

SWIMMING NEWFOUNDLAND AND LABRADOR

PROVINCIAL LC RECORDS (FEMALE)



	10 & Under		11-12		13-14		15-17		Open	
50 Free	31.63 MPM Jorja Row 07/06/19	27.96 SJL Catherine Silotch 29/06/11	27.31 SJL Abby Williams 25/07/19	27.01 PSC Eileen Robinson 16/08/01	26.66 SJL Abby Simms 04/07/19					
100 Free	1:11.00 NAAC Laurie Green 31/05/92	1:01.43 SJL Claire Chin 18/06/24	58.47 SJL Abby Williams 04/07/19	58.32 MPM Laura Murray 24/11/05	58.22 MPM Abby Simms 04/07/19					
200 Free	2:32.53 NAAC Louise Copeman 22/06/84	2:14.21 SJL Claire Chin 29/02/24	2:06.79 MPM Kate Sullivan 26/07/17	2:05.51 MPM Kate Sullivan 11/04/19	2:04.99 NEWS Michelle MacWhirter 03/11/94					
400 Free	5:17.89 NAAC Louise Copeman 22/06/84	4:47.56 NAAC Louise Copeman 07/08/86	4:26.80 MPM Kate Sullivan 26/07/17	4:22.53 MPM Kate Sullivan 11/04/19	4:22.53 MPM Kate Sullivan 11/04/19					
800 Free	12:01.72 AASC Ashley Redlon 27/05/11	9:46.40 NAAC Louise Copeman 22/05/86	9:17.56 MPM Kate Sullivan 26/07/17	8:58.96 MPM Kate Sullivan 11/04/19	8:58.96 MPM Kate Sullivan 11/04/19					
1500 Free	22:52.66 AASC Ashley Redlon 27/05/11	18:57.59 NL Kallie Symonds 21/05/23	18:10.07 MPM Megan Holden 14/04/19	17:17.29 MPM Kate Sullivan 11/04/19	17:17.29 MPM Kate Sullivan 11/04/19					
50 Back	36.04 SJL Elsabe Fourie 11/06/05	32.05 SJL Gillian Smith 28/03/25	31.23 SJL Gillian Smith 27/03/26	30.96 SJL Abby Williams 21/04/22	30.14 SJL Charli LeBlanc 06/08/17					
100 Back	1:21.49 AASC Lisa Grant 13/05/89	1:10.51 SJL Catherine Silotch 30/06/11	1:07.31 SJL Gillian Smith 29/03/26	1:05.76 SJL Abby Williams 09/07/22	1:03.98 SJL Leah Tomblin 20/11/10					
200 Back	2:55.83 SJL Ingrid Antonsen 07/06/01	2:32.31 SJL Catherine Silotch 27/06/11	2:23.65 SJL Abby Andrews 05/03/20	2:20.77 SJL Alexandra Campbell 28/03/26	2:20.77 SJL Alexandra Campbell 28/03/26					
50 Breast	39.45 NAAC Laurie Green 30/05/92	37.23 SJL Peyton Muttlowney 21/04/16	33.90 SJL Emily Ricketts 07/08/17	34.09 SJL Emily Ricketts 05/07/18	33.74 MUSC Veronica Reid 20/01/17					
100 Breast	1:27.14 NAAC Laurie Green 29/05/92	1:19.74 SJL Laurie Green 06/03/94	1:14.98 SJL Emily Ricketts 17/07/17	1:13.89 NAAC Paula Kelly 14/08/80	1:12.84 NAAC Paula Kelly 14/03/81					
200 Breast	3:07.35 NAAC Laurie Green 30/05/92	2:50.90 SJL Kiarra Higdon 29/02/24	2:43.96 NAAC Paula Kelly 08/08/79	2:37.33 NAAC Paula Kelly 15/07/80	2:34.70 NAAC Paula Kelly 14/03/81					
50 Fly	33.26 MPM Jorja Row 07/06/19	30.79 SJL Gillian Smith 22/02/25	29.09 SJL Abby Williams 04/07/19	28.74 SJL Abby Williams 06/05/22	28.45 MPM Laura Murray 16/02/06					
100 Fly	1:16.44 MPM Jorja Row 07/06/19	1:10.63 MPM Kailey Murrin 01/06/18	1:05.40 SJL Laura Murray 06/07/04	1:04.87 SJL Suzanne Drodge 07/06/96	1:03.55 NEWS Michelle MacWhirter 19/11/93					
200 Fly	3:03.81 MPM Kailey Murrin 03/06/16	2:35.14 NAAC Louise Copeman 11/10/85	2:27.68 NAAC Francine Hickey 08/01/79	2:24.26 NAAC Tracy Hogan 08/05/83	2:20.04 SJL Suzanne Drodge 21/02/98					
200 IM	2:54.19 NAAC Laurie Green 29/05/92	2:34.71 SJL Claire Chin 29/02/24	2:27.36 SJL Abby Williams 04/07/19	2:26.81 SJL Abby Williams 07/05/22	2:23.36 SJL Suzanne Drodge 20/02/98					
400 IM	6:24.45 SJL Kiarra Higdon 17/12/21	5:27.73 SJL Kiarra Higdon 29/02/24	5:12.41 NL Kate Sullivan 07/08/17	5:07.48 SJL Anna Rideout 28/03/25	5:03.20 NAAC Paula Kelly 21/02/81					
200 Free Relay	2:28.58 SJL E. Dornan M. Whelan C. Silotch M. Mackay 01/06/08	2:03.03 NL C. Chin I. Bourne H. LeBlanc K. Symonds 20/05/23	1:53.00 SJL C. Silotch E. Dornan M. Mackay C. Hickman 28/07/12	1:53.41 SJL E. Dornan M. Whelan M. Mackay C. Hickman 27/07/13	1:53.03 NL R. Legge K. Williams E. Ricketts A. Williams 17/08/08					
400 Free Relay	5:30.59 SJL E. Dornan M. Whelan C. Silotch M. Mackay 31/05/08	4:31.77 SJL K. Symonds C. Chin H. LeBlanc I. Bourne 15/04/23	4:12.87 SJL H. LeBlanc M. Latha G. Smith K. Symonds 28/03/25	4:00.01 SJL A. Simms K. Williams E. Ricketts A. Williams 25/07/18	3:57.40 SJL A. Simms K. Williams E. Ricketts A. Williams 05/07/19					
800 Free Relay	12:21.14 SJL N. Smart M. Henley M. Whelan E. Mckinnon 15/04/12	9:57.68 SJL K. Symonds H. LeBlanc K. Higdon C. Chin 09/06/23	9:05.81 SJL E. Dornan M. Whelan R. Karlsson C. Silotch 16/02/12	8:53.31 SJL K. Williams A. Simms E. Ricketts A. Williams 25/07/18	8:53.31 SJL K. Williams A. Simms E. Ricketts A. Williams 25/07/18					
200 Medley Relay	2:46.44 SJL E. Mckinnon M. Whelan N. Smart M. Henley 14/04/12	2:20.49 SJL C. Silotch C. Hickman L. Snow E. Dornan 01/06/10	2:06.19 NL K. Williams E. Ricketts A. Williams K. Sullivan 10/12/17	2:06.33 SJL E. Mckinnon E. Ricketts K. Nixon A. Simms 10/12/16	2:06.19 NL K. Williams E. Ricketts A. Williams K. Sullivan 10/08/17					
400 Medley Relay	6:14.39 SJL E. Mckinnon M. Whelan N. Smart M. Henley 27/05/11	5:07.90 SJL K. Symonds K. Higdon I. Bourne C. Chin 10/06/23	4:32.02 SJL K. Williams E. Ricketts A. Williams A. Simms 14/04/18	4:34.13 MPM E. Power H. Kavanagh K. Hyde A. Smith 29/03/25	4:28.68 SJL K. Williams E. Ricketts A. Simms A. Williams 06/07/19					