line Throw	19.75	Christine Kologeras	SA	2024	APLSC - VIC	19.75	Christine Kologeras	SA	2023	APLSC - VIC
50 - 54 12.5 Line Throw	19.45	Maree Emery	Pt Hack	2018	NSW State					
55 - 59 12.5 Line Throw	21.42	Jenny Whitely	Pt Hack	2014	World Champ					
60 - 64 12.5 Line Throw	19.54	Lisa Critoph	Pt Hack	2017	NSW State	25.27	Maree Emery	Engadine NSW	2024	Melbourne
65+ 12.5 Line Throw										
10m Line Throw										
U14 10 Line Throw	13.66	Jessica Noorman	West LSC	2020	APLSC	13.66	Jessica Noorman	West LSC, WA	2020	Perth

200m Super Lifesaver	NATIONAL RECORDS					APLSC Championship RECORDS				
	EVENT DISTANCE & AGE	TIME	NAME	STATE/ Club	Date	MEET / VENUE	TIME	NAME	STATE/ Club	Date
Open 200 Super lifesaver	2.21.73	Prue Davies	Qld	2017	ALT time trial	2.24.22	Mariah Jones	Grammar Qld	2024	Melbourne
U19 200 Super lifesaver	2.26.21	Prue Davies	Qld	2016	Alt Time trail	2.29.70	Prue Davies	Qld	2016	Gold Coast
U16 200 Super lifesaver	2.35.35	Anthea Warne	Qld	2016	ALT time trial	2.35.37	Anthea Warne	Qld	2017	Melbourne
U14 200 Super lifesaver	2.45.02	Myla Naylor	Grammar	2024	Melbourne	2.45.02	Myla Naylor	Grammar Qld	2024	Melbourne

O30 200 Super lifesaver	2.24.22	Mariah Jones	Grammar	2024	Melbourne	Not conducted at APLSC as master's event				
O40 200 Super lifesaver	2.52.02	Lisa Ferguson	Mordiallic,	2023	APLSC - VIC					
100m Rescue Medley										
Open 100 Rescue Medley	1.10.95	Mariah Jones	Grammar	2024	Melbourne	1.10.95	Mariah Jones	Grammar-Qld	2024	Melbourne
U19 100 Rescue Medley	1.13.33	Samantha Howe	Vic	2016	APLSC	1.13.33	Samantha Howe	Vic	2016	Gold Coast
U16 100 Rescue Medley	1.21.21	Morgan Knox	WA	2020	Perth	1.21.21	Morgan Knox	WA	2020	Perth
30-39 100 Rescue Medley	1.10.95	Mariah Jones	Grammar	2024	Melbourne	Not conducted at APLSC as master's event				
O40 100 Rescue Medley	1.29.82	Lisa Ferguson	Vic	2024	Melbourne					

Men Open 4x25 Manikin Relay	1.13.24	WA State	WA	2023	APLSC – VIC	Jake Smith	Zachary Brown	Harrison Hynes	Kelton Rothnie
Women Open 4x25 Manikin Relay	1.22.48	Grammar-Qld	QLD	2023	APLSC – VIC	Mariah Jones	Jess Oates	Summer Short	Leah Jones
Mixed U19 4x25 Manikin Relay	1:24.15	Queensland	QLD	2016	Hobart APLSC	Prue Davies	Reece Southall	Rachel Eddy	Nicholas Green
Mixed U16 4x25 Manikin Relay	1:29.80	Queensland	QLD	2016	Hobart APLSC	Kurt Lorne	Jackson Chapman	Anthea Warne	Hamarma Williams
NATIONAL RECORDS									
Men Open 4x25 Manikin Relay	1.12.49	RLSSA Barras	AUST	2017	Durban, C'wealth				
Women Open 4x25 Manikin Relay	1.27.71	RLSSA Barras	AUST	2017	Durban, C'wealth				
Mixed Open 4x25 Manikin Relay	1:20.90	NSW State	NSW	2009	Canberra, APLSC				
Mixed 30&O 4x25 Manikin Relay	1:45.96	Queensland	QLD	2004	Sydney, APLSC				

4 x 50m Medley Relay	APLSC RECORDS					TEAM NAMES			
	NB All mixed relays are 2 male and 2 female								
EVENT DISTANCE & AGE	TIME	TEAM NAME	STATE/ Club	Date	MEET / VENUE				
Men Open 4x50 Medley Relay	1.32.64	WA	WA	2020	Perth APLSC	Will Savage	Harrison Hynes	Joshua Windsor	Jake Smith

Women Open 4x50 Medley Relay	1:44.54	Queensland	QLd	2014	Canberra, APLSC	Mariah Jones	Jess Oates	Summer Short	Leah Jones
Mixed U19 4x50 Medley Relay	1:41.03	Qld	Qld	2019	Sydney APLSC	Summer Short	Steven Coombes	Jackson Chapman	Anthea Warne
Mixed U16 4x50 Medley Relay	1:44.44	NSW State	NSW	2020	Perth APLSC	Kirra Dale	Preston Andrews	Kimberley Doyle	Jake Morris
NATIONAL RECORDS									
Men Open 4x50 Medley Relay	1.31.93	Aussie Barras	Aust	2013	Canberra C'wealth				
Women Open 4x50 Medley Relay	1.44.00	Aussie Barras	Aust	2023	Canada C'wealth				
Mixed Open 4x50 Medley Relay	1:41.06	NSW State	NSW	2009	Canberra, APLSC				
Mixed 30&O 4x50 Medley Relay	1:55.66	NSW State	NSW	2009	Canberra, APLSC				

8 x 50m Fin Relay	APLSC RECORDS					TEAM NAMES			
	NB To claim a mixed national record the team composition must be according to the APLSC event description								
EVENT DISTANCE & AGE	TIME	TEAM NAME	STATE/ Club	Date	MEET / VENUE				
Mixed Open 8x50 Fin Relay	2.35.13	West Aust State	WA	2023	APLSC - VIC	Phoebe Ashworth Crystal Edwards	Jake Smith Daniel Beales	Ivy Moore Kelton Rothnie	Chalise Pratt Harrison Hynes
NATIONAL RECORDS									

Men Open 8x50 Fins Relay	2:55.18	Western Australia	WA	2006	APLSC	Phoebe Ashworth E Flowers	Jake Smith Harrison Hynes	Ian Moore Charlise Pratt	Kelton Rothnie Daniel Beales
Women Open 8x50 Fin Relay	3:14.83	Queensland	QLD	2009	APLSC				
Mixed Open 8x50 Fin Relay	2:35.13	West Aust State	WA	2023	APLSC - VIC	Phoebe Ashworth Crystal Edwards	Jake Smith Daniel Beales	Ivy Moore Kelton Rothnie	Chalise Pratt Harrison Hynes
4 x 50m Pool Lifesaver Relay (Open Mixed)	APLSC RECORDS								
Open Mixed	1:56.02	Sunshine Grammar	QLD	2024	Melbourne	Mariah Jones	Jess Oates	Riley Brennan	Callum Brennan