

## ARENA SWIM CLUB

## RECORDS Long Course Rec

## LC Meters-Male

7-9	200 Medley Relay	2:51.63	19-Jan-01	ARE	Arena	
8 & U	50 Free	37.98	27-Jan-01	ARE	Jason Harun at SWIMFIT STATE OPEN & JUNIOR CH	
	100 Free	1:23.61	28-Nov-10	ARE	Jack Wilson at West Coast Dorsogna Cup - Outdoor	
	200 Free	3:03.89	26-Sep-10	ARE	Jack Wilson at 2010 SWA LC Distance Qualifying Meet	
	400 Free	7:26.93	30-Jul-04	ARE	Marco Kapp at Arena Race Session 5 2004 - 2005 Format No5	
	100 Back	1:32.03	9-Oct-10	ARE	Jack Wilson at 2010 City of Perth Classic LC Swim Meet	
	200 Back	3:13.04	26-Sep-10	ARE	Jack Wilson at 2010 SWA LC Distance Qualifying Meet	
	50 Breast	49.31	27-Jan-01	ARE	Jason Harun at SWIMFIT STATE OPEN & JUNIOR CH	
	100 Breast	1:55.74	15-Oct-04	ARE	Marco Kapp at Arena Race Session N0 7	
	200 Breast	1:39:00.00	1-May-00	ARE	STANDARD TIME	
	50 Fly	43.65	20-Nov-10	ARE	Jack Wilson at SWA LC Qualifying Meet No2	
	200 IM	3:26.78	20-Nov-10	ARE	Jack Wilson at SWA LC Qualifying Meet No2	
8-8	50 Back	42.43	9-Oct-10	ARE	Jack Wilson at 2010 City of Perth Classic LC Swim Meet	
9-9	50 Free	34.33	9-Apr-11	ARE	Max Bremer at 2011 SWA Junior LC Championships	
	100 Free	1:15.79	9-Apr-11	ARE	Brodie Loller at 2011 SWA Junior LC Championships	
	200 Free	2:44.32	9-Apr-11	ARE	Brodie Loller at 2011 SWA Junior LC Championships	
	400 Free	5:35.29	12-Aug-11	ARE	Jack Wilson at Arena Race Session #1 1112	
	50 Back	39.52	8-Mar-08	ARE	Tristan De Villiers at 2008 SWA Sprint Championships	
	100 Back	1:27.62	5-Apr-08	ARE	Tristan J. De Villiers at SWA Junior Championships	
	200 Back	3:08.85	14-Jan-11	ARE	Jack Wilson at Arena Race Session #7 2010	
	50 Breast	41.07	5-Nov-04	ARE	Eoin Keating at Arena Race Session No 8	
	100 Breast	1:36.42	5-Apr-08	ARE	Tristan J. De Villiers at SWA Junior Championships	
	200 Breast	3:38.06	20-Jun-08	ARE	Tristan De Villiers at Arena Race Session 2	
	50 Fly	37.30	9-Apr-11	ARE	Brodie Loller at 2011 SWA Junior LC Championships	
	100 Fly	1:32.22	9-Apr-11	ARE	Brodie Loller at 2011 SWA Junior LC Championships	
	200 IM	3:09.53	27-Jan-01	ARE	Rhys Johnson at SWIMFIT STATE OPEN & JUNIOR CH	
10-10	50 Free	32.68	16-Nov-08	ARE	Liam Knight at 2008 Dorsogna Cup Meet	
	100 Free	1:12.46	8-Nov-08	ARE	Liam Knight at 2008/2009 LC Qualifying Meet Event 2	
	200 Free	2:36.53	16-Nov-08	ARE	Liam Knight at 2008 Dorsogna Cup Meet	
	400 Free	5:52.96	26-Sep-10	ARE	Benjamin Vafeas at 2010 SWA LC Distance Qualifying Meet	
	800 Free	1:39:00.00	1-May-00	ARE	STANDARD TIME	
	1500 Free	1:39:00.00	1-May-00	ARE	STANDARD TIME	
	50 Back	37.36	11-Jan-07	ARE	Marco Kapp at 2006-07 SunSmart State Open & Junior Champs	
	100 Back	1:22.29	21-Mar-09	ARE	Tristan De Villiers at 2009 SWA Junior Championships	
	200 Back	2:57.50	11-Nov-06	ARE	Marco Kapp at 2006 Hancock FMF Distance Meet	
	50 Breast	41.43	15-Mar-03	ARE	Jason Harun at 2003 Summer Sprint Championships	
	100 Breast	1:32.72	21-Mar-09	ARE	Tristan De Villiers at 2009 SWA Junior Championships	
	200 Breast	3:28.04	6-Aug-10	ARE	Benjamin Vafeas at Race session 2	
	50 Fly	35.42	25-Jan-02	ARE	Rhys Johnson at 2002 State Open Junior Sprint	
	100 Fly	1:21.63	21-Dec-02	ARE	Justin Harun at State Junior Distance Championships	
	200 Fly	3:00.66	14-Nov-08	ARE	Liam Knight at Arena Race Session 7 2008/09	
	200 IM	2:55.99	5-Jan-02	ARE	Rhys Johnson at State Junior Distance 2002	
	400 IM	1:39:00.00	1-May-00	ARE	STANDARD TIME	
	11 & U	200 Free Relay	2:07.84	23-Jan-04	ARE	Arena
		200 Medley Relay	2:26.89	23-Jan-04	ARE	Arena
	11-11	50 Free	30.49	9-Apr-11	ARE	Ryan Butler at 2011 SWA Junior LC Championships
100 Free		1:08.37	6-Mar-04	ARE	Justin Harun	
200 Free		2:24.40	3-Apr-09	ARE	Thomas Hill at Arena race Session 9	

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11-11	400 Free	5:13.25	<b>21-Dec-02</b>	ARE	Rhys Johnson at State Junior Distance Championships	
	800 Free	1:39:00.00	<b>1-May-00</b>	ARE	STANDARD TIME	
	1500 Free	1:39:00.00	<b>1-May-00</b>	ARE	STANDARD TIME	
	50 Back	34.44	<b>22-Nov-08</b>	ARE	Jake Cardosa at 2008 Sprints in Spring	
	100 Back	1:14.10	<b>22-Nov-08</b>	ARE	Jake Cardosa at 2008 Sprints in Spring	
	200 Back	2:46.31	<b>14-Nov-08</b>	ARE	Trent Moss at Arena Race Session 7 2008/09	
	50 Breast	39.05	<b>24-Sep-00</b>	ARE	DANIEL WILDE	
	100 Breast	1:28.44	<b>22-Nov-08</b>	ARE	Jake Cardosa at 2008 Sprints in Spring	
	200 Breast	3:11.26	<b>7-Oct-00</b>	ARE	Daniel Wilde at Distance Qualifying Meet	
	50 Fly	34.36	<b>15-Jan-04</b>	ARE	Justin Harun at 2003/2004 State Open & Junior Championships	
	100 Fly	1:17.27	<b>5-Jan-02</b>	ARE	Jarrad Lawford at State Junior Distance 2002	
	200 Fly	2:49.11	<b>7-Mar-09</b>	ARE	Liam Knight at Summer Distance Meet	
	200 IM	2:47.37	<b>5-Jan-02</b>	ARE	Jarrad Lawford at State Junior Distance 2002	
	400 IM	6:12.70	<b>8-Dec-07</b>	ARE	Marco Kapp at 2007 LC Qualifying Meet	
	12-12	50 Free	28.58	<b>3-Oct-09</b>	ARE	Jake Cardosa at 2009 City of Perth Classic LC Swim Meet
		100 Free	1:02.95	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH
200 Free		2:14.42	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
400 Free		4:41.82	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
800 Free		11:00.77	<b>8-Dec-07</b>	ARE	Ryan Simcock at 2007 LC Qualifying Meet	
1500 Free		1:39:00.00	<b>1-May-00</b>	ARE	STANDARD TIME	
50 Back		32.45	<b>15-Nov-09</b>	ARE	Jake Cardosa at Dorsogna Cup - West Coast Swimming Club Meet	
100 Back		1:10.79	<b>18-Dec-04</b>	ARE	Justin Harun at 2004/2005 SunSmart State Junior Distance Meet	
200 Back		2:30.57	<b>6-Jan-05</b>	ARE	Justin Harun at 2004/2005 SunSmart State Age Championships	
50 Breast		36.34	<b>15-Nov-09</b>	ARE	Jake Cardosa at Dorsogna Cup - West Coast Swimming Club Meet	
100 Breast		1:20.89	<b>18-Dec-04</b>	ARE	Jason Harun at 2004/2005 SunSmart State Junior Distance Meet	
200 Breast		2:56.81	<b>18-Dec-04</b>	ARE	Jason Harun at 2004/2005 SunSmart State Junior Distance Meet	
50 Fly		30.32	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
100 Fly		1:07.22	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
200 Fly		2:31.46	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
200 IM		2:27.86	<b>27-Jan-01</b>	ARE	Geoffrey Forrester at SWIMFIT STATE OPEN & JUNIOR CH	
400 IM		5:40.50	<b>30-Jul-04</b>	ARE	Andrew Hook at Arena Race Session 5 2004 - 2005 Format No5	
13 & U		200 IM	2:11.72	<b>21-Jan-05</b>	ARE	Arena
	200 Free Relay	1:56.61	<b>21-Jan-05</b>	ARE	Arena	
13-13	50 Free	26.71	<b>9-Oct-10</b>	ARE	Jake Cardosa at 2010 City of Perth Classic LC Swim Meet	
	100 Free	1:00.02	<b>5-Apr-10</b>	ARE	Alex Baumann at 2010 Australian Age Championships	
	200 Free	2:11.71	<b>6-Mar-10</b>	ARE	Alex Baumann at 2010 SWA National Quality Meet	
	400 Free	4:37.79	<b>6-Mar-10</b>	ARE	Alex Baumann at 2010 SWA National Quality Meet	
	800 Free	9:33.22	<b>6-Mar-10</b>	ARE	Alex Baumann at 2010 SWA National Quality Meet	
	1500 Free	18:32.29	<b>16-Nov-03</b>	ARE	Jarrad Lawford at 2003 November LC Qualifying Meet	
	50 Back	31.25	<b>24-Nov-01</b>	ARE	Michael Shaw at AA Sprints	
	100 Back	1:06.74	<b>10-Jan-02</b>	ARE	Michael Shaw at State Age 2002	
	200 Back	2:21.99	<b>10-Jan-02</b>	ARE	Michael Shaw at State Age 2002	
	50 Breast	35.40	<b>30-Oct-10</b>	ARE	Jake Cardosa at 2010 SWA Club Sprint Championships	
	100 Breast	1:15.62	<b>17-Feb-06</b>	ARE	Justin Harun at Club Premierships	
	200 Breast	2:51.29	<b>8-Jan-04</b>	ARE	Jarrad Lawford at 2004 State Age Championships	
	50 Fly	29.38	<b>24-Nov-01</b>	ARE	Geoffrey Forrester at AA Sprints	
	100 Fly	1:04.70	<b>10-Jan-02</b>	ARE	Geoffrey Forrester at State Age 2002	
	200 Fly	2:25.23	<b>10-Jan-02</b>	ARE	Geoffrey Forrester at State Age 2002	
	200 IM	2:25.60	<b>10-Jan-02</b>	ARE	Michael Shaw at State Age 2002	
	400 IM	5:11.32	<b>3-Nov-01</b>	ARE	Geoffrey Forrester at Hancock FMF AA Distance Meet	
	14-14	50 Free	25.61	<b>11-Apr-07</b>	ARE	Daniel Smith at National Age Championships
		100 Free	57.11	<b>18-Dec-10</b>	ARE	Jake Cardosa at 2010 SWA Sunsmart LC State Age Championships

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14-14	200	Free	2:05.48	9-Apr-02	ARE	Blake Tocker at 2002 Australian Age Championsh
	400	Free	4:21.51	25-Jan-02	ARE	Blake Tocker at 2002 State Open Junior Sprint
	800	Free	8:59.38	1-Oct-00	ARE	AARON HOLDING
	1500	Free	16:51.91	7-Oct-00	ARE	Aaron Holding at Distance Qualifying Meet
	50	Back	30.45	16-Jan-03	ARE	Michael Shaw at 2003 State Open & Junior Championships
	100	Back	1:04.16	9-Jan-03	ARE	Michael Shaw at State Age Champs
	200	Back	2:18.08	9-Jan-03	ARE	Michael Shaw at State Age Champs
	50	Breast	33.17	17-Sep-00	ARE	AARON HOLDING
	100	Breast	1:12.76	13-Aug-00	ARE	AARON HOLDING
	200	Breast	2:39.47	30-Jul-00	ARE	AARON HOLDING
	50	Fly	28.47	18-Dec-10	ARE	Alex Baumann at 2010 SWA Sunsmart LC State Age Championshi
	100	Fly	1:00.83	9-Jan-03	ARE	Michael Shaw at State Age Champs
	200	Fly	2:18.77	9-Apr-02	ARE	Blake Tocker at 2002 Australian Age Championsh
	200	IM	2:17.55	16-Jan-03	ARE	Michael Shaw at 2003 State Open & Junior Championships
	400	IM	4:54.57	7-Oct-00	ARE	Aaron Holding at Distance Qualifying Meet
	15 & U	200	Free Relay	1:48.00	19-Jan-01	ARE
200		Medley Relay	2:01.62	19-Jan-01	ARE	Arena
15-15	50	Free	25.15	17-Dec-08	ARE	Ross Briggs at 2009 SWA State Swimming Championships
	100	Free	54.98	11-Jan-01	ARE	Brenton Bell at SWIMFIT STATE AGE CHAMPIONSHIP
	200	Free	1:57.82	11-Jan-01	ARE	Brenton Bell at SWIMFIT STATE AGE CHAMPIONSHIP
	400	Free	4:12.83	7-Mar-09	ARE	GENE Williams at Summer Distance Meet
	800	Free	8:49.94	17-Dec-08	ARE	GENE Williams at 2009 SWA State Swimming Championships
	1500	Free	16:39.99	17-Dec-08	ARE	GENE Williams at 2009 SWA State Swimming Championships
	50	Back	28.93	15-Jan-04	ARE	Michael Shaw at 2003/2004 State Open & Junior Championships
	100	Back	1:01.98	15-Jan-04	ARE	Michael Shaw at 2003/2004 State Open & Junior Championships
	200	Back	2:13.99	15-Jan-04	ARE	Michael Shaw at 2003/2004 State Open & Junior Championships
	50	Breast	32.73	27-Jan-01	ARE	Aaron Holding at SWIMFIT STATE OPEN & JUNIOR CH
	100	Breast	1:11.29	8-Jan-04	ARE	Michael Shaw at 2004 State Age Championships
	200	Breast	2:37.14	8-Jan-04	ARE	Michael Shaw at 2004 State Age Championships
	50	Fly	27.29	18-Dec-10	ARE	Alexander Smith at 2010 SWA Sunsmart LC State Age Champions
	100	Fly	59.15	11-Jan-01	ARE	Brenton Bell at SWIMFIT STATE AGE CHAMPIONSHIP
	200	Fly	2:08.56	26-Apr-03	ARE	Blake Tocker at Fisher & Paykel Australian Age Champs
	200	IM	2:14.48	15-Jan-04	ARE	Michael Shaw at 2003/2004 State Open & Junior Championships
	400	IM	4:48.86	27-Jan-01	ARE	Aaron Holding at SWIMFIT STATE OPEN & JUNIOR CH
16-16	50	Free	24.78	4-Jan-07	ARE	Jan Solciansky at 2007 SunSmart State Age Championships
	100	Free	54.25	11-Apr-07	ARE	Jan Solciansky at National Age Championships
	200	Free	1:59.93	11-Apr-07	ARE	Jan Solciansky at National Age Championships
	400	Free	4:10.55	24-Oct-09	ARE	GENE Williams at 2009 HFMF Distance Meet
	800	Free	8:45.87	28-Oct-00	ARE	Brendon Johnson at Hancock FMF Distance Meet
	1500	Free	16:28.68	24-Oct-09	ARE	GENE Williams at 2009 HFMF Distance Meet
	50	Back	29.58	18-Dec-09	ARE	Ross Briggs at 2010 SunSmart State Age Championships
	100	Back	1:01.64	14-Apr-04	ARE	Michael Shaw at Fisher & Paykel National Age Champs
	200	Back	2:13.53	14-Apr-04	ARE	Michael Shaw at Fisher & Paykel National Age Champs
	50	Breast	31.84	18-Dec-09	ARE	Jason Dickinson at 2010 SunSmart State Age Championships
	100	Breast	1:10.49	6-Feb-09	ARE	Jason Dickinson at 2009 Club Premiership - A Division
	200	Breast	2:33.34	18-Dec-09	ARE	Jason Dickinson at 2010 SunSmart State Age Championships
	50	Fly	27.81	15-Jan-10	ARE	Ross Briggs at Arena Race Session 6
	100	Fly	58.90	8-Jan-04	ARE	Blake Tocker at 2004 State Age Championships
	200	Fly	2:07.59	8-Jan-04	ARE	Blake Tocker at 2004 State Age Championships
	200	IM	2:14.50	14-Apr-04	ARE	Michael Shaw at Fisher & Paykel National Age Champs
400	IM	4:45.79	7-Oct-00	ARE	Brendon Johnson at Distance Qualifying Meet	
17 & U	200	Free Relay	1:43.35	19-Jan-01	ARE	Arena

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17 & U	200 Medley Relay	1:57.71	19-Jan-01	ARE	Arena
17-17	50 Free	24.72	9-Apr-08	ARE	Jan Solciansky at 2008 Australian Age Championships
	100 Free	53.43	9-Apr-08	ARE	Jan Solciansky at 2008 Australian Age Championships
	200 Free	1:58.11	19-Jan-01	ARE	Brendon Johnson at SWIMFIT STATE RELAY CHAMPIONSH
	400 Free	4:08.06	18-Dec-10	ARE	GENE Williams at 2010 SWA Sunsmart LC State Age Championsh
	800 Free	1:39:00.00	1-May-00	ARE	STANDARD TIME
	1500 Free	16:27.84	11-Jan-01	ARE	Brendon Johnson at SWIMFIT STATE AGE CHAMPIONSHIP
	50 Back	29.88	11-Feb-11	ARE	Ross Briggs at 2011 SWA Club Premierships - A Division
	100 Back	1:05.22	6-Feb-09	ARE	Jackson Howell at 2009 Club Premiership - A Division
	200 Back	2:26.97	13-Aug-04	ARE	Jeremy Tidy at 2004 Hancock FMF SC Championships
	50 Breast	31.65	16-Mar-10	ARE	Jason Dickinson at 2010 Telstra Australian Championships
	100 Breast	1:07.30	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	200 Breast	2:24.67	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	50 Fly	27.12	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	100 Fly	58.48	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	200 Fly	2:38.32	10-Sep-10	ARE	Bradley Hill at Arena Race Session 3 10_11
	200 IM	2:11.55	27-Jan-01	ARE	Brendon Johnson at SWIMFIT STATE OPEN & JUNIOR CH
	400 IM	4:43.27	11-Jan-01	ARE	Brendon Johnson at SWIMFIT STATE AGE CHAMPIONSHIP
18-18	50 Free	26.54	2-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Open & Junior Cl
	100 Free	59.10	2-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Open & Junior Cl
	200 Free	2:06.16	19-Feb-11	ARE	Jason Dickinson at Western Sprint 2011 - Indoor Pool
	400 Free	4:36.98	2-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Open & Junior Cl
	800 Free	1:39:00.00	1-May-00	ARE	STANDARD TIME
	1500 Free	1:39:00.00	1-May-00	ARE	STANDARD TIME
	50 Back	31.39	2-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Open & Junior Cl
	100 Back	1:07.64	12-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Age Championsh
	200 Back	1:39:00.00	1-May-00	ARE	STANDARD TIME
	50 Breast	1:39:00.00	1-May-00	ARE	STANDARD TIME
	100 Breast	1:07.17	11-Feb-11	ARE	Jason Dickinson at 2011 SWA Club Premierships - A Division
	200 Breast	2:28.28	18-Mar-11	ARE	Jason Dickinson at 2011 SWA Endof Summer Sensation
	50 Fly	28.76	2-Jan-06	ARE	Jeremy (S10,B9, Tidy at 2005-06 SunSmart State Open & Junior Cl
	100 Fly	1:00.15	11-Feb-11	ARE	Jason Dickinson at 2011 SWA Club Premierships - A Division
	200 Fly	2:41.39	18-Aug-06	ARE	Ben Preston at Arena Race Session No5
	200 IM	2:14.91	18-Mar-11	ARE	Jason Dickinson at 2011 SWA Endof Summer Sensation
	400 IM	4:44.40	11-Mar-11	ARE	Jason Dickinson at Arena Race Session #8 2010/2011
Open	50 Free	24.47	18-Mar-11	ARE	Bobby Jovanovich at 2011 SWA Endof Summer Sensation
	100 Free	53.43	9-Apr-08	ARE	Jan Solciansky at 2008 Australian Age Championships
	200 Free	1:57.82	11-Jan-01	ARE	Bell at SWIMFIT STATE AGE CHAMPIONSHIP
	400 Free	4:08.06	18-Dec-10	ARE	GENE Williams at 2010 SWA Sunsmart LC State Age Championsh
	800 Free	8:45.87	28-Oct-00	ARE	Brendon Johnson at Hancock FMF Distance Meet
	1500 Free	16:27.84	11-Jan-01	ARE	Brendon Johnson at SWIMFIT STATE AGE CHAMPIONSHIP
	50 Back	27.70	22-Mar-08	ARE	Michael Shaw at 2008 Telstra Australian Swimming Championship
	100 Back	1:00.23	5-Feb-10	ARE	Michael Shaw at Club Premierhsips - 'A' Division
	200 Back	2:13.23	11-Jan-08	ARE	Michael Shaw at 2008 SunSmart WA Swimming Championships
	50 Breast	30.14	22-Mar-08	ARE	Michael Shaw at 2008 Telstra Australian Swimming Championship
	100 Breast	1:07.17	11-Feb-11	ARE	Jason Dickinson at 2011 SWA Club Premierships - A Division
	200 Breast	2:24.67	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	50 Fly	26.92	11-Jan-08	ARE	Michael Shaw at 2008 SunSmart WA Swimming Championships
	100 Fly	58.48	18-Dec-10	ARE	Jason Dickinson at 2010 SWA Sunsmart LC State Age Championsh
	200 Fly	2:09.20	8-Jan-04	ARE	Blake Tocker at 2004 State Age Championships
	200 IM	2:10.48	22-Mar-08	ARE	Michael Shaw at 2008 Telstra Australian Swimming Championship
	400 IM	4:43.27	11-Jan-01	ARE	Johnson at SWIMFIT STATE AGE CHAMPIONSHIP
	200 Free Relay	1:44.89	17-Feb-01	ARE	Arena

**ARENA SWIM CLUB**

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**RECORDS Long Course Rec**

Open	400 Free Relay	3:47.97	19-Jan-01	ARE	Arena
	800 Free Relay	8:21.21	19-Jan-01	ARE	Arena
	200 Medley Relay	2:07.74	11-Feb-05	ARE	Arena
	400 Medley Relay	4:20.26	19-Jan-01	ARE	Arena