

Women

| Event | Time | Athlete | YOB | Club | Year | Place |
|---------------------|----------|--|------|--------|--------------|------------------|
| 50 m Freestyle | 00.25,14 | Fanny Teijonsalo | 1996 | Cetus | 2021 | Kuopio |
| 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 | 16.51,30 | Louna Kasvio | 2006 | SGR | 2023 | Pori |
| 50 m Backstroke | 00.27,80 | Mimosa Jallow | 1994 | Plaani | 2021 | Kuopio |
| 100 m Backstroke | 01.00,73 | Mimosa Jallow | 1994 | Plaani | 2021 | Kuopio |
| 200 m Backstroke | 02.14,51 | Vilma Ruotsalainen | 1996 | HSS | 2017 | Tampere |
| 50 m Breaststroke | 00.30,71 | Veera Kivirinta | 1995 | TaTu | 2022 | Tampere |
| 100 m Breaststroke | 01.06,19 | Ida Hulkko | 1998 | TaTU | 2023 | Pori |
| 200 m Breaststroke | 02.28,14 | Jenna Laukkanen | 1995 | SCV | 2016 | Helsinki |
| 50 m Butterfly | 00.26,57 | Mimosa Jallow | 1994 | Plaani | 2021 | Kuopio |
| 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 Soininen, 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 | 00.25,61 | Kalle Mäkinen | 2002 | Vanders | 2022 | Tampere |
| 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 | 03.23,34 | Cetus Espoo (Miika Ruohoniemi, Tuomas Kiviluoma, Mihail Khanoukaev, Luukas Vainio) | | | 2022 | Tampere |
| 4x200 m Freestyle | 07.34,26 | Cetus Espoo (zLuukas Vainio, Roope Paatos, Mihail Khanoukaev, Alex Nurminen Fernández) | | | 2023 | Pori |
| 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 Pokkinen, Riku Pöytäkiivi, Hanna-Maria Seppälä) | | | 2016 | Espoo GP Ch |