

| Name | Event | Entry Time | PB | TIME | improvement |
|-------------------|--------------|------------|---------|---------|-------------|
| Rachel Anderson | 301 200 brst | 04:12.5 | 04:12.5 | 03:52.4 | 00:20.1 |
| Jordan Coombes | 301 200 brst | 04:28.8 | 04:28.8 | 04:23.2 | 00:05.6 |
| Freya Lucas | 301 200 brst | 04:12.1 | 04:12.8 | 04:08.8 | 00:04.0 |
| Maddie Perring | 301 200 brst | 04:41.0 | 04:41.0 | 04:16.7 | 00:24.3 |
| Jess Dadds | 301 200 brst | 03:32.0 | 03:32.3 | 03:26.2 | 00:06.1 |
| Alice Davies | 301 200 brst | 03:37.2 | 03:37.2 | 03:30.8 | 00:06.4 |
| Mary Gatehouse | 301 200 brst | 03:54.0 | 03:54.0 | 03:42.3 | 00:11.7 |
| Lauren Hodgkin | 301 200 brst | 03:34.2 | 03:34.2 | 03:30.7 | 00:03.5 |
| Chloe Knight | 301 200 brst | 03:46.8 | 03:53.8 | 03:29.6 | 00:24.2 |
| Lauryn Maine | 301 200 brst | 03:46.1 | 03:47.0 | 03:42.0 | 00:05.0 |
| Alicia Pollard | 301 200 brst | 03:45.0 | 03:52.0 | 03:46.4 | 00:05.6 |
| Emily Watkins | 301 200 brst | 03:23.6 | 03:19.9 | 03:18.2 | 00:01.7 |
| Millie Dadds | 301 200 brst | 03:22.0 | 03:22.1 | 03:19.2 | 00:02.9 |
| Lucy Davies | 301 200 brst | 03:00.3 | 03:00.3 | 02:59.0 | 00:01.3 |
| Evan King | 301 200 brst | 03:09.8 | 03:09.8 | 02:55.9 | 00:13.9 |
| Indea Lucas | 301 200 brst | 03:17.6 | 03:17.6 | 03:17.3 | 00:00.3 |
| Ellamae Beake | 301 200 brst | 03:17.0 | 03:22.9 | 03:21.7 | 00:01.2 |
| Lucinda Hoy-Green | 301 200 brst | 03:02.4 | 03:02.4 | 03:09.9 | |
| Reece Trapani | 302 100 bk | NT | 01:27.4 | 01:15.3 | 00:12.2 |
| Scott Bradley | 302 100 bk | 01:12.6 | 01:12.6 | 01:11.1 | 00:01.5 |
| Ellie Wallace | 303 100 fly | 01:27.3 | 01:27.4 | 01:22.9 | 00:04.5 |
| Millie Dadds | 303 100 fly | 01:23.0 | 01:31.9 | 01:31.9 | |
| Lucy Davies | 303 100 fly | 01:19.0 | 01:19.4 | 01:18.0 | 00:01.4 |
| Evan King | 303 100 fly | 01:15.4 | 01:15.4 | 01:11.5 | 00:03.9 |
| Esme Gullick | 303 100 fly | 01:06.7 | 01:06.8 | 01:06.1 | 00:00.7 |
| Lucinda Hoy-Green | 303 100 fly | 01:13.9 | 01:14.0 | 01:18.3 | |
| Evan Brunsdon | 304 200 bk | 04:04.7 | 04:04.7 | 03:59.9 | 00:04.8 |
| Joe Ham | 304 200 bk | 03:46.0 | 03:46.6 | 03:40.2 | 00:06.4 |
| Joe Thorne | 304 200 bk | 03:45.0 | 03:52.8 | 03:47.1 | 00:05.7 |
| Will Daniel | 304 200 bk | 03:17.2 | 03:12.1 | 03:13.3 | |
| Reece Trapani | 304 200 bk | 02:46.0 | 02:46.2 | 02:45.7 | 00:00.5 |
| Scott Bradley | 304 200 bk | 02:38.1 | 02:41.0 | 02:35.3 | 00:05.8 |
| Joe Ham | 315 400 f/c | 07:10.0 | | 07:19.7 | |
| James Bramwell | 315 400 f/c | 05:44.8 | 05:44.9 | 05:26.5 | 00:18.3 |
| Reece Trapani | 315 400 f/c | 05:32.0 | 05:32.7 | 05:32.3 | 00:00.4 |
| Scott Bradley | 315 400 f/c | 05:15.0 | 05:24.5 | 04:59.9 | 00:24.6 |

86.1% PBs

Esme = Junior 100m fly Champion

03:48.5

**Team Sunday win by
41.1 seconds :)**

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|---------------|
| 3rd |
| 2nd |
| 1st |
| NQT |
| SWRQT |
| Consideration |
| New PB |