

**West Coast Swimming and
Life Saving Club Inc.**

**Annual Report
2008/09**



West Coast website: www.westcoast.asn.au

West Coast email: westcoastswim@hotmail.com

Front cover: supporters at National Age 2009 – Nick Hutt, Brielle Jarrett, Jamie Macfarlan, Gianna Leone, Daniel Bell, Pat Hoey, Luke Benoit-Spargo, Alex Schubach, Jamie Sturgeon



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Dorsogna Limited has been West Coast's primary sponsor since 2000. Dorsogna now sponsors our annual Dorsogna Cup Meet.

Dorsogna are manufacturers of high quality meat and ice cream products. Their products are available at supermarkets and delis and also at their store on Leach Hwy (cnr Stock Rd) Palmyra, Western Australia.



Healthway's mission is to improve the health of Western Australians by working through partnerships and supporting targeted programs, which promote and facilitate healthy lifestyles, policies and environments and build the capacity of individuals, groups and communities to be healthier.

West Coast was the recipient again this year of National Age shirts and caps from Engine Eyewear.

| | |
|--|----|
| <i>President's Report</i> | 4 |
| <i>Head Coach's Report</i> | 6 |
| <i>Treasurer's Report</i> | 8 |
| <i>West Coast Committee 2008/09</i> | 10 |
| <i>Life Members</i> | 10 |
| <i>Swimming Life Members</i> | 10 |
| <i>Competitions and Results</i> | 11 |
| State Championships..... | 11 |
| Metropolitan Club Championship Shield..... | 13 |
| Pennants..... | 14 |
| A Division Premiership..... | 14 |
| Travelling teams..... | 14 |
| <i>Club Awards</i> | 16 |
| Club Top 10..... | 16 |
| Top Club Points (Male and Female) Award..... | 16 |
| Club Age Group Champions..... | 16 |
| Sportsmanship Award..... | 17 |
| Ron Stoelwinder Junior Recognition Award..... | 17 |
| Lyn McKenzie Intermediate Recognition Award..... | 17 |
| Todd Pearson Senior Recognition Award..... | 17 |
| Swimmer of Year Award..... | 17 |

Attachment: Club records as at June 2009

President's Report

While season 2008/09 was a very good year for West Coast Swimming Club in the pool with swimmers reaching the ultimate level – the Olympics, it also coincided with what I feel is the first year of our new club performance cycle.

There are four areas which we should measure ourselves as a club, these are competition; community; coaching and cash (the only 'c' I could think of for finance).

In terms of Competition as Mel will no doubt outline we've had Eamon, Stoely, Jeremy and Katrina, not to forget Mel herself, representing Australia in the Olympics and Paralympics, with great success. As you are also aware we've recently had Tommaso selected for the World Champs in Rome later this year. In addition there have been a number of swimmers reach extraordinary levels across Age and Open categories throughout the year.

The club has also won another Pennant for a record in this State. While things appear rosy on the competitive front, I have some concerns as the year also saw a large number of senior swimmers and a senior coach leave the ranks of West Coast. In our senior ranks we may see the impact more in the coming seasons, which I believe will truly test the depth of our swimming ranks. Our junior feeding for competitive swimmers has also been dealt a blow with the loss of Carine Swimming Pool, development of Craigie Leisure Centre to incorporate a 50m pool, the commencement of Christchurch "Western Swim" club and the potential lack of indoor lane space to both WAIS and City of Perth.

To finish competition on a positive note its been great to see all of our members from the youngest to those just becoming adults stepping up and putting their best efforts forward to maintain the club as the 'best club' in WA and one of the best in Australia. Its also been great to see the "Stingrays" compete in club events and other meets. Its also great to see some of our juniors jumping in for a personal best without necessarily winning or making the fastest heat.

The second area of the club I wish to highlight is the community, I believe we can overcome most of the issues raised around competitors in the future with a strong club community. Disputes and healthy rivalries are great for children and families but only if they are healthy. It's a sad indictment on our club to have to be involved in disputes between families or swimmers of our own club. While we have formalised the code of conduct as an integral requirement to be agreed to upon joining or renewing membership with the club, we would obviously much prefer that any issues within the club can be nipped in the bud at a local level.

On a positive note I think the community and feeling which seems to have developed around the Stingrays is fantastic and the rest of the club community should take a leaf out of these families as no matter the odds they all put their best foot forward for the good of each other and the club. Also to the able members that help these guys THANKS. We also have a large community of volunteers around the club with many people doing great chunks of work without necessarily having a committee position again THANKS. And to all those that continue to look for social activities or meets, such as country trips and Singapore to enhance our club community THANKS. Lastly the committee – THANKS to all who put in tirelessly to ensure that the club continues to meet its SWA obligations for meets, accreditation, membership etc – without you guys and your goodwill the club and the community it supports would not exist.

The next point I raise is coaching and as we all know Mel Tantrum took over from Grant Stoelwinder, much to the doomsayers and doubters Mel should be congratulated for hitting pool deck running and continuing with a successful program (including many, many hours finalising the starting order for the Pennants). Mel has also managed to retain the services of some of our senior swimmers and taken them into the coaching ranks. The club has financially supported the development of one of these with payment for their Bronze and Silver coaching – which will assist Mel in enhancing the coaching staff at her disposal.

It is vital for the success of both the club and Mel Tantrum Coaching that there is a clear delineation between our respective roles, services and management. Having said that the club and coaching work as a united team, due in part to the passion Mel has for our club, she puts in considerable time to the current and continuing success and development of West Coast Swimming Club through its swimmers. Congratulations for a successful year and thanks to Mel and the coaching team.

The last area I will discuss is "Cash". The financial management and future budgeting is an area which unfortunately for too long the club has ignored. Perhaps because we had a sponsor that continued pouring sponsorship into the bucket or perhaps it was just too hard. While the club has yet to formalise its future budget forecast we have adopted our strategic plan from which the operational plans and future budget projections will flow.

While this year the club has moved towards a more positive cash flow, the cash flow is always likely to maintain a negative growth so long as we support our swimmers and coaches on interstate and overseas commitments. Which I think is a great thing, the goal is to ensure we build a growing income stream so that the club can continue to support swimmers and coaching issues into the future.

On a positive note, the club still has a reasonably good reserve of funds and the accounts are and have been managed with due diligence.

The key, in my mind, is to all work as a friendly welcoming community, where we don't ostracize or destroy our spirit within but work together to continue to build a strong and healthy atmosphere in and around the pool. Where all members and families feel both proud and keen to remain members and assist the committee upwards. This will then enhance our strategic structures and cash growth for the club. This cash will then assist in maintaining the security of our club community at all levels, and also greatly assist coaches maintain contemporary training skills and knowledge which will then flow through to continuing success for our swimmers in and around the pool both in terms of Pennants and Nationals and also assisting our club community through the stingrays and junior development.

Martyn Clancy-Lowe, President

Head Coach's Report

Season 2008/09 was a spectacular year for West Coast Swimming Club at the highest level of swimming. West Coast placed the only West Australian swimmer on the 2008 Beijing Olympic Team (Eamon Sullivan) with coach Grant Stoelwinder, and two West Coast swimmers competed at the 2008 Beijing Paralympic Games (Jeremy McClure and Katrina Porter) with myself appointed on the coaching staff. West Coast was the only club in Australia to place a coach on both the Olympic and Paralympic Teams.

In Beijing, Katrina Porter won the gold medal in the S7 100m Backstroke and was honored with an Order of Australia Medal (OAM) for this achievement. Katrina also won the 2009 WAIS Disabled Athlete of the Year, was named 2009 Swimming WA SWD Swimmer of the Year, and was a finalist in the Womensport West Sportswoman of the Year Award.

Eamon Sullivan won the silver medal in 100m freestyle in Beijing, and won two bronze medals in the 4 x 100m Freestyle and 4 x 100m Medley relay teams. Eamon also placed 6th in the 50m Freestyle. Eamon won the 2009 Swimming WA Swimmer of the Year Award and was a finalist for the WAIS Athlete of the Year.

World Records were also a focus for West Coast this season. A total of four World Records were set by West Coast swimmers in 2008/09; two by Eamon Sullivan in the 100m Freestyle in Beijing in August (47.24 and 47.05), and two by Katrina Porter in the S7 100m Backstroke (1:24.44 and 1:24.30) in September, also in Beijing.

Tommaso D'Orsogna made his first Australian Youth Team for the 2008 World Youth Championships in Monterrey, Mexico where he finished 5th in the 100m Freestyle, 14th in the 200m Freestyle, 14th in the 200m IM, 14th in the 4x100m Freestyle Relay, and 15th in the 50m Freestyle. However, it was in January 2009 when Tommaso was selected for his second Australian Youth Team for the Junior Pan Pacs in Guam where his past experience and increased confidence saw him win gold in the 100m Freestyle (49.75), gold in 4x100m Free Relay, gold in the 4x200m Free Relay, silver in the 50m Freestyle (22.96), silver in the 200m Free (1.49.57), and silver in the 4x100m Medley Relay.

At the 2009 Australian Open Championships, Tommaso stepped up to the Open ranks, earning a spot on his first Australian Open Team, gaining selection to compete at the FINA World Championships in Rome, Italy in July 2009. Tommaso also broke the 18 years Australian Age record in 200m IM at the World Championships Trials. Tommaso accepted a scholarship at the Australian Institute of Sport in 2008/09, and is now based in Canberra. Tommaso was a finalist in the 2009 Swimming WA Swimmer of the Year Awards.

Another highlight of the year for the high performance squad was watching the progression of our next tier of swimmers. Gianna Leone and Jessica Mitchell were both successful in gaining selection for the WAIS Potential International squad, joining Amy Lucas as WAIS Scholarship holders. Ben Tapley was selected in the Swimming WA State Flippers Squad, while Olivia Benoit-Spargo, Mark Ferguson, Nicholas Hutt, Alex Schubach, and Jamie Sturgeon were all selected for the Swimming WA Rising Stars Squad. The future for all of these swimmers is very bright.

The support of WAIS, Swimming WA, Swimming Australia, and Challenge Stadium must be acknowledged and recognized. Without their support, our highest performing athletes would not have achieved the results they have.

In terms of coaching awards, I was fortunate to win the 2009 Swimming WA Coach of the Year Award, was a finalist for the 2009 Womensport West Coach of the Year, and was nominated for the 2008 ANZ Coach of the Year Award.

From a club perspective, seeing our team of 75 swimmers claim the A Grade Premiership trophy for a record 9 consecutive years was an inspirational moment. No other club in the history of the

competition has maintained a winning streak such as West Coast's current string of victories. The challenge next season will be to maintain our decade of dominance and this will require all swimmers from all squads (junior to open) to come together and swim their hearts out.

West Coast also won the Metropolitan Club Shield, gaining the highest point score for the State Championships series of events, thus securing our position as the best performing club in Western Australia. Individual performances at the State and National Championships are recorded within this Annual Report. Take the time to read and reflect on the outstanding performances of all swimmers from various squads, from junior to opens. Well done to all title holders, medalists, finalists, and those achieving PBs.

In the junior ranks, it was impressive to see so many swimmers (38 in total) achieve results through the Swimming Australia JX Program. Congratulations to Olivia Benoit-Spargo, Shelby Carstens, Max Contessi, Jack Crawford, Ashleigh Glover, Louise Hewitt, Jared Hill, Alisha Hodgetts, Nicholas Hutt, William Lantzke, Siya Narayan, Joel Norton, Kyle Robinson, Beatrice Tay, and Geordi Tsigotis for achieving the highest status in Gold Star or Gold awards. These are some of the names of the future stars in our club, so watch out for these and others coming through the junior and intermediate ranks.

The West Coast Stingrays Squad continued for another season thanks to funding from Heathway, The Premier's Physical Activity Taskforce, and Disability Services Commission. Twelve new swimmers joined the club and I would like to take this opportunity to thank coaches Chris Jongsma, Lisa Bates, Kendall Hammond and Diane Shepherd, and the numerous volunteers such as Kieran Clancy-Lowe and Alisha Hodgetts who have donated their time to make this program happen.

Season 2008/09 also saw significant changes to the coaching program. I purchased Grant Stoelwinder's Challenge Swim Team business on 1 July 2008, signed a new Memorandum of Understanding with West Coast Swimming Club through to 2013, and established "Mel Tantrum Coaching", incorporating a structured and tiered development model from junior to elite. This season we also welcomed coaches Adrian Davini (National Age Squad), Francis Williams (National Age Development Squad), Jo Scheer (Intermediate Squad) and several junior squad coaches including Glenn Gerber, Sarah Mitchell, Sofie Fricot, Amy Lucas, and Kellie Rivers-Malet. We also had guest appearances from Roger Bruce, Tamara Bruce, Jeff Yip, and Jim Piper. All of these coaches bring a wealth of skills, knowledge and swimming experience to the program, all with the aim of being WA's leading club. My firm belief is that we have the best and most dedicated coaches on deck, coaching in the best program in Western Australia.

The West Coast Committee continues to work to support the coaching program. Thank you to President Martyn Clancy-Lowe, Vice President Chris Jongsma and Secretary Jane Mitchell for the numerous hours put in "behind the scenes" to make this club the success that it is. Jane Robinson has done an amazing job with uniforms this season, Karen and Steven Hodgetts coordinated the successful club nights, Ken Ashworth coordinated meet entries, Geraldine Peel led the charge in organising swim meets, Liz Atkin coordinated the fundraising, and Tina Strack was our superstar registrar. To **all** the committee members, thank you for getting involved in your children's sport. It is a team effort to make this club "tick".

Finally, may the success of this and previous years lay the foundation and show the way for the current crop of swimmers in this fantastic club to develop and shine on the world stage. The coaches, the pools, the committee, and the swimmers are all here. With commitment, dedication, hard work and a positive attitude, the sky is the limit. As the saying goes ... If it is to be, then it is up to me!!!

Best wishes for the new season. May all your dreams come true!

Mel Tantrum, Head Coach, June 2009

Treasurer's Report

West Coast Swimming Club Inc. Financial Statements for the year ended 30 June 2009

Balance Sheet

As of 26/06/09

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| | | |
|-------------------------|--------------------|--------------------|
| Assets | | |
| Current Assets | | |
| Cash On Hand | | |
| ANZ Business Extra | \$6,266.19 | |
| ANZ Sponsorship Account | \$1,095.61 | |
| ANZ V2S Account | \$15,782.47 | |
| ANZ - Special Needs | \$756.28 | |
| Total Cash On Hand | <u>\$23,900.55</u> | |
| Total Current Assets | | <u>\$23,900.55</u> |
| Total Assets | | <u>\$23,900.55</u> |
| Liabilities | | |
| Net Assets | | <u>\$23,900.55</u> |
| Equity | | |
| Retained Earnings | \$48,301.79 | |
| Current Year Earnings | -\$34,967.95 | |
| Historical Balancing | <u>\$10,566.71</u> | |
| Total Equity | | <u>\$23,900.55</u> |

Profit & Loss Statement

July 2008 through June 2009

01/07/09
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| | |
|------------------------------|---------------------|
| Income | |
| Registrations | \$22,198.50 |
| Swimmer Entries | \$23,772.20 |
| Transportation | \$15.00 |
| Dorsogna Cup | \$1,834.80 |
| Coaches Fees | \$459.70 |
| Sponsorship | \$2,845.69 |
| Fundraising | \$12,105.05 |
| Prizemoney | \$1,200.00 |
| Award Dinners | \$610.00 |
| Grants | \$405.00 |
| Uniform Sales | \$8,022.00 |
| Meets - Interstate | \$16,403.60 |
| Meets - Intrastate | \$1,836.00 |
| Miscellaneous Income | \$17,590.77 |
| Total Income | <u>\$109,098.31</u> |
| Cost of Sales | |
| Gross Profit | <u>\$109,098.31</u> |
| Expenses | |
| Accounting Fees | \$275.00 |
| Swimmer Entries | \$23,621.24 |
| Swimmer Entries - Relay | \$1,361.60 |
| Lane Hire | \$1,667.50 |
| Coaches Fees | \$12,292.00 |
| Bank Fees | \$460.05 |
| Dorsogna Cup | \$4,612.00 |
| Club AGM | \$286.75 |
| Registrations | \$11,779.50 |
| Interest | -\$238.74 |
| Maintenance | \$667.28 |
| Equipment | \$1,289.45 |
| Postage | \$160.00 |
| Transport Expenses | \$1,462.63 |
| Uniforms | \$16,366.33 |
| Trophies | \$1,222.00 |
| Marketing & Promotion | \$4,079.43 |
| Fundraising Expenses | \$4,884.50 |
| Meets - International | \$4,359.60 |
| Meets - Interstate | \$40,954.35 |
| Meets - Intrastate | \$4,592.30 |
| Misc Expenses - Other | \$8,196.36 |
| Misc Expense - Member Refund | \$260.60 |
| Total Expenses | <u>\$144,631.73</u> |
| Operating Profit | <u>-\$35,533.42</u> |
| Other Income | |
| Interest Income | \$565.47 |
| Total Other Income | <u>\$565.47</u> |
| Other Expenses | |
| Net Profit / (Loss) | <u>-\$34,967.95</u> |

West Coast Committee 2008/09

| | |
|------------------------------|---|
| President | Martyn Clancy-Lowe |
| Vice President | Chris Jongsma |
| Secretary | Jane Mitchell |
| Treasurer | Craig Robinson, Samantha Shields |
| Registrar, Entries | Jane Mitchell |
| Registrar, Memberships | Tina Strack |
| Uniforms | Jane Robinson |
| Newsletter | Norton family |
| Time Trials | Karen Hodgetts |
| Meet Director | Geraldine Herbert |
| Junior Liaison Officer | Sharon Spencer |
| Senior Liaison Officer | Ken Ashworth |
| Chief Timekeeper | Jane Mitchell |
| Fundraising/publicity/social | Liz Atkin |
| Club Captains | Jim Piper and Katrina Porter |
| Club Vice Captains | Kieran Clancy-Lowe, Glenn Gerber, Amy Lucas, Gianna Leone |
| Immediate Past President | N/A |

Life Members

Chris Jongsma
Fred Lane
Ron Lucas
Rozanne Lucas
Chris McKalman
Lyn McKenzie
Alex McKenzie
Jacquie McKenzie
Grant Stoelwinder
Ron Stoelwinder
Mel Tantrum
Bob Worthington
Pat Windsor

Swimming Life Members

Tommaso D'Orsogna (2008/09)
Adam Lucas
Todd Pearson
Jim Piper
Katrina Porter
Dianne Saunders
Eamon Sullivan
Jeremy McClure

Competitions and Results

State Championships

State Short Course (Open and Junior Sprint)

| | Gold | Silver | Bronze |
|-------------------|------|--------|--------|
| Joel Norton | 7 | | 1 |
| Gianna Leone | 5 | 1 | 1 |
| Katrina Porter | 4 | 2 | 1 |
| Gregg Tidboald | 2 | 3 | |
| Brielle Jarrett | 2 | 1 | |
| Jeremy McClure | 2 | | |
| Eamon Sullivan | 2 | | |
| Harry Jovanovich | 1 | 2 | 2 |
| Kyle Robinson | 1 | 1 | 2 |
| Louise Hewitt | 1 | | 1 |
| Amy Lucas | 1 | | |
| Jessica Mitchell | | 2 | |
| Konrad Herewini | | 1 | 3 |
| Adrian Davini | | 1 | |
| Sofie Frichot | | | 1 |
| Geordi Tsirigotis | | | 1 |

Open men's

medley (Adam

Lucas, Jim Piper,
Garth Kates, Adrian
Davini)

1

Open men's free

(Patrick Hoey,
Harry Jovanovich,
Kieran Clancy-
Lowe, Eamon
Sullivan)

1

Boys 12/u free

(Thurston Hewitt,
Joel Norton, Geordi
Tsirigotis, Kyle
Robinson)

1

Open women's medley and free

(Amy Lucas,
Rebecca Blevins,
Gianna Leone,
Sofie Frichot)

2

State Short Course (Age)

| | Gold | Silver | Bronze |
|----------------------|------|--------|--------|
| Tommaso D'Orsogna | 12 | | |
| Gianna Leone | 10 | | |
| Jessica Mitchell | 5 | 3 | 1 |
| Konrad Herewini | 4 | 1 | |
| Alex Schubach | 3 | 4 | 1 |
| Gregg Tidboald | 3 | 4 | |
| Patrick Hoey | 2 | 1 | |
| Harry Jovanovich | 1 | 3 | 2 |
| Nick Hutt | 1 | 2 | 2 |
| Brielle Jarrett | 1 | 1 | 1 |
| Luke Benoit-Spargo | 1 | | |
| Jamie Sturgeon | | 3 | |
| Nat Ruback | | 2 | |
| Cameron Ashworth | | 1 | 2 |
| Olivia Benoit-Spargo | | 1 | 2 |
| Abbey Herbert | | 1 | 1 |
| James Macfarlan | | 1 | |

State Long Course Championships

| Medal Count | Gold | Silver | Bronze |
|----------------------|------|--------|--------|
| Brielle Jarrett | 3 | 5 | 1 |
| Amy Lucas | 3 | 2 | |
| Jessica Mitchell | 3 | 1 | |
| Nick Hutt | 3 | 1 | |
| Harry Jovanovich | 2 | | 1 |
| Matthew Smith | 2 | | |
| Tommaso D'Orsogna | 2 | | |
| Patrick Hoey | 1 | 3 | |
| Gianna Leone | 1 | 2 | 2 |
| Alex Schubach | 1 | 1 | |
| Jamie Sturgeon | 1 | 1 | |
| Luke Benoit-Spargo | 1 | | 2 |
| Konrad Herewini | 1 | | |
| Olivia Benoit-Spargo | | 4 | |
| Adrian Davini | | 1 | |
| James Macfarlan | | 1 | |
| Nat Ruback | | 1 | |
| Glenn Gerber | | | 1 |
| Kieran Clancy-Lowe | | | 1 |
| Sofie Frichot | | | 1 |

State Open Water

James Macfarlan – gold in 17/u 5km and 10km, bronze in Open 5km and 10km

Jessica Murray – gold in 15/u 10km

Tom Atkin – silver in 15/u 2.5km, bronze in 15/u 5km, bronze in Open 2.5km

Liam Hughes – bronze in 15/u 2.5km

State Junior Distance Championships

| Name | Gold | Silver | Bronze |
|-----------------|-----------|----------|----------|
| Joel Norton | 7 | 2 | |
| Kyle Robinson | 2 | 1 | |
| Louise Hewitt | 1 | | 1 |
| Geordi Tsigotis | | 2 | 1 |
| Alex Milligan | | 1 | |
| Total | 10 | 6 | 2 |

| Event | Gold | Silver | Bronze |
|--|----------|----------|----------|
| Boys 11-12 200 LC Meter Freestyle Relay | | | |
| Kyle Robinson, Thurston Hewitt, Geordi Tsigotis, Joel Norton | 1 | | |
| Boys 8-10 200 LC Meter Medley Relay | | | |
| William Lantzke, Max Contessi, | | | 1 |
| Boys 8-10 200 LC Meter Freestyle Relay | | | |
| William Lantzke, Max Contessi, | | | 1 |
| Girls 8-10 200 LC Meter Freestyle Relay | | | |
| Louise Hewitt, Ashleigh Glover, Gemma Robinson, Beatrice Tay, | | | 1 |
| Boys 11-12 200 LC Meter Medley Relay | | | |
| Andrew Warnock, Kyle Robinson, Thurston Hewitt, Joel Norton | | 1 | |
| Total | 1 | 1 | 3 |

Metropolitan Club Championship Shield

The Metropolitan Club Championship Shield is presented each year to the Metropolitan Club which scores the most points overall during the SunSmart State Championship Series.

Points are awarded on a 10, 8, 6, 5, 4, 3, 2, 1 basis for individual events and 15, 10, 7, 5, 3, 2, 2, 2 for Relay Events.

West Coast again won this shield in 2008/09.

Pennants

A Division Premiership

West Coast made history on 6 February 2009, winning the most consecutive A Grade Pennants ever in the history of the competition. The A Grade Pennant is the highest honour in Western Australian swimming circles, awarded to the best swimming club in events across all age groups from 9 and under years to Open.

West Coast swimmers set 27 new PBs out of 48 events indicating the level of camaraderie West Coast swimmers have with each other. One of our swimmers, Ben Tapley qualified for his first National Age championships at this meet.

The final point score for the night was:

| | |
|-----------------------|-----|
| 1. West Coast | 474 |
| 2. Southside Penrhos | 384 |
| 3. Arena | 357 |
| 4. City of Perth | 352 |
| 5. UWA Uniswim | 293 |
| 6. Kalamunda | 258 |
| 7. Rockingham | 179 |
| 8. Southlake Dolphins | 148 |

Travelling teams

West Coast swimmers participated in a number of meets away from Perth in 2007/08. The following is a brief summary of those meets.

Youth World Championships, Mexico, July 2008

Tommaso D'Orsogna represented Australia in this his first major Youth team where he finished 5th in the 100m Freestyle, 14th in the 200m Freestyle, 14th in the 200m IM, 14th in the 4x100m Freestyle Relay, and 15th in the 50m Freestyle.

2008 Telstra Australian Short Course, Melbourne, September 2008

West Coast was represented by Tommaso D'Orsogna, Patrick Hoey, Brielle Jarrett, Harry Jovanovich, Garth Kates, Gianna Leone, Amy Lucas, Jessica Mitchell, Jamie Sturgeon and Gregg Tidboald. Our medallists were Tommaso D'Orsogna (silver in 100 IM) and Amy Lucas (bronze in 200 backstroke). Tommaso was selected as a member of the Junior Pan Pacs Team to compete in Guam in January 2009.

Singapore All Nations Cup 2008, Singapore, November 2008

The team of Thurston and Louise Hewitt, Jack Spencer, Jessie and Joel Norton, Kyle and Gemma Robinson, Alisha and Ryan Hodgetts, Sasha Downing, Alex Hughes, Max and Mia Contessi, Mitchell Atkins and Geordi Tsigotis all represented West Coast in Singapore. They swam many pbs and came home with a medal haul of 25 individual medals and 12 relay medals. Alisha Hodgetts, Louise Hewitt and coach Adrian Davini led the medals table.



Pacific School Games 2008, Canberra, December 2008

The following West Coast swimmers represented Western Australia at PSG: Sarah Anderson, Olivia Benoit-Spargo, Alisha Hodgetts, Patrick Hoey, Nicholas Hutt, Gianna Leone, James Macfarlan, Jessica Mitchell, Kyle Robinson, Nat Ruback and Alex Schubach. Jessica brought back gold in the 400 and 800 freestyle events, Alisha gold in 50 back, Gianna silver in 100 and 200 fly and bronze in 50 fly, Nick silver in 50 free.

Junior Pan Pacs, Guam, January 2009

Tommaso D'Orsogna won gold in the 100m Freestyle (49.75), gold in 4x100m Free Relay, gold in the 4x200m Free Relay, silver in the 50m Freestyle (22.96), silver in the 200m Free (1.49.57), and silver in the 4x100m Medley Relay.

2009 Australian Open Water, NSW, February 2009

The team of Thomas Atkin, James Macfarlan and Jessica Murray represented West Coast with James winning bronze in the 16 years 10k event.

2009 Telstra Australian Swimming Championship, Sydney, March 2009

The team of Adrian Davini, Stuart Clarke, Tommaso D'Orsogna, Gianna Leone, Amy Lucas, Jeremy McClure, Jessica Mitchell, Kellie Rivers-Malet, Geoff Short and Matt Smith represented West Coast. Jeremy won a bronze medal in 50m breaststroke with Gianna, Amy and Matt swimming in semi finals. Tommaso qualified for his first major international open team by placing third in 200 free, 5th in 100 free and then winning silver and setting a new 18 year old Australian Age record in 200 IM.



2009 Australian Age Championships, Sydney, April 2009

Our team of Olivia Benoit-Spargo, Luke Benoit-Spargo, Kieran Clancy-Lowe, Mark Ferguson (finalist), Glenn Gerber, Pat Hoey, Liam Hughes, Nick Hutt, Brielle Jarrett (finalist), Gianna Leone (finalist), James Macfarlan, Jessica Mitchell (finalist), Joel Norton, Alex Schubach, Jamie Sturgeon, Ben Tapley(BRONZE MEDAL) represented us with distinction.



Club Awards

Club Top 10

Criteria: Points awarded based on performances at 2008/09 Club Time Trials.

| <u>Placing</u> | <u>Name</u> | <u>Points</u> |
|----------------|-----------------|---------------|
| 1 | Alisha Hodgetts | 125 |
| 2 | Ashleigh Glover | 103 |
| 3 | Louise Hewitt | 102 |
| 4 | Thurston Hewitt | 95 |
| 5 | Jack Spencer | 84 |
| 6 | Kyle Robinson | 76 |
| 7 | Andrew Warnock | 74 |
| 8 | Nicholas Hutt | 72 |
| 9 | Ryan Hodgetts | 67 |
| 10 | Jared Hill | 66 |

Top Club Points (Male and Female) Award

Presented to:

Alisha Hodgetts

Thurston Hewitt

Criteria: Highest Club Time Trial points accumulated during 2008/09 season.

Club Age Group Champions

Criteria: A member of the Club who has swum at least three Club Nights and achieved 1st, 2nd, 3rd overall age group points placing at Club Championships.

Awarded To:

| | | 1st Place | 2nd Place | 3rd Place |
|--------------------|--------------------|-----------------------------|-----------------------------|-----------------------------|
| Girls | 8 years | Sarah Knox | Mia Contessi | |
| | 9 years | Ashleigh Glover | Emmeline Fraser-Gillard | |
| | 10 years | Louise Hewitt | Beatrice Tay | Nikki Martin |
| | 11 years | Siya Narayan | Sacha Downing | Shelby Carstens |
| | 12 years | Alisha Hodgetts | | |
| | 13-14 years | Olivia Benoit-Spargo | Amy Crawford | Jasmin Sekhon |
| | 15-16 years | Abbey Herbert | Renee Wood | |
| | 17+ years | Gianna Leone | Jessie Mitchell | Sofie Frichot |
| | Stingrays 12 years | Anna Gray | | |
| | | | | |
| Boys | 8 years | Joel Hill | Ryan Hodgetts | Josh Kerrich |
| | 9 years | Max Contessi | | |
| | 10 years | Jared Hill | William Lantzke | Callum Duffy |
| | 11 years | Joel Norton | Alex Milligan | Jack Crawford |
| | 12 years | Kyle Robinson | Andrew Warnock | Geordi Tsigotis |
| | 13-14 years | Liam Hughes | Nicholas Hutt | Benjamin Tapley |
| | 15-16 years | Alex Schubach | Luke Benoit-Spargo | |
| | 17+ years | Geoff Short | Stuart Clarke | Jamie Sturgeon |
| | Stingrays 10 years | Maximillian Prinz | | |
| | Singrays 12 years | Darren Kow | | |
| Stingrays 14 years | Peter Rossen | | | |

Participation medals are awarded to the following 14/u members who participated in Club Championships but finished outside the major placings or were otherwise not eligible for the awards: Rebecca Wilson, Gemma Robinson, Jessie Knox, Laura Murray, Jacinta Fraser-Gillard, Megan Wilson, Jema Kerrich, Elizabeth Skotsch, Lucy Rossen, Shannon Marlborough, Eleanor Ferguson, Peter Carstens, Adam McCann, Brandon Tay, Jack Spencer, Thurston Hewitt, Alastair Watling, Yean Ng, Glenn Oliveiro, Jack Gangemi, Jack Sirett, Joshua Martin.

Sportsmanship Award

Presented to: Kieran Clancy-Lowe and Glenn Gerber

Criteria: President's nomination of a member who has demonstrated commendable sportsmanship towards swimmers and competitors during the Club season.

Ron Stoelwinder Junior Recognition Award

Presented to: Joel Norton and Sacha Downing

Criteria: Head Coach and Junior Coach nomination for Junior Female and Male dedication, spirit and attitude towards swimming, fellow swimmers and coaches.

Lyn McKenzie Intermediate Recognition Award

Presented to: Benjamin Tapley and Olivia Benoit-Spargo

Criteria: Head Coach and Intermediate Coach nomination for Intermediate Female and Male dedication, spirit and attitude towards swimming, fellow swimmers and coaches.

Todd Pearson Senior Recognition Award

Presented to: Tommaso D'Orsogna and Gianna Leone

Criteria: Head Coach nomination for Senior Female and Male dedication, spirit and attitude towards swimming, fellow swimmers and coaches.

Swimmer of Year Award

Presented to: Eamon Sullivan and Katrina Porter

Criteria: Head Coach nomination for outstanding achievement and performance.



All Comers Long Course Womens Records as at June 2009

| A G E | Individual Medley | | Butterfly | | | Backstroke | | | Breaststroke | | | Freestyle | | | |
|-------------|--|------------------------------------|--|--|---|---|---|--|---|--|--|--|--|---|--|
| | 200 | 400 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 400 |
| 7 | | | Amy Lucas 27/06/1997 55.72 | | | Jessica Mitchell 23/09/1999 50.36 | Jessica Mitchell 2/03/2000 1.45.47 | | Shilo Read 16/02/2006 56.32 | Esmeralda Ashby 10/08/2000 2.07.39 | | Amy Lucas 25/07/1997 39.91 | Amy Lucas 25/07/1997 1.30.55 | | |
| 8 | Rachel Kohan 13/02/2003 3.52.90 | | Kelsey Gill 1/11/2001 43.81 | | | Amy Lucas 30/01/1998 44.40 | Amy Lucas 20/03/1998 1.34.86 | Jessica Mitchell 1/03/2001 3.09.34 | Hayley Tate 7/02/2008 49.71 | Esmeralda Ashby 15/02/2001 1.50.51 | | Amy Lucas 30/01/1998 37.03 | Amy Lucas 6/08/1998 1.21.15 | Jessica Mitchell 15/02/2001 3.04.65 | |
| 9 | Kelsey Gill 21/11/2002 3.07.50 | | Kelsey Gill 24/10/2002 40.37 | Kelsey Gill 7/11/2002 1.33.28 | | Amy Lucas 12/08/1999 38.89 | Amy Lucas 18/02/1999 1.30.65 | Amy Lucas 12/08/1999 2.56.47 | Esmeralda Ashby 23/03/2002 47.75 | Amy Lucas 29/07/1999 1.44.57 | Ashleigh Glover 6/11/2008 3.40.60 | Kelsey Gill 7/11/2002 34.09 | Amy Lucas 12/08/1999 1.13.93 | Amy Lucas 15/07/1999 2.37.31 | |
| 10 | Amy Lucas 29/06/2000 2.58.06 | | Amy Lucas 25/03/2000 36.27 | Kelsey Gill 13/02/2003 1.28.61 | Jessica Walker 19/10/2000 3.31.49 | Amy Lucas 29/06/2000 36.87 | Jessica Mitchell 27/03/2003 1.20.91 | Amy Lucas 12/08/1999 2.56.47 | Samantha Pitman 20/03/1999 42.23 | Petrea Stregas 7/02/2008 1.37.60 | Petrea Stregas 4/10/2007 3.27.58 | Louise Hewitt 4/04/2009 32.63 | Amy Lucas 10/08/2000 1.11.14 | Amy Lucas 10/08/2000 2.29.74 | |
| 11 | Amy Lucas 14/06/2001 2.48.06 | Amy Lucas 26/07/2001 5.44.96 | Jemma Saxton 2/03/2008 34.50 | Amy Lucas 1/03/2001 1.19.91 | Jemma Saxton 2/03/2008 2.48.27 | Jemma Saxton 2/03/2008 35.16 | Amy Lucas 9/08/2001 1.16.47 | Amy Lucas 4/01/2001 2.43.37 | Jemma Saxton 2/03/2008 39.84 | Jessica Kersten 24/10/2003 1.30.77 | Jessica Mitchell 14/08/2003 3.06.40 | Samantha Pitman 2/03/2000 30.20 | Samantha Pitman 2/03/2000 1.08.21 | Sarah Mitchell 1/08/2002 2.29.00 | Sarah Mitchell 12/09/2002 5.05.96 |
| 12 | Amy Lucas 31/01/2002 2.39.82 | Amy Lucas 26/07/2001 5.44.96 | Amy Lucas 23/03/2002 32.32 | Amy Lucas 19/12/2002 1.09.74 | Amy Lucas 29/11/2001 2.47.21 | Amy Lucas 1/08/2002 33.19 | Amy Lucas 20/06/2002 1.12.25 | Amy Lucas 1/08/2002 2.30.44 | Stephanie Winter 23/03/2002 38.56 | Stephanie Winter 26/07/2001 1.27.22 | Stephanie Winter 12/07/2001 3.03.75 | Jessica Mitchell 10/02/2005 29.98 | Amy Lucas 1/08/2002 1.05.69 | Rachel Mitchell 18/12/2001 2.18.96 | Renee Brown 14/09/2000 4.47.02 |
| 13 | Amy Lucas Mar-03 2.31.42 | Amy Lucas 26/07/2001 5.44.96 | Jasmine Patterson 11/03/1999 31.06 | Amy Lucas Mar-03 1.09.38 | Brooke Wilson 1/03/2007 2.28.31 | Amy Lucas 13/03/2003 33.16 | Amy Lucas 14/08/2003 1.07.90 | Amy Lucas 1/08/2002 2.30.44 | Stephanie Winter 5/12/2002 37.38 | Kym Lawniczak Amy Lucas 7/4/01, March 03 1.25.92 | Stephanie Winter 12/07/2001 3.03.75 | Jasmine Patterson 10/12/1998 27.85 | Jasmine Patterson 20/03/1999 1.00.82 | Amy Lucas 7/11/2002 2.15.13 | Renee Brown 14/09/2000 4.47.02 |
| 14 | Amy Lucas 29/07/2004 2.28.57 | Amy Lucas 26/07/2001 5.44.96 | Jasmine Patterson 7/10/1999 30.44 | Lauren Winter 23/03/2002 1.06.70 | Brooke Wilson 1/03/2007 2.28.31 | Amy Lucas 29/07/2004 32.06 | Amy Lucas 14/08/2003 1.07.90 | Amy Lucas 1/08/2002 2.30.44 | Stephanie Winter 5/12/2002 37.38 | Rebecca Blevins 4/08/2006 1.16.43 | Tara Carmichael 13/07/2000 2.58.04 | Jasmine Patterson 10/12/1998 27.85 | Jasmine Patterson 20/03/1999 1.00.82 | Stephanie Winter 5/02/2004 2.13.00 | Rachel Mitchell 14/08/2003 4.33.43 |
| 15 | Amy Lucas 29/07/2004 2.28.57 | Amy Lucas 26/07/2001 5.44.96 | Gianne Leone 5/10/2006 29.17 | Gianne Leone 5/04/2007 1.05.04 | Gianna Leone 5/04/2007 2.22.36 | Amy Lucas 9/08/2005 32.01 | Amy Lucas 14/08/2003 1.07.90 | Amy Lucas 1/08/2002 2.30.44 | Rebecca Blevins 1/03/2007 33.60 | Rebecca Blevins 4/08/2006 1.16.43 | Jayne Lawniczak 2/11/2000 2.55.03 | Rebecca Blevins 5/04/2007 27.55 | Jasmine Patterson 20/03/1999 1.00.82 | Stephanie Winter 29/07/2004 2.11.90 | Rachel Mitchell 14/08/2003 4.33.43 |
| 16 | Amy Lucas 29/07/2004 2.28.57 | Amy Lucas 26/07/2001 5.44.96 | Gianne Leone 5/10/2006 29.17 | Gianne Leone 2/03/2008 1.04.79 | Gianna Leone 5/04/2007 2.22.36 | Amy Lucas 15/09/2005 31.81 | Amy Lucas 14/08/2003 1.07.90 | Amy Lucas 5/04/2007 2.21.98 | Rebecca Blevins 1/03/2007 33.60 | Rebecca Blevins 4/08/2006 1.16.43 | Kellie Rivers-Malet 10/02/2005 2.54.85 | Rebecca Blevins 5/04/2007 27.55 | Jasmine Patterson 20/03/1999 1.00.82 | Stephanie Winter 23/06/2005 2.10.88 | Rachel Mitchell 14/08/2003 4.33.43 |
| 17 & over | Ina Marleen Holm 2/03/2008 2.25.84 | Amy Lucas 26/07/2001 5.44.96 | Gianne Leone 5/10/2006 29.17 | Lauren Winter 24/02/2005 1.03.50 | Gianna Leone 5/04/2007 2.22.36 | Amy Lucas 15/09/2005 31.81 | Amy Lucas 8/11/2007 1.07.31 | Amy Lucas 5/04/2007 2.21.98 | Rebecca Blevins 1/03/2007 33.60 | Rebecca Blevins 4/08/2006 1.16.43 | Ina Marleen Holm 2/03/2008 2.50.62 | Rebecca Blevins 5/04/2007 27.55 | Jasmine Patterson 20/03/1999 1.00.82 | Stephanie Winter 23/06/2005 2.10.88 | Amy Lucas 8/11/2007 4.30.41 |

All Comers Long Course Mens Records as at June 2009

| A G E | Individual Medley | | Butterfly | | | Backstroke | | | Breaststroke | | | Freestyle | | | | |
|-------------|--|--|--|--|--|--|--|--|--------------------------------------|--|--|---------------------------------------|--|--|--|---------------------------------------|
| | 200 | 400 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 400 | 800 |
| 7 | | | Nicholas Hutt 19/12/2002 52.09 | | | Nicholas Hutt 24/10/2002 47.47 | | | Matthew Johns 25/03/2000 58.15 | Micah Mitchell 23/08/2001 2.11.68 | | Nicholas Hutt 19/12/2002 40.50 | Nicholas Hutt 7/11/2002 1.40.03 | | | |
| 8 | Adam McCann 27/10/2005 4.04.89 | | Bradley Brown 30/11/2000 48.19 | | | Jack Hemsworth 14/12/2006 44.56 | Bradley Brown 4/01/2001 1.34.69 | | Matthew Johns 7/04/2001 48.48 | David Graham 98/99 1.55.34 | | Josh Tilley 24/10/2002 36.88 | Bradley Brown 14/12/2000 1.23.91 | Josh Tilley 10/10/2002 2.59.86 | | |
| 9 | Bradley Brown 13/12/2001 3.14.98 | | Matthew Johns 23/03/2002 41.36 | Tommaso D'Orsogna 30/11/2000 1.37.32 | | Jeremy Stock 13/07/2000 40.76 | Tommaso D'orsogna 14/12/2000 1.29.17 | | William Hutt 30/03/2008 44.15 | Matthew Blake 4/08/2006 1.22.05 | | Josh Tilley 3/07/2003 35.28 | Tommaso D'orsogna 14/12/2000 1.18.72 | Bradley Brown 15/11/2001 2.50.40 | Tully Bennett 24/11/2005 6.15.04 | |
| 10 | Tommaso D'Orsogna 18/10/2001 2.54.57 | Lachie Wynne 9/08/2001 6.49.19 | Tommaso D'Orsogna 23/08/2001 36.59 | Tommaso D'Orsogna 29/11/2001 1.18.79 | Jack Spencer 20/03/2008 3.22.97 | Joel Norton 2/03/2008 37.36 | Tommaso D'Orsogna 9/08/2001 1.23.56 | Tommaso D'Orsogna 28/06/2001 2.59.15 | Joel Norton 2/03/2008 40.77 | Tommaso D'Orsogna 13/12/2001 1.33.78 | Joel Norton 3/07/2008 3.12.25 | Joel Norton 7/02/2008 31.81 | Nicholas Hutt 24/11/2005 1.12.40 | Joel Norton 2/03/2008 2.37.15 | Tully Bennett 14/12/2006 5.49.19 | |
| 11 | Bryan Tay 13/02/2003 2.35.00 | Lachie Wynne 9/08/2001 6.49.19 | Joel Norton 4/04/2009 31.81 | Tommaso D'Orsogna 29/11/2001 1.18.79 | Tommaso D'Orsogna 29/08/2002 2.58.31 | Joel Norton 4/04/2009 34.19 | Tommaso D'Orsogna 14/08/2002 1.19.94 | Tommaso D'Orsogna 4/07/2002 2.49.53 | Joel Norton 15/01/2009 36.78 | Joel Norton 11/12/2008 1.28.72 | Joel Norton 3/07/2008 3.12.25 | Joel Norton 11/12/2008 28.65 | Joel Norton 6/11/2008 1.07.08 | Ian McIntyre 29/07/1999 2.27.98 | Chris Guard 9/09/1999 5.19.30 | |
| 12 | Ross Moore 20/06/2002 2.22.31 | Tommaso D'Orsogna 27/03/2003 5.37.70 | Garth Kates 20/06/2002 31.16 | Ross Moore 27/09/2001 1.10.91 | Tommaso D'Orsogna 4/07/2002 2.49.23 | Tommaso D'Orsogna 18/12/2003 33.72 | Jeff Yip 7/10/1999 1.12.77 | Tommaso D'Orsogna 20/11/2003 2.35.00 | Daniel Wilde 17/01/2002 36.57 | Ross Moore 27/09/2001 1.20.84 | Tommaso D'Orsogna 14/08/2003 2.56.48 | Jeff Yip 15/07/1999 27.80 | Tommaso D'Orsogna 20/11/2003 1.04.03 | Garth Kates 6/06/2002 2.19.72 | Ian McIntyre 13/07/2000 5.01.60 | |
| 13 | Jeff Yip 25/03/2000 2.26.55 | Adam Lucas 17/10/1997 5.18.37 | Ross Moore 24/10/2002 28.87 | Tjad Dorrington 16/11/2000 1.08.38 | Ross Moore 31/01/2002 2.30.68 | Ross Moore 24/10/2002 29.97 | Nicholas Hutt 15/01/2009 1.08.44 | Adam Lucas 14/03/1997 2.30.46 | Bryan Tay 18/08/2005 33.15 | Jeff Yip 25/03/2000 1.19.97 | Ross Moore 12/09/2002 2.48.66 | Nicholas Hutt 15/01/2009 26.32 | Jeff Yip 25/03/2000 59.85 | Ross Briggs 2.10.92 | Ian McIntyre 4.46.20 | |
| 14 | Jeff Yip 23/08/2001 2.22.28 | Adam Lucas 17/10/1997 5.18.37 | Tommaso D'Orsogna 18/08/2005 27.75 | Ross Moore 13/02/2003 1.03.47 | Ian McIntyre 6/08/2002 2.24.22 | Ross Moore 24/10/2002 29.97 | Adam Lucas 98/99 1.04.13 | Adam Lucas 98/99 2.18.13 | Bryan Tay 18/08/2005 33.15 | Adam Lucas 27/03/1998 1.15.65 | Adam Lucas 98/99 2.43.62 | Jeff Yip 23/08/2001 25.93 | Jeff Yip 7/04/2001 57.86 | Adam Lucas 98/99 2.06.55 | Gene Williams 8/11/2007 4.35.76 | Gene Williams 6/09/2007 9.32.08 |
| 15 | Tommaso D'Orsogna 2.19.67 8/04/2006 | Andrew McIntyre 2/03/2000 5.12.47 | Garth Kates 23/06/2005 25.87 | Tommaso D'Orsogna 8/04/2006 1.01.60 | Adam Lucas 18/02/1999 2.17.79 | Adam Lucas 23/09/1999 29.24 | Adam Lucas 9/09/1999 1.01.72 | Adam Lucas 4/03/1999 2.15.26 | Tait Marston 11/09/2003 32.67 | Tait Marston Mar-03 1.10.20 | Adam Lucas 29/07/1999 2.36.25 | Eamon Sullivan 23/08/2001 25.25 | Patrick Hoey 2/03/2008 54.74 | Adam Lucas 21/10/1999 2.01.68 | Adam Lucas 9/09/1999 4.21.75 | Adam Lucas 7/10/1999 8.57.03 |
| 16 | Adam Lucas 10/08/2000 2.15.74 | Andrew McIntyre 2/03/2000 5.12.47 | Garth Kates 19/01/2006 25.09 | Garth Kates 8/04/2006 55.98 | Brendon Sarson 1/07/1999 2.17.06 | Tommaso D'orsogna 1/03/2007 27.99 | Adam Lucas 25/03/2000 1.01.38 | Adam Lucas 14/09/2000 2.11.00 | Tait Marston 29/07/2004 32.06 | Tait Marston Mar-03 1.10.20 | Adam Lucas 13/07/2000 2.33.80 | Jeremy Stock 5/04/2007 24.73 | Bobby Jovanovich 8/04/2006 54.09 | Adam Lucas 16/03/2000 2.00.84 | Adam Lucas 9/09/1999 4.21.75 | Adam Lucas 19/10/2000 8.49.10 |
| 17 & Over | Adam Lucas 2/03/2008 2.08.25 | Andrew McIntyre 2/03/2000 5.12.47 | Garth Kates 19/01/2006 25.09 | Garth Kates 2/03/2008 54.21 | Brendon Sarson 23/08/2001 2.08.02 | Tommaso D'orsogna 1/03/2007 27.99 | Bobby Jovanovich 2/03/2008 57.82 | Adam Lucas 23/08/2001 2.09.81 | Jim Piper 24/02/2005 29.50 | Jim Piper 1/03/2007 1.02.85 | Jim Piper 1/03/2007 2.13.83 | Eamon Sullivan 4/11/2004 23.2 | Eamon Sullivan 1/03/2007 49.2 | Todd Pearson 6/06/2002 1.56.11 | Adam Lucas 9/09/1999 4.21.75 | Adam Lucas 19/10/2000 8.49.10 |

Age Long Course Womens Records as at June 2009

| A G E | Individual Medley | | Butterfly | | | Backstroke | | | Breaststroke | | | Freestyle | | | |
|-------------|--|---|---|--|---|---|---|--|---|---|---|---|---|---|---|
| | 200 | 400 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 400 |
| 7 | | | Amy Lucas 27/06/1997 55.72 | | | Jessica Mitchell 23/09/1999 50.36 | Jessica Mitchell 2/03/2000 1.45.47 | | Shilo Read 8/04/2006 53.27 | Esmeralda Ashby 10/08/2000 2.07.39 | | Amy Lucas 25/07/1997 39.91 | Amy Lucas 25/07/1997 1.30.55 | | |
| 8 | Rachel Kohan 13/02/2003 3.52.90 | | Kelsey Gill 1/11/2001 43.81 | | | Amy Lucas 30/01/1998 44.40 | Amy Lucas 20/03/1998 1.34.86 | Jessica Mitchell 1/03/2000 3.09.34 | Hayley Tate 7/2/2008 49.71 | Esmeralda Ashby 15/02/2001 1.50.51 | | Amy Lucas 30/01/1998 37.03 | Amy Lucas 6/08/1998 1.21.15 | Jessica Mitchell 15/02/2001 3.04.65 | |
| 9 | Kelsey Gill 21/11/2002 3.07.53 | | Kelsey Gill 24/10/2002 40.37 | Kelsey Gill 27/11/2002 1.33.28 | | Amy Lucas 12/08/1999 38.89 | Amy Lucas 18/02/1999 1.30.65 | Amy Lucas 12/08/1999 2.56.47 | Esmeralda Ashby 23/03/2002 47.75 | Amy Lucas 29/07/1999 1.44.57 | Ashleigh Glover 6/11/2008 3.40.60 | Kelsey Gill 7/11/2002 34.07 | Amy Lucas 12/08/1999 1.13.93 | Amy Lucas 15/07/1999 2.37.31 | Jessica Mitchell 28/02/2002 5.36.59 |
| 10 | Amy Lucas 29/06/2000 2.58.06 | | Amy Lucas 25/03/2000 36.27 | Kelsey Gill 13/02/2003 1.28.61 | Jessica Walker 19/10/2000 3.31.49 | Amy Lucas 29/06/2000 36.87 | Jessica Mitchell 13/03/2003 1.20.91 | Amy Lucas 17/10/1999 2.57.83 | Samantha Pitman 20/03/1999 42.23 | Petrea Stregas 7/02/2008 1.37.60 | Petrea Stregas 4/10/2007 3.27.58 | Louise Hewitt 4/04/2009 32.63 | Amy Lucas 10/08/2000 1.11.14 | Amy Lucas 10/08/2000 2.29.74 | Amy Lucas 27/07/2000 5.18.03 |
| 11 | Amy Lucas 14/06/2001 2.48.06 | Amy Lucas 26/07/2001 5.44.96 | Jemma Saxton 2/03/2008 34.50 | Amy Lucas 1/03/2001 1.19.91 | Jemma Saxton 2/03/2008 2.48.27 | Jemma Saxton 2/03/2008 35.16 | Amy Lucas 9/08/2001 1.16.47 | Amy Lucas 4/01/2001 2.43.37 | Jemma Saxton 2/03/2008 39.84 | Jessica Kersten 24/10/2002 1.30.77 | Jessica Mitchell 14/08/2003 3.06.40 | Samantha Pitman 2/03/2000 30.20 | Samantha Pitman 2/03/2000 1.08.21 | Sarah Mitchell 1/08/2002 2.29.00 | Sarah Mitchell 12/09/2002 5.05.96 |
| 12 | Amy Lucas 20/06/2002 2.35.25 | | Amy Lucas 23/03/2002 32.32 | Amy Lucas 4/07/2002 1.11.50 | Amy Lucas 29/11/2001 2.47.21 | Amy Lucas 1/08/2002 33.19 | Amy Lucas 20/06/2002 1.12.25 | Amy Lucas 1/08/2002 2.30.44 | Stephanie Winter 23/03/2002 38.56 | Stephanie Winter 26/07/2001 1.27.22 | Stephanie Winter 12/07/2001 3.03.75 | Jessica Mitchell 10/02/2005 29.98 | Jessica Mitchell 23/09/2004 1.06.77 | Rachel Mitchell 13/12/2001 2.18.96 | Renee Brown 14/09/2000 4.47.02 |
| 13 | Amy Lucas Mar-03 2.31.42 | Sophie-Lee Duggan 5/10/2006 5.55.36 | Jasmine Paterson 11/03/1999 31.06 | Amy Lucas Mar-03 1.09.38 | Brooke Wilson 1/03/2007 2.28.31 | Amy Lucas 13/03/2003 33.16 | Amy Lucas 14/08/2003 1.07.90 | Brooke Wilson 2/11/2006 2.39.57 | Stephanie Winter 5/12/2002 37.38 | Kym Lawniczak, Amy Lucas 7/4/01, March 03 1.25.92 | Kim Lawniczak 26/07/2001 3.09.03 | Jasmine Paterson 10/12/1998 27.85 | Jasmine Paterson 20/03/1999 1.00.82 | Amy Lucas 7/11/2002 2.15.13 | Sarah Mitchell 4/12/2003 4.45.77 |
| 14 | Amy Lucas 29/07/2004 2.28.57 | | Jasmine Paterson 7/10/1999 30.44 | Lauren Winter 23/03/2002 1.06.70 | Renee Brown 4/07/2002 2.30.41 | Amy Lucas 29/07/2004 32.06 | Amy Lucas 18/12/2003 1.08.93 | Kristina Brown 4/01/2001 2.36.37 | Stephanie Winter Mar-03 37.77 | Rebecca Blevins 4/08/2006 1.16.43 | Tara Carmichael 13/07/2000 2.58.04 | Jasmine Paterson 26/08/1999 28.08 | Renee Brown 23/03/2002 1.02.13 | Stephanie Winter 5/02/2004 2.13.00 | Rachel Mitchell 14/08/2003 4.33.43 |
| 15 | Amy Lucas 23/09/2005 2.33.37 | | Gianna Leone 5/10/2006 29.17 | Gianna Leone 5/04/2007 1.05.04 | Gianna Leone 5/04/2007 2.22.36 | Amy Lucas 9/08/2005 32.01 | Carly Stewart Mar-03 1.10.43 | Catherine Reddie 9/08/2001 2.33.06 | Rebecca Blevins 1/03/2007 33.6 | Rebecca Blevins 5/04/2007 1.16.86 | Jayne Lawniczak 2/11/2000 2.55.03 | Rebecca Blevins 5/04/2007 27.55 | Amy Lucas 23/06/2005 1.01.36 | Stephanie Winter 29/07/2004 2.11.90 | Kara Wright 14/09/2000 4.53.26 |
| 16 | Lauren Winter 29/07/2004 2.28.00 | | Lauren Winter 29/07/2004 29.85 | Gianna Leone 2/03/2008 1.04.79 | Gianna Leone 8/11/2007 2.27.53 | Amy Lucas 15/06/2005 31.81 | Amy Lucas 8/04/2006 1.08.45 | Amy Lucas 5/04/2007 2.21.98 | Stephanie Winter 16/02/2006 35.63 | Jayne Lawniczak 7/04/2001 1.18.10 | Kellie Rivers-Malet ##### 2.54.85 | Stephanie Winter 16/02/2006 28.5 | Gianna Leone 2/03/2008 1.01.27 | Stephanie Winter 23/06/2005 2.10.88 | Raenee Barber 7/10/1999 4.55.83 |
| 17 & Over | Ina Marleen Holm 2/03/2008 2.25.84 | | Lauren Winter 16/02/2006 30.79 | Lauren Winter 24/02/2005 1.03.50 | Bronwen Williams 18/10/2001 2.27.97 | Lauren Winter 24/02/2005 32.9 | Amy Lucas 8/11/2007 1.07.31 | Amy Lucas 13/12/2007 2.23.59 | Jayne Lawniczak 29/08/2002 36.74 | Jayne Lawniczak 23/03/2002 1.20.46 | Ina Marleen Holm 2/03/2008 2.50.62 | Lauren Winter 27/10/2005 28.05 | Amy Lucas 2/03/2008 1.00.86 | Amy Lucas 4/10/2007 2.12.14 | Amy Lucas 8/11/2007 4.30.41 |

Age Long Course Mens Records as at June 2009

| A G E | Individual Medley | | Butterfly | | | Backstroke | | | Breaststroke | | | Freestyle | | | | |
|-------------|--|--|--|--|--|--|--|--|--------------------------------------|--|--|---------------------------------------|--|--|--|---------------------------------------|
| | 200 | 400 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 50 | 100 | 200 | 400 | 800 |
| 7 | | | Nicholas Hutt 19/12/2002 52.09 | | | Nicholas Hutt 24/10/2002 47.47 | | | Matthew Johns 25/03/2000 58.15 | Micah Mitchell 23/08/2001 2.11.68 | | Nicholas Hutt 19/12/2002 40.50 | Nicholas Hutt 7/11/2002 1.40.03 | | | |
| 8 | Adam McCann 27/10/2005 4.04.89 | | Bradley Brown 30/11/2000 48.19 | | | Jack Hemsworth 14/12/2006 44.56 | Bradley Brown 4/01/2001 1.34.69 | | Matthew Johns 7/04/2001 48.48 | David Graham 98/99 1.55.34 | | Josh Tilley 24/10/2002 36.88 | Bradley Brown 14/12/2000 1.23.91 | Josh Tilley 10/10/2002 2.59.86 | | |
| 9 | Bradley Brown 13/12/2001 3.14.98 | | Matthew Johns 23/03/2002 41.36 | Tommaso D'Orsogna 30/11/2000 1.37.32 | | Jeremy Stock 13/07/2000 40.76 | Tommaso D'Orsogna 14/12/2000 1.29.17 | | William Hutt 30/03/2008 44.15 | Matthew Blake 4/08/2006 1.22.05 | | Josh Tilley 3/07/2003 35.28 | Tommaso Dorsogna 14/12/2000 1.18.72 | Bradley Brown 15/11/2001 2.50.40 | Tully Bennett 24/11/2005 6.15.04 | |
| 10 | Tommaso D'Orsogna 18/10/2001 2.54.47 | Lachie Wynne 9/08/2001 6.49.19 | Tommaso D'Orsogna 23/08/2001 36.59 | Tommaso D'Orsogna 29/11/2001 1.18.79 | Jack Spencer 20/03/2008 3.22.97 | Joel Norton 2/03/2008 37.36 | Tommaso D'Orsogna 9/08/2001 1.23.56 | Tommaso D'Orsogna 28/06/2001 2.58.15 | Joel Norton 2/03/2008 40.77 | Tommaso D'Orsogna 13/12/2001 1.33.78 | Joel Norton 3/07/2008 3.12.25 | Joel Norton 7/02/2008 31.81 | Nicholas Hutt 24/11/2005 1.12.40 | Joel Norton 2/03/2008 2.37.15 | Tully Bennett 14/12/2006 5.49.19 | |
| 11 | Jeff Yip 98/99 2.41.40 | | Joel Norton 4/04/2009 31.81 | Tommaso D'Orsogna 1/08/2002 1.22.72 | Tommaso D'Orsogna 4/07/2002 2.58.31 | Joel Norton 4/04/2009 34.19 | Tommaso D'Orsogna 1/08/2002 1.19.94 | Tommaso D'Orsogna 4/07/2002 2.49.53 | Joel Norton 15/01/2009 36.78 | Joel Norton 11/12/2008 1.28.72 | Daniel Wilde 14/12/2000 3.15.91 | Joel Norton 11/12/2008 28.65 | Joel Norton 6/11/2008 1.07.08 | Ian McIntyre 29/07/1999 2.27.98 | Chris Guard 9/09/1999 5.19.30 | |
| 12 | Ross Moore 27/09/2001 2.32.75 | Tommaso D'Orsogna 27/03/2003 5.37.70 | Garth Kates 20/06/2002 31.16 | Ross Moore 27/09/2001 1.10.91 | Tommaso D'Orsogna 31/07/2003 2.49.23 | Tommaso D'Orsogna 18/12/2003 33.72 | Jeff Yip 7/10/1999 1.12.77 | Tommaso D'Orsogna 20/11/2003 2.35.00 | Daniel Wilde 17/01/2002 36.57 | Ross Moore 27/09/2001 1.20.84 | Tommaso D'Orsogna 14/08/2003 2.56.48 | Jeff Yip 15/07/1999 27.80 | Tommaso D'Orsogna 20/11/2003 1.04.03 | Garth Kates 6/05/2002 2.19.72 | Ian McIntyre 10/08/2000 5.01.60 | |
| 13 | Ross Moore 20/06/2002 2.22.31 | Adam Lucas 17/10/1997 5.18.37 | Ross Moore 24/10/2002 28.87 | Tjad Dorrington 16/11/2000 1.08.38 | Ross Moore 31/01/2002 2.30.68 | Ross Moore 24/10/2002 29.97 | Nicholas Hutt 15/01/2009 1.08.44 | Adam Lucas 22/11/1996 2.30.46 | Bryan Tay 18/08/2005 33.15 | Jeff Yip 25/03/2000 1.19.97 | Ross Moore 12/09/2002 2.48.66 | Nicholas Hutt 15/01/2009 26.32 | Jeff Yip 23/03/2000 59.85 | Ross Briggs 14/12/2006 2.10.92 | Ian McIntyre 4/01/2001 4.46.20 | |
| 14 | Ross Moore 20/06/2002 02:22.3 | Tait Marston 7/11/2002 5.20.63 | Tommaso D'Orsogna 18/08/2005 27.75 | Ross Moore 13/02/2003 1.03.47 | Ian McIntyre 1/08/2002 2.24.22 | Ross Moore 23/03/2003 30.12 | Adam Lucas 98/99 1.04.13 | Adam Lucas 98/99 2.18.13 | Tait Marston 7/11/2002 33.38 | Adam Lucas 27/03/1998 1.15.65 | Adam Lucas 98/99 2.43.62 | Jeff Yip 23/08/2001 25.93 | Jeff Yip 7/04/2000 57.86 | Adam Lucas 98/99 2.06.55 | Gene Williams 8/11/2007 4.35.76 | Gene Williams 6/09/2007 9.32.08 |
| 15 | Tommaso D'Orsogna 8/04/2006 2.19.67 | Andrew McIntyre 2/03/2000 5.12.47 | Garth Kates 23/06/2005 25.87 | Tommaso D'Orsogna 8/04/2006 1.01.60 | Adam Lucas 18/02/1999 2.17.79 | Adam Lucas 23/09/1999 29.24 | Adam Lucas 9/09/1999 1.01.72 | Adam Lucas 4/03/1999 2.15.26 | Tait Marston 11/09/2003 32.67 | Tait Marston Mar-03 1.10.20 | Adam Lucas 29/07/1999 2.36.25 | Eamon Sullivan 23/08/2001 25.25 | Patrick Hoey 2/03/2008 54.74 | Adam Lucas 21/10/1999 2.01.68 | Adam Lucas 9/09/1999 4.21.75 | Adam Lucas 7/10/1999 8.57.03 |
| 16 | Adam Lucas 10/08/2000 2.15.74 | | Garth Kates 19/01/2006 25.09 | Garth Kates 8/04/2006 55.98 | Brendon Sarson 1/07/1999 2.17.06 | Tommaso D'Orsogna 1/03/2007 27.99 | Adam Lucas 25/03/2000 1.01.38 | Adam Lucas 14/09/2000 2.11.00 | Tait Marston 29/07/2004 32.06 | Adam Lucas 14/09/2000 1.13.84 | Adam Lucas 13/07/2000 2.33.80 | Jeremy Stock 5/04/2007 24.73 | Bobby Jovanovich 8/04/2006 54.09 | Adam Lucas 16/03/2000 2.00.84 | Harry Jovanovich 8/11/2007 4.26.22 | Adam Lucas 19/10/2000 8.49.10 |
| 17 & Over | Adam Lucas 2/03/2008 2.08.25 | Wayne Elliot 23/12/1999 6.04.49 | Eamon Sullivan 10/02/2005 25.27 | Garth Kates 2/03/2008 54.21 | Adam Lucas 19/02/2004 2.08.02 | Adam Lucas 27/02/2003 28.25 | Bobby Jovanovich 2/03/2008 57.82 | Adam Lucas 23/08/2001 2.09.81 | Jim Piper 24/02/2005 29.50 | Jim Piper 1/03/2007 1.02.85 | Jim Piper 1/03/2007 2.13.83 | Eamon Sullivan 4/11/2004 23.2 | Eamon Sullivan 1/03/2007 49.20 | Todd Pearson 6/06/2002 1.56.11 | Mark Pritchard 18/02/1999 4.42.50 | |