

Women

| Event | Time | Athlete | YOB | Club | Year | Place |
|---------------------|----------|--|------|---------|--------------|------------------|
| 50 m Freestyle | 00:25.21 | Mimosa Jallow | 1994 | Plaani | 2018 | Jyväskylä |
| 100 m Freestyle | 00:55.07 | Hanna-Maria Seppälä | 1984 | KeUi | 2008 | Espoo |
| 200 m Freestyle | 01:58.68 | Hanna-Maria Seppälä | 1984 | KeUi | 2009 | Helsinki |
| 400 m Freestyle | 04:17.98 | Laura Lajunen | 1992 | SWIM | 2015 | Vaasa |
| 800 m Freestyle | 08:52.47 | Aino Otava | 1999 | Cetus | 2018 | Jyväskylä |
| 1500 m Freestyle | 17:04.44 | Laura Lajunen | 1992 | SWIM | 2014 | Turku |
| 50 m Backstroke | 00:27.81 | Mimosa Jallow | 1994 | Plaani | 2018 | Jyväskylä |
| 100 m Backstroke | 01:00.77 | Mimosa Jallow | 1994 | Plaani | 2018 | Jyväskylä |
| 200 m Backstroke | 02:14.51 | Vilma Ruotsalainen | 1996 | HSS | 2017 | Tampere |
| 50 m Breaststroke | 00:30.90 | Veera Kivirinta | 1995 | OU | 2017 | Tampere |
| 100 m Breaststroke | 01:08.20 | Jenna Laukkanen | 1995 | SCV | 2016 | Helsinki |
| 200 m Breaststroke | 02:28.14 | Jenna Laukkanen | 1995 | SCV | 2016 | Helsinki |
| 50 m Butterfly | 00:26.85 | Emilia Pikkarainen | 1992 | Vanders | 2016 | Helsinki |
| 100 m Butterfly | 00:59.39 | Emilia Pikkarainen | 1992 | VanVe | 2009 | Helsinki |
| 200 m Butterfly | 02:11.77 | Emilia Pikkarainen | 1992 | VanVe | 2009 | Helsinki |
| 200 m Indiv. medley | 02:14.23 | Emilia Pikkarainen | 1992 | VanVe | 2009 | Helsinki |
| 400 m Indiv. medley | 04:49.05 | Patricia Aschan | 1994 | RaisU | 2012 | Helsinki |
| 4x50 m Freestyle | 01:44.93 | Cetus Espoo (Fanny Teijonsalo, Anna Kotonen, Sini Kuutamo, Hanna-Maria Seppälä) | | | 2015 | Oulu GP 2 |
| 4x100 m Freestyle | 03:47.73 | Cetus Espoo (Hanna-Maria Seppälä, Noora Laukkanen, Sohvi Nenonen, Fanny Teijonsalo) Cetus Espoo (Fanny Teijonsalo, Anna Kotonen, Ronja Riihinen, Hanna-Maria Seppälä) | | | 2015 2017 | Vaasa Tampere |
| 4x200 m Freestyle | 08:21.90 | Cetus Espoo (Fanny Teijonsalo, Noora Laukkanen, Aino Otava, Hanna-Maria Seppälä) | | | 2015 | Vaasa |
| 4x50 m Medley | 01:55.52 | Cetus Espoo (Fanny Teijonsalo, Emilia Eloranta, Noora Laukkanen, Hanna-Maria Seppälä) | | | 2015 | Espoo GP 3 |
| 4x100 m Medley | 04:10.90 | Cetus (Fanny Teijonsalo, Noora Laukkanen, Petra Soinen, Hanna-Maria Seppälä) | | | 2013 | Jyväskylä |

Men

| Event | Time | Athlete | YOB | Club | Year | Place |
|---------------------|----------|--|------|--------|--------------|---------------------|
| 50 m Freestyle | 00:21.58 | Ari-Pekka Liukkonen | 1989 | Cetus | 2017 | Tampere |
| 100 m Freestyle | 00:49.44 | Ari-Pekka Liukkonen | 1989 | Cetus | 2016 | Helsinki |
| 200 m Freestyle | 01:50.23 | Jani Sievinen | 1974 | NumKis | 1995 | Oulu |
| 400 m Freestyle | 03:54.46 | Antti Kasvio | 1973 | LaVi | 1994 | Jyväskylä |
| 800 m Freestyle | 08:10.57 | Antti Kasvio | 1973 | LaVi | 1993 | Tampere |
| 1500 m Freestyle | 15:24.69 | Antti Kasvio | 1973 | LaVi | 1993 | Tampere |
| 50 m Backstroke | 00:25.99 | Jani Sievinen | 1974 | NumKis | 1998 | Turku |
| 100 m Backstroke | 00:56.55 | Jani Sievinen | 1974 | NumKis | 2004 | Tampere |
| 200 m Backstroke | 02:03.10 | Christoffer Fredrikson | 1997 | Cetus | 2015 | Vaasa |
| 50 m Breaststroke | 00:27.72 | Sami Aaltomaa | 1992 | OU | 2015 | Vaasa |
| 100 m Breaststroke | 01:00.86 | Matti Mattsson | 1993 | PUS | 2018 | Jyväskylä |
| 200 m Breaststroke | 02:10.48 | Matti Mattsson | 1993 | PUS | 2018 | Jyväskylä |
| 50 m Butterfly | 00:23.68 | Matti Rajakylä | 1984 | HSS | 2008 | Espoo |
| 100 m Butterfly | 00:53.16 | Riku Pöytäkiivi | 1993 | HSS | 2018 | Jyväskylä |
| 200 m Butterfly | 01:59.82 | Jani Sievinen | 1974 | NumKis | 1995 | Oulu |
| 200 m Indiv. medley | 02:01.73 | Jani Sievinen | 1974 | NumKis | 1992 | Oulu |
| 400 m Indiv. medley | 04:18.37 | Jani Sievinen | 1974 | NumKis | 1994 | Jyväskylä |
| 4x50 m Freestyle | 01:33.05 | Cetus Espoo (Tuomas Pokkinen, Tatu Waltari, Toni Kurkinen, Ari-Pekka Liukkonen) | | | 2015 | Oulu GP 2 |
| 4x100 m Freestyle | 03:24.49 | Swimming Jyväskylä (Teemu Vuorela, Severi Allonen, Miikka Ruohoniemi, Janne Markkanen) Cetus Espoo (Tuomas Pokkinen, Sergey Kuznetsov, Tatu Waltari, Ari-Pekka Liukkonen) | | | 2016 2017 | Helsinki Tampere |
| 4x200 m Freestyle | 07:36.96 | Cetus Espoo (Aleksi Eskelinen, Sami Juopperi, Jere Laukkanen, Riku Pöytäkiivi) | | | 2014 | Turku |
| 4x50 m Medley | 01:39.52 | Cetus Espoo (Sergei Haukka, Lassi Ohtonen, Tuomas Pokkinen, Ari-Pekka Liukkonen) | | | 2015 | Espoo GP 3 |
| 4x100 m Medley | 03:42.82 | Cetus Espoo (Christoffer Fredrikson, Lassi Ohtonen, Tuomas Pokkinen, Ari-P. Liukkonen) | | | 2016 | Helsinki |

Mixed teams Women/Men

| Event | Time | Athlete | YOB | Club | Year | Place |
|------------------|----------|---|-----|------|------|----------------|
| 4x50 m Freestyle | 01:35.47 | Cetus Espoo (Fanny Teijonsalo, Hanna-Maria Seppälä, Tatu Waltari, Ari-Pekka Liukkonen) | | | 2015 | Helsinki GP Ch |
| 4x50 m Medley | 01:46.41 | Cetus Espoo (Fanny Teijonsalo, Tuomas Pokinen, Riku Pöytäkiivi, Hanna-Maria Seppälä) | | | 2016 | Espoo GP Ch |