

RECORDS PR Short Course

SC Meters-Women

10 & U	50 Free	31.60	14-Dec-02	WSH	Kelsey Flynn		
	100 Free	1:11.59	7-Dec-95	PSC	Eileen Robinson		
	200 Free	2:36.83	27-Feb-81	NAAC	Lesley Turner		
	400 Free	5:33.83	10-Nov-82	NAAC	Anne Stacey		
	800 Free	11:31.00	25-Mar-84	NAAC	Louise Copeman		
	1500 Free	22:08.90	3-Feb-08	AASC	Bobbi Nelson		
	50 Back	37.13	14-Dec-02	WSH	Kelsey Flynn		
	100 Back	1:21.48	9-Nov-12	SJL	Erica McKinnon at Hickman Automotive Group Fall Classic 2012		
	200 Back	2:56.96	9-Nov-12	SJL	Erica McKinnon at Hickman Automotive Group Fall Classic 2012		
	50 Breast	40.25	8-Feb-92	NAAC	Laurie Green		
	100 Breast	1:26.56	9-Feb-92	NAAC	Laurie Green		
	200 Breast	3:12.86	6-Dec-91	NAAC	Laurie Green		
	50 Fly	35.34	8-Feb-92	NAAC	Laurie Green		
	100 Fly	1:20.08	6-Jun-87	GBSC	Jennifer Tummonds		
	200 Fly	3:06.87	7-Feb-98	MPM	Elyse McGrath		
	100 IM	1:23.13	6-Mar-92	NAAC	Laurie Green		
	200 IM	2:59.74	6-Dec-91	NAAC	Laurie Green		
	400 IM	6:21.54	10-Jan-97	SJL	Susan Murrin		
	200 Free Relay	2:23.98	16-Mar-12	SJL	St. John's Legends	E. Mckinnon, A. Jeon, M. Henley, N. Smart	
	400 Free Relay	5:23.78	17-Mar-12	SJL	St. John's Legends	E. Mckinnon, N. Smart, A. Jeon, M. Henley	
	800 Free Relay	12:45.97	13-Nov-11	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, A. Simms	
	200 Medley Relay	2:47.50	11-Mar-84	NAAC	NAAC	Smith, Copeman, Kiruluta, Squires	
	400 Medley Relay	6:05.90	16-Mar-12	SJL	St. John's Legends	E. Mckinnon, M. Whelan, N. Smart, M. Henl	
	11-12	50 Free	28.46	12-Mar-11	SJL	Catherine Silotch	@ Provincial SC Champs
		100 Free	1:01.27	9-Nov-02	SJL	Laura Murray	
		200 Free	2:13.75	31-Jan-97	SJL	Leah Murrin	
400 Free		4:38.30	1-Mar-97	SJL	Leah Murrin		
800 Free		9:25.75	28-Feb-97	SJL	Leah Murrin		
1500 Free		18:38.81	1-May-87	NAAC	Paula Crutcher		
50 Back		32.53	4-Mar-10	SJL	Catherine Silotch	@ SC East Coast Championship 2010	
100 Back		1:09.48	12-Mar-11	SJL	Catherine Silotch	@ Provincial SC Champs	
200 Back		2:29.70	19-Feb-11	SJL	Catherine Silotch	@ 2011 Eastern Canadian Champs	
50 Breast		35.92	10-Dec-15	SJL	Emily Ricketts		
100 Breast		1:17.90	13-Dec-15	SJL	Emily Ricketts		
200 Breast		2:47.82	6-Dec-93	SJL	Laurie Green		
50 Fly		31.77	19-Oct-02	SJL	Laura Murray		
100 Fly		1:11.20	3-May-86	AASC	Jody Bull		
200 Fly		2:32.41	1-Mar-97	SJL	Leah Murrin		
100 IM		1:14.07	12-Mar-11	SJL	Catherine Silotch	@ Provincial SC Champs	
200 IM		2:35.12	19-Oct-02	SJL	Laura Murray		
400 IM		5:16.91	31-Jan-97	SJL	Leah Murrin		
200 Free Relay		2:01.42	23-Nov-15	SJL	St. John's Legends Swim Club K Williams, E Ricketts, P MULLOWNEY, K		
400 Free Relay		4:29.10	4-Mar-10	SJL	St. John's Legends Swim Club E. DORNAN, D. CURRAN, M. WHEL		
800 Free Relay		9:51.36	1-Mar-14	SJL	St. John's Legends E. McKinnon, S Karlsson, M. Henley, N. Sma		
200 Medley Relay		2:16.54	23-Oct-15	SJL	St. John's Legends Swim Club K Williams, E Ricketts, P MULLOWNEY, K		
400 Medley Relay		4:58.56	1-Mar-14	SJL	St. John's Legends Swim Club E. McKinnon, S. Karlsson, N Smart, M.		
13-14		50 Free	27.23	1-Mar-13	SJL	Catherine Silotch	@ 2013 SC East Coast Champs
		100 Free	58.52	21-Feb-04	SJL	Laura Murray	

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13-14	200 Free	2:05.76	22-Feb-04	MPM	Laura Murray	
	400 Free	4:22.46	21-Feb-04	SJL	Laura Murray	
	800 Free	8:58.02	12-Feb-95	SJL	Suzanne Drodge	
	1500 Free	17:46.65	6-Feb-04	SJL	Laura Murray	
	50 Back	30.77	16-Feb-12	SJL	Maggie Whelan	@ 2012 Eastern Canadian Champs
	100 Back	1:05.52	16-Feb-13	SJL	Catherine Silotch	@ 2013 Eastern Canadian Champs
	200 Back	2:21.21	17-Feb-13	SJL	Catherine Silotch	@ 2013 Eastern Canadian Champs
	50 Breast	33.90	8-Dec-16	SJL	Emily Ricketts	at AA-AAA Invitation Pointe-Clai
	100 Breast	1:15.13	24-Mar-17	SJL	Emily Ricketts	at 2017 Swimming NL Provincial Championships
	200 Breast	2:41.19	2-Dec-97	NAAC	Paula Kelly	
	50 Fly	29.63	7-Nov-03	SJL	Laura Murray	
	100 Fly	1:05.87	30-Nov-03	SJL	Laura Murray	
	200 Fly	2:24.25	20-Feb-99	SJL	Leah Murrin	
	100 IM	1:09.15	16-Mar-12	SJL	Maggie Whelan	@ 2012 Provincial SC Champs
	200 IM	2:27.13	24-Mar-17	SJL	Emily Ricketts	at 2017 Swimming NL Provincial Championships
	400 IM	5:10.83	28-Nov-98	SJL	Leah Murrin	
	200 Free Relay	1:53.51	4-Mar-12	SJL	St. John's Legends	C. Hickman, E. Dornan, R. Karlsson, C. Silot
	400 Free Relay	4:10.22	6-Mar-15	SJL	St. John's Legends	A. Simms, K. Stokes, K. Nixon, N. Smart.
	800 Free Relay	9:08.30	5-Mar-15	SJL	St. John's Legends	A. Simms, K. Stokes, S. Karlsson, N. Smart
	200 Medley Relay	2:05.26	16-Dec-04	SJL	St. John's Legends	E. McKinnon, E. Ricketts, J. Ryder, K. William
	400 Medley Relay	4:38.89	18-Dec-11	SJL	St. John's Legends	M. Whelan, C. Hickman, E. Dornan, C. Silot
15-17	50 Free	26.53	6-Nov-06	MPM	Laura Murray	
	100 Free	56.69	24-Nov-06	MPM	Laura Murray	
	200 Free	2:03.50	19-Feb-06	MPM	Laura Murray	
	400 Free	4:21.77	24-Nov-06	MPM	Laura Murray	@ Bell Grand Prix
	800 Free	8:58.03	20-Feb-98	SJL	Suzanne Drodge	
	1500 Free	17:37.24	5-Dec-97	SJL	Suzanne Drodge	
	50 Back	30.26	24-Mar-17	MPM	Caroline Mackenzie	at 2017 Swimming NL Provincial Championships
	100 Back	1:04.94	10-Dec-15	MPM	Laura Pittman	
	200 Back	2:18.37	1-Mar-14	SJL	Caroline Hickman	at East Coast
	50 Breast	33.80	8-Dec-16	SJL	Caitlyn Pratt	at AA-AAA Invitation Pointe-Clai
	100 Breast	1:12.84	14-Mar-81	NAAC	Paula Kelly	
	200 Breast	2:34.70	14-Mar-81	NAAC	Paula Kelly	
	50 Fly	28.45	16-Feb-06	MPM	Laura Murray	
	100 Fly	1:03.71	15-Feb-07	SJL	Kelsey Alexander	@ Speedo Eastern Canadian Champs
	200 Fly	2:20.04	21-Feb-98	SJL	Suzanne Drodge	
	100 IM	1:08.15	15-Mar-13	SJL	Caroline Hickman	@ 2013 SNL SC Champs
	200 IM	2:23.36	20-Feb-98	SJL	Suzanne Drodge	
	400 IM	5:03.20	21-Feb-81	NAAC	Paula Kelly	
	200 Free Relay	1:50.56	1-Mar-14	SJL	St. John's Legends	C. Silotch, C. Hickman, J. Grenning, M. Whelan
	400 Free Relay	3:58.34	1-Mar-14	SJL	St. John's Legends	C. Silotch, M. Whelan, C. Hickman, M. Mackay
	800 Free Relay	8:40.52	13-Dec-13	SJL	St. John's Legends	C. Silotch, M. Mackay, C. Hickman, M. Whelan
	200 Medley Relay	2:03.15	1-Mar-14	SJL	St. John's Legends	M. Whelan, R. Karlsson, C. Hickman, C. Silot
	400 Medley Relay	4:29.71	1-Mar-14	SJL	St. John's Legends	M. Whelan, R. Karlsson, C. Hickman, C. Silotch
	50 Free	26.48	10-Feb-17	MUSC	Charli LeBlanc	at AUS Championships
	100 Free	56.69	24-Nov-06	MPM	Laura Murray	
	200 Free	2:03.51	19-Feb-06	MPM	Laura Murray	
	400 Free	4:21.77	24-Nov-06	MPM	Laura Murray	@ Bell Grand Prix
	800 Free	8:58.02	12-Feb-95	SJL	Suzanne Drodge	
	1500 Free	17:37.24	13-Dec-97	SJL	Suzanne Drodge	

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50 Back	28.75	10-Feb-17	MUSC	Charli LeBlanc at AUS Championships
100 Back	1:02.40	24-Feb-17	MUSC	Charli LeBlanc at Championnats de natation - U S
200 Back	2:19.20	13-Feb-11	MUSC	Leah Tomblin @ 2011 AUS Champs
50 Breast	32.20	24-Feb-17	MUSC	Veronica Reid at Championnats de natation - U S
100 Breast	1:09.95	10-Feb-17	MUSC	Veronica Reid at AUS Championships
200 Breast	2:34.70	14-Mar-81	NAAC	Paula Kelly
50 Fly	28.32	10-Feb-17	MUSC	Charli LeBlanc at AUS Championships
100 Fly	1:03.55	19-Nov-93	NEWS	Michelle MacWhirter
200 Fly	2:20.04	21-Feb-98	SJL	Suzanne Drodge
100 IM	1:08.79	22-Oct-05	MPM	Laura Murray @ I.M. Fast Invitational
200 IM	2:23.36	20-Feb-98	SJL	Suzanne Drodge
400 IM	5:03.20	21-Feb-81	NAAC	Paula Kelly
200 Free Relay	1:51.87	24-Aug-09	NL	Team Newfoundland & Labrador K Rogers,A Munn,B Dyer, N Rockw
400 Free Relay	3:58.20	19-Nov-16	MUSC	MUN SeaHawks V Reid, A Somers, V Legge, C LeBlanc
800 Free Relay	8:40.52	13-Dec-13	SJL	St. John's Legends C Silotch, M Mackay, C Hickman, M Whelan
200 Medley Relay	2:03.43	24-Aug-09	NL	Team Newfoundland & Labrador K Flynn, D Tucker,N Rockwood,K R
400 Medley Relay	4:21.65	20-Nov-16	MUSC	MUN SeaHawks C LeBlanc, V Reid, A Somers, V Legge

RECORDS PR Short Course
SC Meters-Men

10 & U	50 Free	31.90	3-Feb-91	PSC	Chris Grimes
	100 Free	1:09.89	6-Dec-91	WWSC	Michael Robertson
	200 Free	2:36.03	11-Mar-88	NAAC	Chris Granter
	400 Free	5:20.86	26-Feb-88	NAAC	Chris Granter
	800 Free	11:59.40	6-May-06	MPM	Gavin Dyke
	1500 Free	22:51.07	1-Mar-96	WWSC	Skylar Pike
	50 Back	38.17	26-Feb-88	NAAC	Chris Granter
	100 Back	1:22.34	10-Mar-02	WSH	Cary Jones
	200 Back	2:56.72	9-Mar-02	WSH	Cary Jones
	50 Breast	41.53	9-Feb-91	PSC	Chris Grimes
	100 Breast	1:29.49	9-Mar-91	PSC	Chris Grimes
	200 Breast	3:07.37	9-Mar-91	PSC	Chris Grimes
	50 Fly	35.75	10-Oct-83	NAAC	Iain Tennent
	100 Fly	1:23.96	25-May-96	WWSC	Skylar Pike
	200 Fly	3:15.10	16-Jan-82	NAAC	Fergus O'Brien
	100 IM	1:23.14	26-Feb-88	NAAC	Chris Granter
	200 IM	2:55.41	8-Dec-86	NAAC	Adrian Costello
	400 IM	6:17.23	8-Apr-17	MPM	Jaxson Row at 2017 Body Quest Junior Invitational
	200 Free Relay	2:18.88	2-Mar-87	NAAC	NAAC Nagpurkar, Scott, Granter, Hatcher
	400 Free Relay	5:26.40	12-Nov-88	NAAC	NAAC Herder, Howell, Howell, Tennent
	800 Free Relay	12:40.86	5-Nov-10	SJL	St John's Legends Swim Club J. BATTCOCK, M. BREEN, C. HICKM
	200 Medley Relay	2:43.81	3-Mar-87	NAAC	NAAC Hatcher, Scott, Nagpurkar, O'Reilly
	400 Medley Relay	7:19.44	22-Oct-05	CBR	Corner Brook Rapids French, Bursley, Burt, Cohlmeier
11-12	50 Free	27.92	6-Dec-85	NAAC	Iain Tennent
	100 Free	1:00.58	* 28-Feb-13	SJL	Noah Cumby at 2013 East Coast SC Championships
	100 Free	1:00.58	* 1-Mar-13	SJL	Noah Cumby @ 2013 SC East Coast Champs
	200 Free	2:10.95	7-Dec-85	NAAC	Iain Tennent
	400 Free	4:32.60	6-Dec-85	NAAC	Iain Tennent
	800 Free	9:38.53	28-Feb-13	SJL	Noah Cumby at 2013 East Coast SC Championships
	1500 Free	17:24.74	5-Dec-85	NAAC	Iain Tennent
	50 Back	31.18	27-Jan-17	SJL	James Drover at 2017 Bluefins Winter Invitational
	100 Back	1:09.64	27-Jan-17	SJL	James Drover at 2017 Bluefins Winter Invitational
	200 Back	2:29.22	27-Jan-17	SJL	James Drover 2017 Bluefins Winter Invitational
	50 Breast	36.17	12-Mar-93	PSC	Chris Grimes
	100 Breast	1:16.34	31-Jan-97	GLSC	Nick Smith
	200 Breast	2:48.80	31-Jan-97	GLSC	Nick Smith
	50 Fly	30.17	21-May-16	MPM	Miguel Pond @ Mt. Pearl Time Trial
	100 Fly	1:06.49	21-May-16	MPM	Miguel Pond at Mt. Pearl Time Trial
	200 Fly	2:31.40	8-Dec-85	NAAC	Iain Tennent
	100 IM	1:09.90	18-Jun-16	MPM	Miguel Pond at 2016 NL Summer Games Time Trial - MP Region
	200 IM	2:31.96	18-Jun-16	MPM	Miguel Pond at 2016 NL Summer Games Time Trial - MP Region
	400 IM	5:22.09	12-Feb-16	MPM	Miguel Pond at 2016 SNL SC Championships
	200 Free Relay	2:02.94	26-Feb-88	NAAC	NAAC Costello, Nagpurkar, Hatcher, Squires
	400 Free Relay	4:34.12	4-Mar-10	SJL	St. John's Legends Swim Club L. SLADE, W. FERGUSON-O'BRIEN,
	800 Free Relay	10:14.16	1-Mar-13	SJL	St. John's Legends N. Cumby, C. Hickman, J. Wareham, D. Mac
	200 Medley Relay	2:17.56	22-Feb-85	NAAC	NAAC Flemming, Krizan, Kiruluta, Tennent
	400 Medley Relay	5:19.97	1-Mar-13	SJL	St. John's Legends Swim Club J. Wareham, C. Hickman, N. Cumby, D.
13-14	50 Free	24.25	18-Feb-10	SJL	Owen Daly @ Championnats Canadiens de l'es

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13-14	100 Free	53.68	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	200 Free	1:56.27	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	400 Free	4:12.59	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	800 Free	8:44.98	18-Feb-10	SJL	Owen Daly	@ Championnats Canadiens de l'es
	1500 Free	16:39.97	12-Mar-10	MPM	Gavin Dyke	@ Provincial SC Champs
	50 Back	28.34	5-Mar-15	SJL	Noah Cumby at 2015 East Coast Short Course	
	100 Back	1:02.41	12-Dec-14	GLSC	Dylan Morawski	@Pointe Claire Invite
	200 Back	2:13.37	4-Mar-12	SJL	Logan Slade	@ 2012 SC East Coast Champs
	50 Breast	32.57	11-Nov-94	PSC	Chris Grimes	
	100 Breast	1:10.50	6-Dec-90	NAAC	Adrian Costello	
	200 Breast	2:32.06	10-Dec-94	PSC	Chris Grimes	
	50 Fly	26.22	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	100 Fly	58.79	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	200 Fly	2:15.00	24-Aug-08	SJL	Owen Daly	
	100 IM	1:05.38	18-Oct-09	MPM	Ryan Adams	
	200 IM	2:17.52	4-Mar-10	SJL	Owen Daly	@ SC East Coast Champs 2010
	400 IM	4:50.25	12-Mar-10	SJL	Owen Daly	@ Provincial SC Champs
	200 Free Relay	1:46.19	4-Mar-12	SJL	St. John's Legends	L. Slade, S. Hiscock, L. O'Leary, J. Twells
	400 Free Relay	3:55.90	4-Mar-10	SJL	St. John's Legends	O. DALY, S. NEWHOOK, L. FROUDE, I. C
	800 Free Relay	8:46.99	16-Dec-11	SJL	St. John's Legends	S. Hiscock, L. Slade, C. Smith, D. Brown
	200 Medley Relay	2:02.35	2-Mar-12	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, S. Hiscock
	400 Medley Relay	4:25.21	1-Mar-12	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, S. Hiscock
15-17	50 Free	23.17	7-Feb-15	MUSC	Owen Daly	
	100 Free	50.74	1-Mar-13	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200 Free	1:52.57	24-Mar-17	SJL	Noah Cumby at 2017 Swimming NL Provincial Championships	
	400 Free	4:02.98	8-Feb-97	SJL	Robbie Tennent	
	800 Free	8:20.32	14-Feb-13	MPM	Gavin Dyke	@ 2013 Eastern Canadian Champs
	1500 Free	15:58.09	13-Dec-12	MPM	Gavin Dyke	@ 2012 P1/P2 Invitational
	50 Back	27.00	24-Mar-17	SJL	Noah Cumby at 2017 Swimming NL Provincial Championships	
	100 Back	56.67	17-Dec-16	SJL	Noah Cumby	@Ontario Junior International
	200 Back	2:07.04	6-Feb-97	SJL	Robbie Tennent	
	50 Breast	30.66	24-Aug-09	NL	Theoren Goosney	@ 2009 Canada Games
	100 Breast	1:05.91	24-Feb-93	SJL	Adrian Costello	
	200 Breast	2:20.95	15-Feb-13	SJL	Martin Whelan	@ 2013 Eastern Canadian Champs
	50 Fly	24.95	16-Feb-12	SJL	Owen Daly	@ 2012 Eastern Canadian Champs
	100 Fly	54.90	1-Mar-13	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200 Fly	2:09.53	20-Feb-99	SJL	George Colbert	
	100 IM	1:00.63	7-May-10	CBSC	Theoren Goosney	@ Lakers Provincial Invitational
	200 IM	2:10.08	1-Mar-13	SJL	Martin Whelan	@ 2013 SC East Coast Champs
	400 IM	4:35.25	6-Mar-82	MUSC	Mike Tuck	
	200 Free Relay	1:37.21	24-Aug-09	NL	Team NL	T Goosney,A Buckingham,A Harvey,N Hogan
	400 Free Relay	3:34.72	24-Aug-09	NL	Team NL	A Buckingham,A Harvey,N Hogan,T Goosney
	800 Free Relay	7:54.60	24-Aug-09	NL	Team NL	T Goosney,A Harvey,N Hogan,O Daly
	200 Medley Relay	1:50.93	24-Aug-09	NL	Team NL	A Buckingham,T Goosney,B McKay,N Hogan
	400 Medley Relay	4:01.32	1-Mar-14	SJL	St. John's Legends	R. Robinson, C. Smith, O. Daley, S. Hiscock
	50 Free	23.18	7-Feb-15	MUSC	Owen Daly	
	100 Free	50.23	18-Nov-16	MUSC	Sam Leawood at 2016 Kemp Fry Invitational	
	200 Free	1:51.16	21-Feb-14	MPM	Gavin Dyke	Memorial SeaHawks
	400 Free	3:57.01	21-Feb-14	MPM	Gavin Dyke	Memorial SeaHawks
	800 Free	8:23.09	17-Nov-13	MPM	Gavin Dyke	Memorial SeaHawks

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1500 Free	15:45.44	17-Nov-13	MPM	Gavin Dyke	Memorial SeaHawks
50 Back	25.82	5-Mar-04	MUSC	George Colbert	
100 Back	56.45	24-Feb-17	MUSC	David Haines at 2017 USport Championships	
200 Back	2:01.58	24-Feb-17	MUSC	David Haines at Championnats de natation - U S	
50 Breast	29.36	30-Nov-08	MUSC	Nick Smith	
100 Breast	1:04.73	11-Feb-95	UNB	Nick Smith	
200 Breast	2:20.44	17-Feb-11	CBSC	Theoren Goosney	@ 2011 Western Canadian Champs
50 Fly	24.95	15-Feb-12	SJL	Owen Daly	@ 2012 Eastern Canadian Champs
100 Fly	54.90	1-Mar-13	SJL	Owen Daly	@ 2013 SC East Coast Champs
200 Fly	2:04.43	5-Mar-93	SJL	Iain Tennent	
100 IM	59.15	30-Nov-08	MUSC	Nick Smith	
200 IM	2:09.13	17-Feb-11	CBSC	Theoren GOosney	@ 2011 Western Canadian Champs
400 IM	4:35.25	6-Mar-82	MUSC	Mike Tuck	
200 Free Relay	1:37.21	24-Aug-09	NL	Team NL	T Goosney,A Buckingham,A Harvey,N Hogan
400 Free Relay	3:29.91	19-Nov-16	MUSC	MUN Sea-Hawks	S Leawood, D Haines, R George, D Sparkes
800 Free Relay	7:43.63	1-Mar-83	MUSC	MUN Sea-Hawks	Noel, Tuck, Daly, Gillies
200 Medley Relay	1:50.41	10-Mar-02	SJL	St. John's Legends	Gibbons, Thornhill, Kennedy, Mowbray
400 Medley Relay	3:57.89	20-Nov-16	MUSC	MUN Sea-Hawks	D. Haines, N Parady, S Leawood, D Sparkes