

| 9/06/2024 | | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 | 360-399 |
|------------------------|---------------------|---|--|--|--|---|---|--|---------|
| Freestyle Women | | | Roskill 2018 1:59.02 Briar Elliston Kyla Steenhart Charlotte Cornet Lisa Wujec | Roskill 2006 2:07.42 Rosanne Lockie Michelle Lockhart Virginia Thorne Meg Luff | North Shore 2017 2:08.00 Shiralee Knowles Penny Clayton Toni Bayliffe Nicola Clement | North Shore 2018 2:25.88 Danielle Howard Julie Gunthorp Sue Pollard Nicola Clement | Waitakere City 2018 3:04.44 Charmayne Johnstone Jacky Tasker Beverley Corbett Mary Ann Turbitt | North Shore 2017 3:25.88 Sue Pollard Joan Bidwell Jan O'Donnell Antoinette Rodahl | |
| | Medley Women | | Toggs 1992 2:17.50 Monique Rodahl-Williams Marita Hassall Jaynie Hudgeell Lynne Dalzell | Roskill 2018 2:22.98 Lisa Wujec Kyla Steenhart Briar Elliston Michelle Lockhart | North Shore 2017 2:21.65 Toni Bayliffe Danielle Howard Shiralee Knowles Penny Clayton | North Shore 2018 2:35.61 Sue Pollard Danielle Howard Nicola Clement Julie Gunthorp | Waitakere City 2018 3:51.95 Beverley Corbett Jacky Tasker Mary Ann Turbitt Charmayne Johnstone | North Shore 2017 3:55.61 Jan O'Donnell Joan Bidwell Sue Pollard Antoinette Rodahl | |
| Freestyle Men | | Harbour Capital 1990 1:44.68 Brent O'Neil Paul Dyson Jeremy Perrott Robert Spencer | Swim 360 2018 1:40.56 Carl O'Donnell Stephen Grey Axel Wohlfarth Michael Grey | North Shore 2017 1:47.48 Jamie Sutcliffe Mark Riggall Tom King Ben Marshall | Roskill 2023 1:46.76 Mark Weldon Adam Carroll David Stekert Brent Foster | Dunedin 2018 2:00.75 Steven Prescott Stephen Clarke Richard Jongsens Mark Johnson | North Shore 2017 2:23.71 Ian Gunthorp Robert Redford Don Bidwell Mark Saunders | Trojans 1995 2:57.46 Bill Farrell Stan Boardman Howard Holmes Ivan Wilson | |
| | Medley Men | Foveaux 1993 2:06.49 Reece Mulligan Alister Walker Wayne Evans Todd Utteridge | Swim 360 2018 1:56.53 Stephen Grey Michael Grey Carl O'Donnell Axel Wohlfarth | North Shore 2017 2:02.23 Mark Riggall Jamie Sutcliffe Ben Marshall Tom King | Roskill 2023 2:02.44 Adam Carroll Mark Weldon Brent Foster David Stekert | North Shore 2004 2:18.05 Barry Young Don Bidwell John Shackleton Ian Gunthorp | North Shore 2017 2:42.84 Robert Redford Don Bidwell Mark Saunders Ian Gunthorp | Trojans 1996 4:10.06 Stan Boardman Bill Farrell Ivan Wilson Howard Holmes | |
| Freestyle Mixed | | | Swim 360 2018 1:48.49 Michael Grey Rachel Hare Carl O'Donnell Kate Johnston | Levin 2003 1:53.60 Jeremy Perrott Jane Perrott Rebecca Perrott Adam Perrott | North Shore 2009 1:57.95 Barry Young Shiralee Knowles Penny De Vries Russell Jones | Dunedin 2023 2:08.75 June Schaap Mark Johnson Rebecca Tohill Mark Cockcroft | North Shore 2017 2:25.82 Ian Gunthorp Julie Gunthorp Sue Pollard Robert Redford | Trojans 1996 3:19.40 Edna Farrell Mavis Durand Bill Farrell Stan Boardman | |
| | Medley Mixed | Harbour Capital 1990 2:06.98 Carol Bamford Robert Spencer Jeremy Perrott Rebecca Perrott | Swim 360 2018 2:01.27 Stephen Grey Rachel Hare Carl O'Donnell Kate Johnston | Levin 2003 2:07.32 Rebecca Perrott Adam Perrott Jeremy Perrott Jane Perrott | North Shore Masters 2024 2:07.29 Laura Quilter Janusz Kordonski Russell Jones Nicki Clement | Dunedin 2023 2:22.73 June Schaap Rebecca Tohill Mark Cockcroft Mark Johnson | North Shore 2017 2:51.21 Sue Pollard Robert Redford Julie Gunthorp Ian Gunthorp | | |