

MENS SENIOR LONG COURSE MUNSTER RECORDS

Event	Time	Swimmer	Club	Location	Date
100 BRS	1:05:56	Dan Sweeney	Sundays Well	NAC, Dublin	16/04/09
200 BRS	2:19:27	Dan Sweeney	Sundays Well	Sheffield	28/07/09

BOYS JUNIOR LONG COURSE MUNSTER RECORDS

Event	Time	Swimmer	Club	Location	Date
50 FC	24:30	Michael Kelleher	Sundays Well	Norwich	19/04/03
50 BRS	30:15	Dan Sweeney	Sundays Well	NAC, Dublin	16/04/09
100 BRS	1:05:56	Dan Sweeney	Sundays Well	NAC, Dublin	16/04/09
200 BRS	2:19:27	Dan Sweeney	Sundays Well	Sheffield	28/07/09
50 FLY	25:48	Paul Laffan	Sundays Well	NAC, Dublin	22/07/10
100 FLY	58:35	Simon Treacy	Sundays Well	NAC, Dublin	22/07/10

400 FTR 3:49:73 Alan O'Brien Sundays Well UL, Limerick 15/01/11
Simon Treacy
Daniel Hobbs
Paul Laffan

200 MTR 1:51:48 Eoin Boylan Sundays Well UL, Limerick 09/05/09
Dan Sweeney
Paul Laffan
R Cussen

400 MTR 4:14:50 Eoin Boylan Sundays Well NAC, Dublin 23/07/08
Paul Laffan
Dan Sweeney
Jason Twomey

WOMENS SENIOR LONG COURSE MUNSTER RECORDS

Event	Time	Swimmer	Club	Location	Date
50 BC	31:31	Emma Cassidy	Sundays Well	Limerick	04/02/11
100 BC	1:06:41	Emma Cassidy	Sundays Well	Limerick	04/02/11

200 FTR	1:58:29	Sundays Well	UL, Limerick	16/03/03	
400 FTR	4:13:56	Lee Kelleher Ruth Hegarty Sarah Meyler Anne Pomsel	Sundays Well	NAC, Dublin	17/04/04
800 FTR	9:05:43	Jane O'Keeffe Sarah Meyler Lee Kelleher Ruth Hegarty	Sundays Well	UL, Limerick	12/04/03
200 MTR	2:08:26	Sarah Meyler Ruth Hegarty Maeve Coughlan Jane O'Keeffe	Sundays Well	UL, Limerick	14/04/02
400 MTR	4:13:56	Lee Kelleher Ruth Hegarty Sarah Meyler Anne Pomsel	Sundays Well	NAC, Dublin	17/04/04

GIRLS JUNIOR LONG COURSE MUNSTER RECORDS

Event	Time	Swimmer	Club	Location	Date
50 BC	31:31	Emma Cassidy	Sundays Well	Limerick	04/02/11
100 BC	1:06:41	Emma Cassidy	Sundays Well	Limerick	04/02/11
50 FLY	28:96	Shauna O'Brien	Sundays Well	NAC, Dublin	21/07/08

200 FTR	1:59:02	Emily O'Brien Louise Kelly Jenny Laffan Cliona O'Callaghan	Sundays Well	NAC, Dublin	10/07/09
400 FTR	4:18:72	Ruth Hegarty Maeve Coughlan Sarah Meyler Ciara Kelleher	Sundays Well	UL, Limerick	13/04/02
200 MTR	2:14:42	Emily O'Brien Cliona O'Callaghan Jenny Laffan Louise Kelly	Sundays Well	NAC, Dublin	10/07/09
400 MTR	4:45:32	Sarah Meyler Ruth Hegarty Ciara Kelleher Maeve Coughlan	Sundays Well	UL, Limerick	14/04/02