

**Swimming Newfoundland and Labrador  
CBS Bluefins Swim Club**

**RECORDS PR Short Course**

**SC Meters-Female**

10 & U	50 Free	31.60	<b>14-Dec-02</b>	WSH	Kelsey Flynn	
	100 Free	1:11.59	<b>7-Dec-95</b>	PSC	Eileen Robinson	
	200 Free	2:33.99	<b>23-Nov-17</b>	SJL	Heather Smart	@ Sink or Swim Invitational
	400 Free	5:33.83	<b>10-Nov-82</b>	NAAC	Anne Stacey	
	800 Free	11:31.00	<b>25-Mar-84</b>	NAAC	Louise Copeman	
	1500 Free	22:08.90	<b>3-Feb-08</b>	AASC	Bobbi Nelson	
	50 Back	37.13	<b>14-Dec-02</b>	WSH	Kelsey Flynn	
	100 Back	1:21.48	* <b>9-Nov-12</b>	SJL	Erica Mckinnon	@ 2012 Hickman Motors Fall Classic
	100 Back	1:21.48	* <b>9-Nov-12</b>	SJL	Erica McKinnon	at Hickman Automotive Group Fall Classic 2012
	200 Back	2:51.08	<b>23-Nov-17</b>	SJL	Heather Smart	@ Sink or Swim Invitational
	50 Breast	40.25	<b>8-Feb-92</b>	NAAC	Laurie Green	
	100 Breast	1:26.56	<b>9-Feb-92</b>	NAAC	Laurie Green	
	200 Breast	3:12.86	<b>6-Dec-91</b>	NAAC	Laurie Green	
	50 Fly	35.34	<b>8-Feb-92</b>	NAAC	Laurie Green	
	100 Fly	1:20.08	<b>6-Jun-87</b>	GBSC	Jennifer Tummonds	
	200 Fly	3:06.87	<b>7-Feb-98</b>	MPM	Elyse McGrath	
	100 IM	1:23.13	<b>6-Mar-92</b>	NAAC	Laurie Green	
	200 IM	2:59.74	<b>6-Dec-91</b>	NAAC	Laurie Green	
	400 IM	6:21.54	<b>10-Jan-97</b>	SJL	Susan Murrin	
	200 Free Relay	2:23.98	<b>16-Mar-12</b>	SJL	St. John's Legends	E. Mckinnon, A. Jeon, M. Henley, N. Smart
	400 Free Relay	5:23.78	<b>17-Mar-12</b>	SJL	St. John's Legends	E. Mckinnon, N. Smart, A. Jeon, M. Henley
	800 Free Relay	12:45.97	<b>13-Nov-11</b>	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, A. Simms
	200 Medley Relay	2:47.50	<b>11-Mar-84</b>	NAAC	NAAC	Smith, Copeman, Kiruluta, Squires
	400 Medley Relay	6:05.90	<b>16-Mar-12</b>	SJL	St. John's Legends	E. Mckinnon, M. Whelan, N. Smart, M. Henley
11-12	50 Free	28.46	<b>12-Mar-11</b>	SJL	Catherine Silotch	@ Provincial SC Champs
	100 Free	1:01.27	<b>9-Nov-02</b>	SJL	Laura Murray	
	200 Free	2:13.75	<b>31-Jan-97</b>	SJL	Leah Murrin	
	400 Free	4:38.30	<b>1-Mar-97</b>	SJL	Leah Murrin	
	800 Free	9:25.75	<b>28-Feb-97</b>	SJL	Leah Murrin	
	1500 Free	18:38.81	<b>1-May-87</b>	NAAC	Paula Crutcher	
	50 Back	32.53	<b>4-Mar-10</b>	SJL	Catherine Silotch	@ SC East Coast Championship 2010
	100 Back	1:09.48	<b>12-Mar-11</b>	SJL	Catherine Silotch	@ Provincial SC Champs
	200 Back	2:29.70	<b>19-Feb-11</b>	SJL	Catherine Silotch	@ 2011 Eastern Canadian Champs
	50 Breast	35.92	<b>10-Dec-15</b>	SJL	Emily Ricketts	
	100 Breast	1:17.90	<b>13-Dec-15</b>	SJL	Emily Ricketts	
	200 Breast	2:47.82	<b>6-Dec-93</b>	SJL	Laurie Green	
	50 Fly	30.85	<b>23-Nov-17</b>	SJL	Abby Williams	@ Sink or Swim Invitational
	100 Fly	1:09.77	<b>23-Nov-17</b>	SJL	Abby Williams	@ Sink or Swim Invitational
	200 Fly	2:32.41	<b>1-Mar-97</b>	SJL	Leah Murrin	
	100 IM	1:14.07	<b>12-Mar-11</b>	SJL	Catherine Silotch	@ Provincial SC Champs
	200 IM	2:35.12	<b>19-Oct-02</b>	SJL	Laura Murray	
	400 IM	5:16.91	<b>31-Jan-97</b>	SJL	Leah Murrin	
	200 Free Relay	1:59.86	<b>23-Nov-17</b>	SJL	St. John's Legends Swim Club	A Williams, I Albert, E Noseworthy, A Andrews
	400 Free Relay	4:29.10	<b>4-Mar-10</b>	SJL	St. John's Legends Swim Club	E. DORNAN, D. CURRAN, M. WHELAN, C. SILOTCH
	800 Free Relay	9:51.36	<b>1-Mar-14</b>	SJL	St. John's Legends	E. McKinnon, S Karlsson, M. Henley, N. Smart
	200 Medley Relay	2:14.21	<b>23-Nov-17</b>	SJL	St. John's Legends Swim Club	M Whitten, A Williams, I Albert, E Noseworthy
	400 Medley Relay	4:58.56	<b>1-Mar-14</b>	SJL	St. John's Legends Swim Club	E. McKinnon, S. Karlsson, N Smart, M. Henley
13-14	50 Free	27.23	<b>1-Mar-13</b>	SJL	Catherine Silotch	@ 2013 SC East Coast Champs

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13-14	100	Free	58.52	<b>21-Feb-04</b>	SJL	Laura Murray	
	200	Free	2:05.76	<b>22-Feb-04</b>	MPM	Laura Murray	
	400	Free	4:22.46	<b>21-Feb-04</b>	SJL	Laura Murray	
	800	Free	8:58.02	<b>12-Feb-95</b>	SJL	Suzanne Drodge	
	1500	Free	17:46.65	<b>6-Feb-04</b>	SJL	Laura Murray	
	50	Back	30.77	<b>16-Feb-12</b>	SJL	Maggie Whelan	@ 2012 Eastern Canadian Champs
	100	Back	1:05.52	<b>16-Feb-13</b>	SJL	Catherine Silotch	@ 2013 Eastern Canadian Champs
	200	Back	2:21.21	<b>17-Feb-13</b>	SJL	Catherine Silotch	@ 2013 Eastern Canadian Champs
	50	Breast	33.90	<b>8-Dec-16</b>	SJL	Emily Ricketts	at AA-AAA Invitation Pointe-Clai
	100	Breast	1:12.53	<b>23-Nov-17</b>	SJL	Emily Ricketts	@ Sink or Swim Invitational
	200	Breast	2:39.22	<b>23-Nov-17</b>	SJL	Emily Ricketts	@ Sink or Swim Invitational
	50	Fly	29.63	<b>7-Nov-03</b>	SJL	Laura Murray	
	100	Fly	1:05.87	<b>30-Nov-03</b>	SJL	Laura Murray	
	200	Fly	2:24.25	<b>20-Feb-99</b>	SJL	Leah Murrin	
	100	IM	1:09.15	<b>16-Mar-12</b>	SJL	Maggie Whelan	@ 2012 Provincial SC Champs
	200	IM	2:25.94	<b>23-Nov-17</b>	SJL	Emily Ricketts	@ Sink or Swim Invitational
	400	IM	5:09.17	<b>23-Nov-17</b>	SJL	Emily Ricketts	@ Sink or Swim Invitational
	200	Free Relay	1:53.51	<b>4-Mar-12</b>	SJL	St. John's Legends	C. Hickman, E. Dornan, R. Karlsson, C. Silotch
	400	Free Relay	4:10.22	<b>6-Mar-15</b>	SJL	St. John's Legends	A. Simms, K Stokes, K.Nixon, N Smart.
	800	Free Relay	9:08.30	<b>5-Mar-15</b>	SJL	St. John's Legends	A. Simms, K, Stokes, S. Karlsson, N. Smart
200	Medley Relay	2:05.26	<b>16-Dec-04</b>	SJL	St. John's Legends	E. McKinnon, E Ricketts, J Ryder, K. Williams	
400	Medley Relay	4:38.89	<b>18-Dec-11</b>	SJL	St. John's Legends	M. Whelan, C. Hickman, E. Dornan, C. Silotch	
15-17	50	Free	26.53	<b>6-Nov-06</b>	MPM	Laura Murray	
	100	Free	56.69	<b>24-Nov-06</b>	MPM	Laura Murray	
	200	Free	2:03.50	<b>19-Feb-06</b>	MPM	Laura Murray	
	400	Free	4:21.77	<b>24-Nov-06</b>	MPM	Laura Murray	@ Bell Grand Prix
	800	Free	8:58.03	<b>20-Feb-98</b>	SJL	Suzanne Drodge	
	1500	Free	17:37.24	<b>5-Dec-97</b>	SJL	Suzanne Drodge	
	50	Back	30.30	<b>12-Feb-16</b>	MPM	Laura Pittman	at 2016 SNL SC Champs
	100	Back	1:04.94	<b>10-Dec-15</b>	MPM	Laura Pittman	
	200	Back	2:18.37	<b>1-Mar-14</b>	SJL	Caroline Hickman	at East Coast
	50	Breast	33.80	<b>8-Dec-16</b>	SJL	Caitlyn Pratt	at AA-AAA Invitation Pointe-Clai
	100	Breast	1:12.84	<b>14-Mar-81</b>	NAAC	Paula Kelly	
	200	Breast	2:34.70	<b>14-Mar-81</b>	NAAC	Paula Kelly	
	50	Fly	28.45	<b>16-Feb-06</b>	MPM	Laura Murray	
	100	Fly	1:03.71	<b>15-Feb-07</b>	SJL	Kelsey Alexander	@ Speedo Eastern Canadian Champs
	200	Fly	2:20.04	<b>21-Feb-98</b>	SJL	Suzanne Drodge	
	100	IM	1:08.15	<b>15-Mar-13</b>	SJL	Caroline Hickman	@ 2013 SNL SC Champs
	200	IM	2:23.36	<b>20-Feb-98</b>	SJL	Suzanne Drodge	
	400	IM	5:03.20	<b>21-Feb-81</b>	NAAC	Paula Kelly	
	200	Free Relay	1:50.56	<b>1-Mar-14</b>	SJL	St. John's Legends	C. Silotch, C Hickman, J Grenning, M Whelan
	400	Free Relay	3:58.34	<b>1-Mar-14</b>	SJL	St. John's Legends	C. Silotch, M. Whelan, C. Hickman, M. Mackay
800	Free Relay	8:40.52	<b>13-Dec-13</b>	SJL	St. John's Legends	C. Silotch, M Mackay, C Hickman, M Whelan	
200	Medley Relay	2:03.15	<b>1-Mar-14</b>	SJL	St. John's Legends	M. Whelan, R. Karlsson, C. Hickman, C. Silotch	
400	Medley Relay	4:29.71	<b>1-Mar-14</b>	SJL	St. John's Legends	M. Whelan, R. Karlsson, C. Hickman, C. Silotch	
Open	50	Free	26.53	<b>25-Nov-06</b>	MPM	Laura Murray	
	100	Free	56.69	<b>24-Nov-06</b>	MPM	Laura Murray	
	200	Free	2:03.51	<b>19-Feb-06</b>	MPM	Laura Murray	
	400	Free	4:21.77	<b>24-Nov-06</b>	MPM	Laura Murray	@ Bell Grand Prix
	800	Free	8:58.02	<b>12-Feb-95</b>	SJL	Suzanne Drodge	

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Open	1500 Free	17:37.24	<b>13-Dec-97</b>	SJL	Suzanne Drodge
	50 Back	28.87	<b>18-Nov-16</b>	MUSC	Charli LeBlanc at 2016 Kemp Fry Invitational
	100 Back	1:03.39	<b>18-Nov-16</b>	MUSC	Charli LeBlanc at 2016 Kemp Fry Invitational
	200 Back	2:19.20	<b>13-Feb-11</b>	MUSC	Leah Tomblin @ 2011 AUS Champs
	50 Breast	32.49	<b>18-Nov-16</b>	MUSC	Veronica Reid at 2016 Kemp Fry Invitational
	100 Breast	1:11.68	<b>18-Nov-16</b>	MUSC	Veronica Reid at 2016 Kemp Fry Invitational
	200 Breast	2:34.70	<b>14-Mar-81</b>	NAAC	Paula Kelly
	50 Fly	28.45	<b>16-Feb-06</b>	MPM	Laura Murray
	100 Fly	1:03.55	<b>19-Nov-93</b>	NEWS	Michelle MacWhirter
	200 Fly	2:20.04	<b>21-Feb-98</b>	SJL	Suzanne Drodge
	100 IM	1:08.79	<b>22-Oct-05</b>	MPM	Laura Murray @ I.M. Fast Invitational
	200 IM	2:21.03	<b>23-Nov-17</b>	MUSC	Jasmine Foran @ Sink or Swim Invitational
	400 IM	5:03.20	<b>21-Feb-81</b>	NAAC	Paula Kelly
	200 Free Relay	1:51.87	<b>24-Aug-09</b>	NL	Team Newfoundland & Labrador K Rogers,A Munn,B Dyer, N Rockwood
	400 Free Relay	3:58.20	<b>19-Nov-16</b>	MUSC	MUN SeaHawks V Reid, A Somers, V Legge, C LeBlanc
	800 Free Relay	8:40.52	<b>13-Dec-13</b>	SJL	St. John's Legends C Silotch, M Mackay, C Hickman, M Whelan
	200 Medley Relay	2:03.43	<b>24-Aug-09</b>	NL	Team Newfoundland & Labrador K Flynn, D Tucker,N Rockwood,K Rogers
	400 Medley Relay	4:21.65	<b>20-Nov-16</b>	MUSC	MUN SeaHawks C LeBlanc, V Reid, A Somers, V Legge

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**RECORDS PR Short Course**

**SC Meters-Male**

10 & U	50 Free	31.90	<b>3-Feb-91</b>	PSC	Chris Grimes	
	100 Free	1:09.89	<b>6-Dec-91</b>	WWSC	Michael Robertson	
	200 Free	2:36.03	<b>11-Mar-88</b>	NAAC	Chris Granter	
	400 Free	5:20.86	<b>26-Feb-88</b>	NAAC	Chris Granter	
	800 Free	11:59.40	<b>6-May-06</b>	MPM	Gavin Dyke	
	1500 Free	22:51.07	<b>1-Mar-96</b>	WWSC	Skylar Pike	
	50 Back	38.17	<b>26-Feb-88</b>	NAAC	Chris Granter	
	100 Back	1:22.34	<b>10-Mar-02</b>	WSH	Cary Jones	
	200 Back	2:56.72	<b>9-Mar-02</b>	WSH	Cary Jones	
	50 Breast	41.53	<b>9-Feb-91</b>	PSC	Chris Grimes	
	100 Breast	1:29.49	<b>9-Mar-91</b>	PSC	Chris Grimes	
	200 Breast	3:07.37	<b>9-Mar-91</b>	PSC	Chris Grimes	
	50 Fly	35.75	<b>10-Oct-83</b>	NAAC	Iain Tennent	
	100 Fly	1:23.96	<b>25-May-96</b>	WWSC	Skylar Pike	
	200 Fly	3:15.10	<b>16-Jan-82</b>	NAAC	Fergus O'Brien	
	100 IM	1:23.14	<b>26-Feb-88</b>	NAAC	Chris Granter	
	200 IM	2:55.41	<b>8-Dec-86</b>	NAAC	Adrian Costello	
	400 IM	6:36.23	<b>9-Mar-02</b>	WSH	Cary Jones	
	200 Free Relay	2:18.88	<b>2-Mar-87</b>	NAAC	NAAC	Nagpurkar, Scott, Granter, Hatcher
	400 Free Relay	5:26.40	<b>12-Nov-88</b>	NAAC	NAAC	Herder, Howell, Howell, Tennent
	800 Free Relay	12:40.86	<b>5-Nov-10</b>	SJL	St John's Legends Swim Club	J. BATTCKOCK, M. BREEN, C. HICKMAN, L. SHORTA
	200 Medley Relay	2:43.81	<b>3-Mar-87</b>	NAAC	NAAC	Hatcher, Scott, Nagpurkar, O'Reilly
	400 Medley Relay	7:19.44	<b>22-Oct-05</b>	CBR	Corner Brook Rapids	French, Burse, Burt, Cohlmeier
11-12	50 Free	27.92	<b>6-Dec-85</b>	NAAC	Iain Tennent	
	100 Free	1:00.58	* <b>1-Mar-13</b>	SJL	Noah Cumby	@ 2013 SC East Coast Champs
	100 Free	1:00.58	* <b>28-Feb-13</b>	SJL	Noah Cumby	at 2013 East Coast SC Championships
	200 Free	2:10.95	<b>7-Dec-85</b>	NAAC	Iain Tennent	
	400 Free	4:32.60	<b>6-Dec-85</b>	NAAC	Iain Tennent	
	800 Free	9:38.53	<b>28-Feb-13</b>	SJL	Noah Cumby	at 2013 East Coast SC Championships
	1500 Free	17:24.74	<b>5-Dec-85</b>	NAAC	Iain Tennent	
	50 Back	31.84	<b>2-Dec-16</b>	SJL	James Drover	at 2016 Body Quest - SINK OR SWIM Invitational
	100 Back	1:10.95	<b>7-Feb-98</b>	WWSC	Skylar Pike	
	200 Back	2:30.99	<b>8-Dec-16</b>	SJL	James Drover	at AA-AAA Invitation Pointe-Clai
	50 Breast	36.17	<b>12-Mar-93</b>	PSC	Chris Grimes	
	100 Breast	1:16.34	<b>31-Jan-97</b>	GLSC	Nick Smith	
	200 Breast	2:48.80	<b>31-Jan-97</b>	GLSC	Nick Smith	
	50 Fly	30.17	<b>21-May-16</b>	MPM	Miguel Pond	@ Mt. Pearl Time Trial
	100 Fly	1:06.49	<b>21-May-16</b>	MPM	Miguel Pond	at Mt. Pearl Time Trial
	200 Fly	2:31.40	<b>8-Dec-85</b>	NAAC	Iain Tennent	
	100 IM	1:09.90	<b>18-Jun-16</b>	MPM	Miguel Pond	at 2016 NL Summer Games Time Trial - MP Region
	200 IM	2:31.96	<b>18-Jun-16</b>	MPM	Miguel Pond	at 2016 NL Summer Games Time Trial - MP Region
	400 IM	5:22.09	<b>12-Feb-16</b>	MPM	Miguel Pond	at 2016 SNL SC Championships
	200 Free Relay	2:02.94	<b>26-Feb-88</b>	NAAC	NAAC	Costello, Nagpurkar, Hatcher, Squires
	400 Free Relay	4:34.12	<b>4-Mar-10</b>	SJL	St. John's Legends Swim Club	L. SLADE, W. FERGUSON-O'BRIEN, S. HISCOCK, C.
	800 Free Relay	10:14.16	<b>1-Mar-13</b>	SJL	St. John's Legends	N. Cumby, C. Hickman, J. Wareham, D. Mackay
	200 Medley Relay	2:17.56	<b>22-Feb-85</b>	NAAC	NAAC	Flemming, Krizan, Kiruluta, Tennent
	400 Medley Relay	5:19.97	<b>1-Mar-13</b>	SJL	St. John's Legends Swim Club	J. Wareham, C. Hickman, N. Cumby, D. Mackay
13-14	50 Free	24.25	<b>18-Feb-10</b>	SJL	Owen Daly	@ Championnats Canadiens de l'es

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**RECORDS PR Short Course**

13-14	100 Free	53.68	<b>4-Mar-10</b>	SJL	Owen Daly	@ SC East Coast Champs 2010
	200 Free	1:56.27	<b>4-Mar-10</b>	SJL	Owen Daly	@ SC East Coast Champs 2010
	400 Free	4:12.59	<b>4-Mar-10</b>	SJL	Owen Daly	@ SC East Coast Champs 2010
	800 Free	8:44.98	<b>18-Feb-10</b>	SJL	Owen Daly	@ Championnats Canadiens de l'es
	1500 Free	16:39.97	<b>12-Mar-10</b>	MPM	Gavin Dyke	@ Provincial SC Champs
	50 Back	28.34	<b>5-Mar-15</b>	SJL	Noah Cumby at 2015	East Coast Short Course
	100 Back	1:02.41	<b>12-Dec-14</b>	GLSC	Dylan Morawski	@Pointe Claire Invite
	200 Back	2:13.37	<b>4-Mar-12</b>	SJL	Logan Slade	@ 2012 SC East Coast Champs
	50 Breast	32.57	<b>11-Nov-94</b>	PSC	Chris Grimes	
	100 Breast	1:08.03	<b>23-Nov-17</b>	SJL	Cormac Bull	@ Sink or Swim Invitational
	200 Breast	2:32.06	<b>10-Dec-94</b>	PSC	Chris Grimes	
	50 Fly	26.22	<b>4-Mar-10</b>	SJL	Owen Daly	@ SC East Coast Champs 2010
	100 Fly	58.79	<b>4-Mar-10</b>	SJL	Owen Daly	@ SC East Coast Champs 2010
	200 Fly	2:15.00	<b>24-Aug-08</b>	SJL	Owen Daly	
	100 IM	1:05.38	<b>18-Oct-09</b>	MPM	Ryan Adams	
	200 IM	2:15.14	<b>23-Nov-17</b>	MPM	Miguel Pond	@ Sink or Swim Invitational
	400 IM	4:50.25	<b>12-Mar-10</b>	SJL	Owen Daly	@ Provincial SC Champs
	200 Free Relay	1:46.19	<b>4-Mar-12</b>	SJL	St. John's Legends	L. Slade, S. Hiscock, L. O'Leary, J. Twells
	400 Free Relay	3:55.90	<b>4-Mar-10</b>	SJL	St. John's Legends	O. DALY, S. NEWHOOK, L. FROUDE, I. COWLEY
	800 Free Relay	8:46.99	<b>16-Dec-11</b>	SJL	St. John's Legends	S. Hiscock, L. Slade, C. Smith, D. Brown
	200 Medley Relay	2:02.35	<b>2-Mar-12</b>	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, S. Hiscock
	400 Medley Relay	4:25.21	<b>1-Mar-12</b>	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, S. Hiscock
15-17	50 Free	23.17	<b>7-Feb-15</b>	MUSC	Owen Daly	
	100 Free	50.74 *	<b>1-Mar-13</b>	SJL	Owen Daly	@ 2013 SC East Coast Champs
	100 Free	50.74 *	<b>28-Feb-13</b>	SJL	Owen Daly at 2013	East Coast SC Championships
	200 Free	1:52.68 *	<b>1-Mar-13</b>	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200 Free	1:52.68 *	<b>28-Feb-13</b>	SJL	Owen Daly at 2013	East Coast SC Championships
	400 Free	4:02.98	<b>8-Feb-97</b>	SJL	Robbie Tennent	
	800 Free	8:20.32	<b>14-Feb-13</b>	MPM	Gavin Dyke	@ 2013 Eastern Canadian Champs
	1500 Free	15:58.09	<b>13-Dec-12</b>	MPM	Gavin Dyke	@ 2012 P1/P2 Invitational
	50 Back	27.29	<b>16-Dec-16</b>	SJL	Noah Cumby	@ Ontario Junior International
	100 Back	56.67	<b>17-Dec-16</b>	SJL	Noah Cumby	@Ontario Junior International
	200 Back	2:07.04	<b>6-Feb-97</b>	SJL	Robbie Tennent	
	50 Breast	30.66	<b>24-Aug-09</b>	NL	Theoren Goosney	@ 2009 Canada Games
	100 Breast	1:05.91	<b>24-Feb-93</b>	SJL	Adrian Costello	
	200 Breast	2:20.95 *	<b>14-Feb-13</b>	SJL	Martin Whelan at Championnat	canadien de l'Est Speedo
	200 Breast	2:20.95 *	<b>15-Feb-13</b>	SJL	Martin Whelan	@ 2013 Eastern Canadian Champs
	50 Fly	24.95	<b>16-Feb-12</b>	SJL	Owen Daly	@ 2012 Eastern Canadian Champs
	100 Fly	54.90 *	<b>28-Feb-13</b>	SJL	Owen Daly at 2013	East Coast SC Championships
	100 Fly	54.90 *	<b>1-Mar-13</b>	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200 Fly	2:09.53	<b>20-Feb-99</b>	SJL	George Colbert	
	100 IM	1:00.63	<b>7-May-10</b>	CBSC	Theoren Goosney	@ Lakers Provincial Invitational
	200 IM	2:10.08 *	<b>1-Mar-13</b>	SJL	Martin Whelan	@ 2013 SC East Coast Champs
	200 IM	2:10.08 *	<b>28-Feb-13</b>	SJL	Martin Whelan at 2013	East Coast SC Championships
	400 IM	4:35.25	<b>6-Mar-82</b>	MUSC	Mike Tuck	
	200 Free Relay	1:37.21	<b>24-Aug-09</b>	NL	Team NL	T Goosney,A Buckingham,A Harvey,N Hogan
	400 Free Relay	3:34.72	<b>24-Aug-09</b>	NL	Team NL	A Buckingham,A Harvey,N Hogan,T Goosney
	800 Free Relay	7:54.60	<b>24-Aug-09</b>	NL	Team NL	T Goosney,A Harvey,N Hogan,O Daly
	200 Medley Relay	1:50.93	<b>24-Aug-09</b>	NL	Team NL	A Buckingham,T Goosney,B McKay,N Hogan
	400 Medley Relay	4:01.32	<b>1-Mar-14</b>	SJL	St. John's Legends	R. Robinson, C. Smith, O. Daley, S. Hiscock

**Swimming Newfoundland and Labrador  
CBS Bluefins Swim Club**

**RECORDS PR Short Course**

Open	50 Free	23.18	<b>7-Feb-15</b>	MUSC	Owen Daly	
	100 Free	50.23	<b>18-Nov-16</b>	MUSC	Sam Leawood at 2016 Kemp Fry Invitational	
	200 Free	1:51.16	<b>21-Feb-14</b>	MPM	Gavin Dyke	Memorial SeaHawks
	400 Free	3:57.01	<b>21-Feb-14</b>	MPM	Gavin Dyke	Memorial SeaHawks
	800 Free	8:23.09	<b>17-Nov-13</b>	MPM	Gavin Dyke	Memorial SeaHawks
	1500 Free	15:45.44	<b>17-Nov-13</b>	MPM	Gavin Dyke	Memorial SeaHawks
	50 Back	25.82	<b>5-Mar-04</b>	MUSC	George Colbert	
	100 Back	56.67	<b>17-Dec-16</b>	SJL	Noah Cumby	@Ontario Junior International
	200 Back	2:04.82	<b>10-Feb-13</b>	MUSC	David Haines	@ 2013 AUS Champs
	50 Breast	29.36	<b>30-Nov-08</b>	MUSC	Nick Smith	
	100 Breast	1:04.73	<b>11-Feb-95</b>	UNB	Nick Smith	
	200 Breast	2:20.44	<b>17-Feb-11</b>	CBSC	Theoren Goosney	@ 2011 Western Canadian Champs
	50 Fly	24.95	<b>15-Feb-12</b>	SJL	Owen Daly	@ 2012 Eastern Canadian Champs
	100 Fly	54.90	<b>1-Mar-13</b>	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200 Fly	2:04.43	<b>5-Mar-93</b>	SJL	Iain Tennent	
	100 IM	59.15	<b>30-Nov-08</b>	MUSC	Nick Smith	
	200 IM	2:09.13	<b>17-Feb-11</b>	CBSC	Theoren GOosney	@ 2011 Western Canadian Champs
	400 IM	4:35.25	<b>6-Mar-82</b>	MUSC	Mike Tuck	
	200 Free Relay	1:37.21	<b>24-Aug-09</b>	NL	Team NL	T Goosney,A Buckingham,A Harvey,N Hogan
	400 Free Relay	3:29.91	<b>19-Nov-16</b>	MUSC	MUN Sea-Hawks	S Leawood, D Haines, R George, D Sparkes
	800 Free Relay	7:43.63	<b>1-Mar-83</b>	MUSC	MUN Sea-Hawks	Noel, Tuck, Daly, Gillies
	200 Medley Relay	1:50.41	<b>10-Mar-02</b>	SJL	St. John's Legends	Gibbons, Thornhill, Kennedy, Mowbray
	400 Medley Relay	3:57.89	<b>20-Nov-16</b>	MUSC	MUN Sea-Hawks	D. Haines, N Pardy, S Leawood, D Sparkes