

MSQ NORTH QLD LC CHAMPIONSHIPS 2025

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19 - **100m Backstroke** - HELEN WHITFORD - 001:17.20

Record

LC - F - 55-59 - 100m - Backstroke

New State Record in QLD - Please check Time '001:17.20'!

Time is faster than record '001:19.83' ./ tolerance '2' sec.)!

LC - F - 55-59 - 100m - Backstroke

New National Record - Please check Time '001:17.20'!

Current Record is '001:17.91'!

1 - **400m Freestyle** - HELEN WHITFORD - 005:11.83

LC - F - 55-59 - 400m - Freestyle

New State Record in QLD - Please check Time '005:11.83'!

Time is faster than record '005:24.64' ./ tolerance '5' sec.)!

9 - **200m Individual Medley** - HELEN WHITFORD - 002:51.51

LC - F - 55-59 - 200m - Individual Medley

New State Record in QLD - Please check Time '002:51.51'!

Time is faster than record '002:53.57' ./ tolerance '2' sec.)!

13 - **200m Backstroke** - HELEN WHITFORD - 002:49.53

LC - F - 55-59 - 200m - Backstroke

New State Record in QLD - Please check Time '002:49.53'!

Time is faster than record '002:55.06' ./ tolerance '2' sec.)!