
RECORDS Long Course PR
LC Meters-Female

10 & U	50 Free	32.12	30-May-92	NAAC	Laurie Green		
	100 Free	1:11.00	31-May-92	NAAC	Laurie Green		
	200 Free	2:32.53	22-Jun-84	NAAC	Louise Copeman		
	400 Free	5:17.89	22-Jun-84	NAAC	Louise Copeman		
	800 Free	12:01.72	27-May-11	AASC	Ashley Redlon		
	1500 Free	22:52.66	27-May-11	AASC	Ashley Redlon		
	50 Back	36.04	11-Jun-05	SJL	Elsabe Fourie		
	100 Back	1:21.49	13-May-89	AASC	Lisa Grant		
	200 Back	2:55.83	7-Jun-01	SJL	Ingrid Antonsen		
	50 Breast	39.45	30-May-92	NAAC	Laurie Green		
	100 Breast	1:27.14	29-May-92	NAAC	Laurie Green		
	200 Breast	3:07.35	30-May-92	NAAC	Laurie Green		
	50 Fly	35.16	6-Jun-87	GBSC	Jennifer Tummonds		
	100 Fly	1:17.73	6-Jun-87	GBSC	Jennifer Tummonds		
	200 Fly	3:03.81	3-Jun-16	MPM	Kailey Murrin at 2016 NL Long Course Championships		
	200 IM	2:54.19	29-May-92	NAAC	Laurie Green		
	400 IM	6:29.44	27-May-11	AASC	Ashley Redlon		
	200 Free Relay	2:28.58	1-Jun-08	SJL	St. John's Legends	E. Dornan, M. Whelan, C. Silotch, M.	
	400 Free Relay	5:30.59	31-May-08	SJL	St. John's Legends	E. Dornan, M. Whelan, C. Silotch, M.	
	800 Free Relay	12:21.14	15-Apr-12	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, E	
	200 Medley Relay	2:46.44	14-Apr-12	SJL	St. John's Legends	E. McKinnon, M. Whelan, N. Smart, M. Henley	
	400 Medley Relay	6:14.39	27-May-11	SJL	St. John's Legends	L.Slade, O.Gillespie, N. Smart, A. Wilson	
	11-12	50 Free	27.96	29-Jun-11	SJL	Catherine Silotch	
		100 Free	1:02.65	28-Jun-11	SJL	Catherine Silotch	
		200 Free	2:15.79	7-Jun-02	SJL	Laura Murray	
400 Free		4:47.56	7-Aug-86	NAAC	Louise Copeman		
800 Free		9:46.40	22-May-86	NAAC	Louise Copeman		
1500 Free		19:02.48	22-May-86	NAAC	Paula Crutcher		
50 Back		33.33	21-Jul-10	SJL	Catherine Silotch		
100 Back		1:10.51	30-Jul-11	SJL	Catherine Silotch		
200 Back		2:32.31	27-Jul-11	SJL	Catherine Silotch		
50 Breast		37.23	21-Apr-16	NL	Peyton Mallowney at MAC April Invitational April 21-24,2016		
100 Breast		1:19.74	6-Mar-94	SJL	Laurie Green		
200 Breast		2:51.40	6-Mar-94	SJL	Laurie Green		
50 Fly		31.04	7-Aug-17	NL	Abigail Williams at 2017 Canada Games Swimming		
100 Fly		1:12.74	17-Jul-86	NAAC	Louise Copeman		
200 Fly		2:35.14	11-Oct-85	NAAC	Louise Copeman		
200 IM		2:40.15	30-May-14	SJL	Natalie Smart at SNL LC Champs		
400 IM		5:32.10	31-May-14	SJL	Natalie Smart at SNL LC Champs		
200 Free Relay		2:04.01	1-Jul-10	SJL	St. John's Legends Swim Club C. SILOTCH, E. DORNAN,C. Hickman,		
400 Free Relay		4:38.48	31-May-13	MPM	Mount Pearl Marlins	D. Tucker, L-M. Lahey, S. Barry, B. Dyer	
800 Free Relay		10:09.68	23-Mar-18	SJL	St. John's Legends	E. Noseworthy L. Albert A. Williams E.	
200 Medley Relay		2:20.49	1-Jul-10	SJL	St. John's Legends Swim Club C. SILOTCH, C. HICKMAN, L. Snow E.		
400 Medley Relay		5:11.68	28-May-10	SJL	St. John's Legends Swim Club C. Silotch, C. Hickman, E. Dornan, M.		
13-14		50 Free	27.53	6-Aug-13	SJL	Catherine Silotch	
		100 Free	59.34	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships	
		200 Free	2:06.79	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships	
	400 Free	4:26.80	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships		

RECORDS Long Course PR

13-14	800 Free	9:17.56	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
	1500 Free	18:31.63	11-Apr-03	SJL	Laura Murray
	50 Back	31.91	26-May-12	SJL	Maggie Whelan
	100 Back	1:07.45	23-Apr-12	SJL	Maggie Whelan
	200 Back	2:26.02	9-Dec-17	SJL	Kate Williams @ AA-AAA Invitation Pointe-Claire
	50 Breast	33.90	7-Aug-17	NL	Emily Ricketts at 2017 Canada Games Swimming
	100 Breast	1:14.98	17-Jul-17	SJL	Emily Ricketts at Best Times LCM
	200 Breast	2:43.96	8-Aug-79	NAAC	Paula Kelly
	50 Fly	29.43	5-Aug-04	SJL	Laura Murray
	100 Fly	1:05.40	6-Jul-04	SJL	Laura Murray
	200 Fly	2:27.68	8-Jan-79	NAAC	Francine Hickey
	200 IM	2:28.07	7-Aug-17	NL	Emily Ricketts at 2017 Canada Games Swimming
	400 IM	5:12.41	7-Aug-17	NL	Kate Sullivan at 2017 Canada Games Swimming
	200 Free Relay	1:53.00	28-Jul-12	SJL	St. John's Legends C. Silotch, E. Dornan, M. Mackay, C.
	400 Free Relay	4:13.15	18-Feb-12	SJL	St. John's Legends
	800 Free Relay	9:05.81	16-Feb-12	SJL	St. John's Legends E. Dornan, M. Whelan, R. Karlsson, C.
	200 Medley Relay	2:06.19	10-Aug-17	NL	Team NL K Williams, E Ricketts A Williams, K Sullivan
	400 Medley Relay	4:40.94	11-Aug-17	NL	Team NL K Williams, E Ricketts, A Williams, K
15-17	50 Free	27.01	16-Aug-01	PSC	Eileen Robinson
	100 Free	58.32	24-Nov-05	MPM	Laura Murray
	200 Free	2:05.61	26-Nov-05	MPM	Laura Murray
	400 Free	4:25.19	4-Jan-96	SJL	Suzanne Drodge
	800 Free	9:07.89	7-Jul-97	SJL	Suzanne Drodge
	1500 Free	17:53.18	1-Mar-18	MPM	Kate Sullivan @ 2018 David Fry Championships
	50 Back	31.48	4-Jul-13	SJL	Maggie Whelan
	100 Back	1:06.64	1-Mar-18	SJL	Kate Williams @ 2018 David Fry Championships
	200 Back	2:23.35	1-Mar-18	SJL	Kate Williams @ 2018 David Fry Championships
	50 Breast	34.24	1-Mar-18	SJL	Emily Ricketts @ 2018 David Fry Championships
	100 Breast	1:13.89	14-Aug-80	NAAC	Paula Kelly
	200 Breast	2:37.33	15-Jul-80	NAAC	Paula Kelly
	50 Fly	29.03	17-Jul-17	NL	Laura Pittman at Best Times LCM
	100 Fly	1:04.87	7-Jun-96	SJL	Suzanne Drodge
	200 Fly	2:24.26	8-May-83	NAAC	Tracy Hogan
	200 IM	2:27.94	2-Jul-15	SJL	Caroline Hickamn
	400 IM	5:09.02	7-Jul-96	SJL	Suzanne Drodge
	200 Free Relay	1:53.41	27-Jul-13	SJL	SJL E Dornan, M Whelan, M, MacKay, C Hickman
	400 Free Relay	4:07.40	15-Feb-08	SJL	St. John's Legends N. Rockwood, L. Tomblin, K. Alexander, A.
	800 Free Relay	8:55.46	17-Apr-21	SJL	St. John's Legends N Smart, A simms, K Williams,
	200 Medley Relay	2:06.33	10-Dec-16	SJL	St. John's Legends E McKinnon, E Ricketts, K Nixon, A Simms
	400 Medley Relay	4:37.33	6-Jul-13	SJL	St. John's Legends C. Hickman, B. Karlsson, E. Dornan, M.
	50 Free	27.01	9-Jul-04	PSC	Eileen Robinson
	100 Free	58.32	24-Nov-05	MPM	Laura Murray
	200 Free	2:04.99	3-Nov-94	NEWS	Michelle MacWhirter
	400 Free	4:25.19	4-Jan-96	SJL	Suzanne Drodge
	800 Free	9:07.89	7-Jun-97	SJL	Suzanne Drodge
	1500 Free	17:57.52	4-Jan-96	SJL	Suzanne Drodge
	50 Back	30.70	20-Jan-17	MUSC	Charli LeBlanc at Coupe D L'Est Quebec City
	100 Back	1:03.98	20-Nov-10	MUSC	Leah Tomblin @ AUS Invitational
	200 Back	2:23.35	1-Mar-18	SJL	Kate Williams @ 2018 David Fry Championships
	50 Breast	33.74	20-Jan-17	MUSC	Veronica Reid at Coupe de L'Est Quesbec City

RECORDS Long Course PR

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	1:03.55	19-Nov-93	NEWS	Michelle MacWhirter
200 Fly	2:20.04	21-Feb-98	SJL	Suzanne Drodge
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	1:53.03	17-Aug-08	NL	Team NL R. Legge, K. Williams, V Stokes, K. Sullivan
400 Free Relay	4:06.19	25-Jul-01	SJL	Team Newfoundland & Labrador F. Lavery, E. Robinson, S. Button, S.
800 Free Relay	8:55.46	21-Apr-17	SJL	St. John's Legends N.Smart, A Simms, K. Williams, E.
200 Medley Relay	2:06.19	10-Aug-17	NL	Team NL K Williams, E Ricketts, A Williams, K
400 Medley Relay	4:37.33	4-Jul-13	NL	St. John`s Legends Swim Club C. Hickman, R. Karlsson, E. Dornan, M.

RECORDS Long Course PR
LC Meters-Male

10 & U	50 Free	32.30	26-May-90	PSC	Chris Grimes	
	100 Free	1:10.81	27-May-90	PSC	Chris Grimes	
	200 Free	2:36.66	11-May-96	WWSC	Skylar Pike	
	400 Free	5:28.62	27-May-06	WWSC	Skylar Pike	
	800 Free	12:06.85	27-May-06	MPM	Gavin Dyke	
	1500 Free	22:48.25	11-Jun-96	WWSC	Skylar Pike	
	50 Back	38.30	2-Jun-17	MPM	Jaxson or Jax Row at 2017 Summer Classic	
	100 Back	1:23.59	26-May-06	SJL	Owen Daly	
	200 Back	3:02.80	6-Jun-96	WWSC	Skylar Pike	
	50 Breast	42.37	26-May-90	PSC	Chris Grimes	
	100 Breast	1:31.24	27-May-90	PSC	Chris Grimes	
	200 Breast	3:19.76	30-Mar-90	PSC	Peter Grimes	
	50 Fly	34.84	6-Jul-17	MPM	Jaxson or Jax Row at 2017 Ken Dunn LC Championships	
	100 Fly	1:21.91	6-Jul-17	MPM	Jaxson or Jax Row at 2017 Ken Dunn LC Championships	
	200 Fly	3:17.53	28-May-89	PSC	Peter Grimes	
	200 IM	2:57.38	17-Jul-17	MPM	Jaxson or Jax Row at Best Times LCM	
	400 IM	6:38.41	6-Jan-96	WWSC	Skylar Pike	
	200 Free Relay	2:22.66	29-Apr-89	NAAC	NAAC R. Tennent, A. Howel. T. Howell, M.	
	400 Free Relay	6:07.65	13-Apr-08	SJL	SJL D. Daly, L. O'Leary, J. Twells, L. Slade	
	800 Free Relay	12:54.63	12-Apr-08	SJL	SJL D. Dlay, L. O'Leary, J. Twells, L. Slade	
	200 Medley Relay	2:45.74	29-Apr-89	NAAC	NAAC A. Howell, T. Howell, M. Herder, R. Tennent	
	400 Medley Relay	6:39.69	11-Apr-03	WSH	West Side Heat C. Jones, N. HOgan, M. Barry, N. Burt	
	11-12	50 Free	28.09	7-Jul-10	SJL	Logan Slade
		100 Free	1:01.38	5-Jul-15	MPM	Liam Swain at East Coast Champs
200 Free		2:13.03	3-Jul-15	MPM	Liam Swain at East Coast Champs	
400 Free		4:40.50	20-Aug-85	NAAC	Iain Tennent	
800 Free		9:51.61	2-Jul-15	MPM	Liam Swain at East Coast Champs	
1500 Free		18:29.60	31-May-85	NAAC	Iain Tennent	
50 Back		32.58	8-Dec-16	SJL	James Drover at AA-AAA Invitation Pointe-Clai	
100 Back		1:11.43	21-Jul-10	SJL	Logan Slade	
200 Back		2:32.84	28-May-10	SJL	Logan Slade	
50 Breast		35.27	7-Jul-16	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
100 Breast		1:18.16	7-Jul-16	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
200 Breast		2:55.66	7-Jul-16	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
50 Fly		29.97	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
100 Fly		1:06.74	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
200 Fly		2:29.54	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
200 IM		2:30.69	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
400 IM		5:22.96	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
200 Free Relay		2:05.43	1-Jul-10	NAAC	SJL L. Slade, W. Ferguson-O'Brien, L. O'Leary, G. Shortall	
400 Free Relay		4:37.59	28-May-10	SJL	St. John's Legends Swim Club L. SLADE, W. FERGUSON-O'BRIEN,G.	
800 Free Relay		10:29.81	6-Jul-12	SJL	St. John's Legends N. Cumby,B Dornan, S Reese, C Hickman	
200 Medley Relay		2:23.94	7-Dec-85	NAAC	NAAC M. McComisk, J. Weiser, J. Flemming, I,	
400 Medley Relay		5:20.87	1-Jul-10	SJL	St. John's Legends Swim Club L. Slade, L. O'Leary, G. Shortall, W.	
13-14		50 Free	25.36	26-Jun-87	NAAC	David Kiruluta
		100 Free	55.20	2-Jul-15	SJL	Noah Cumby at East Coast Champs
	200 Free	2:00.74	27-May-10	SJL	Owen Daly @Mel Zajac International	
	400 Free	4:22.40	23-May-10	SJL	Owen Daly @ Hyack Youth Festival	

RECORDS Long Course PR

13-14	800 Free	9:10.09	29-Apr-10	MPM	Gavin Dyke	@EKI 2010
	1500 Free	17:17.69	1-Jul-10	MPM	Gavin Dyke	@ECC
	50 Back	29.27	30-May-15	SJL	Noah Cumby @ LC Champs	
	100 Back	1:03.07	2-Jul-15	SJL	Noah Cumby at East Coast Champs	
	200 Back	2:20.60	7-Aug-17	NL	Ewan Maclean at 2017 Canada Games Swimming	
	50 Breast	32.11	8-Dec-17	SJL	Cormac Bull	@ AA-AAA Invitation Pointe-Claire
	100 Breast	1:10.48	22-Mar-79	NAAC	Mike Tuck	
	200 Breast	2:36.61	1-Mar-18	SJL	Arjan O'Brien	@ 2018 David Fry Championships
	50 Fly	27.39	23-May-10	SJL	Owen Daly	@Hyack Youth Festival
	100 Fly	1:00.63	22-May-10	SJL	Owen Daly	@Hyack Youth Festival
	200 Fly	2:21.30	29-Jan-75	MUSC	Blair Tucker	
	200 IM	2:22.08	3-Jun-79	NAAC	Mike Tuck	
	400 IM	5:04.28	6-Mar-75	MUSC	Blaire Tucker	
	200 Free Relay	1:50.30	28-Jul-12	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, C. Smith
	400 Free Relay	4:06.16	6-Mar-94	SJL	SJL A. HJowell, R. Tennent, K. Drodge, D. Hurley	
	800 Free Relay	9:07.52	15-Apr-12	SJL	St. John's Legends	C. Smith, S. Hiscock, G. Shortall, L. Slade
	200 Medley Relay	2:01.65	29-Jul-12	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, C. Smith
	400 Medley Relay	4:37.20	6-Mar-94	SJL	St. John's Legends	D. Hurley, R. Tennent, K. Drodge, A.
15-17	50 Free	23.86	26-Jul-11	SJL	Owen Daly	@ 2011 Can Age Group Champs
	100 Free	51.47	17-Jul-17	SJL	Noah Cumby at Best Times LCM	
	200 Free	1:56.04	18-Aug-81	MUSC	Chris Daly	
	400 Free	4:12.37	21-Jul-12	MPM	Gavin Dyke	@Summer Nationals
	800 Free	8:42.23	7-Jul-12	MPM	Gavin Dyke	@Summer Nationals
	1500 Free	16:34.96	20-Jul-89	NAAC	Iain Tennent	
	50 Back	27.73	9-Jul-17	SJL	Noah Cumby at Kenn Dunn Championships	
	100 Back	58.67	17-Jul-17	SJL	Noah Cumby at Best Times LCM	
	200 Back	2:10.88	17-Jul-17	SJL	Noah Cumby at Best Times LCM	
	50 Breast	30.98	30-Jul-93	SJL	Adrian Costello	
	100 Breast	1:07.68	29-May-93	SJL	Adrian Costello	
	200 Breast	2:27.80	30-Jul-93	SJL	Adrian Costello	
	50 Fly	25.25	17-Feb-12	SJL	Owen Daly	@ 2012 Eastern Canadian Champs
	100 Fly	55.87	27-Jul-11	SJL	Owen Daly	@Can Age Group Champs
	200 Fly	2:09.20	17-Aug-77	NL	Blair Tucker	
	200 IM	2:14.18	31-May-13	SJL	Owen Daly	@ NL LC Prov Champs
	400 IM	4:49.44	17-Aug-77	NL	Blair Tucker	
	200 Free Relay	1:43.26	30-Apr-12	NL	Team NL	R. Adams, G. Dyke, N. Burt, M. Whelan
	400 Free Relay	3:47.80	6-Jan-96	NL	St. John's Legends J. Hogan, C. Sheppard, D. Hurley, R. Tennent	
	800 Free Relay	8:18.60	18-Jul-09	NL	Team NL	N. Hogan, A. Harvey, O. Daly, T.
	200 Medley Relay	1:54.42	29-May-93	SJL	St. John's Legends A. Costello, C. Granter, R. Wortman, S. Hatcher	
	400 Medley Relay	4:10.93	28-Apr-12	SJL	Team NL D. Haines, M. Whelan, L. Froude, G. Dyke	
	50 Free	23.67	10-Apr-16	MPM	Aaron Buckingham	2016 SNC Olympic Trials
	100 Free	51.51	9-Apr-16	MPM	Aaron Buckingham	2016 SNC Olympic Trials
	200 Free	1:54.76	19-Aug-81	NL	Chris Daly	
	400 Free	4:11.03	7-Jun-01	NEWS	Jonathon Fowler	
	800 Free	8:39.90	4-Aug-13	MPM	Gavin Dyke	@ Canada Games Sherbrooke
	1500 Free	16:34.96	19-Aug-81	NL	Carson Noel	
	50 Back	27.32	4-Aug-16	MPM	David Haines at 2016 Canadian Swimming Championships	
	100 Back	58.99	4-Aug-16	MPM	David Haines at 2016 Canadian Swimming Championships	
	200 Back	2:09.21	3-Jul-01	NEWS	Jonathon Fowler	
	50 Breast	30.98	30-Jul-93	SJL	Adrian Costello	

RECORDS Long Course PR

100 Breast	1:07.57	26-May-01	SJL	Steven Thornhill	
200 Breast	2:27.80	30-Jul-98	SJL	Adrian Costello	
50 Fly	24.98	17-Jul-13	SJL	Owen Daly	Age Group Champs
100 Fly	55.36	17-Jul-13	SJL	Owen Daly	@ Age Group Champs
200 Fly	2:08.96	17-Aug-77	NL	Blair Tucker	
100 IM	59.15	30-Nov-08	MUSC	Nick Smith	
200 IM	2:13.97	4-Jul-13	SJL	Owen Daly	East Coast Champs
400 IM	4:49.40	17-Aug-77	NL	Blair Tucker	
200 Free Relay	1:37.19	22-Aug-89	NL	Team NL	D. Clouston, R. Perry, R. Lee, D. Kiruluta
400 Free Relay	3:38.14	4-Jul-01	SJL	St. John's Legends	A. Buckingham, B. McKAy, O.Daly, T. Goosney
800 Free Relay	8:07.80	19-Aug-81	NL	Team NL	C. Noel, M. Tuck, M. Campbell, C. Daly
200 Medley Relay	1:52.43	27-Jul-01	NL	Team NL	T. Gibbons, C. Grimes, G. Colbert, N. Smith
400 Medley Relay	4:03.91	24-May-02	MUSC	Team NL	T. Gibbons, C. Grimes, G. Colbert, N. Smith

RECORDS Long Course PR**LC Meters-Mixed**

11-12	200 Free Relay	2:11.28	8-Dec-17	SJL	St. John's Legends	L. Albert E. Noseworthy B. Prichett A.
15-17	200 Free	1:48.26 *	16-Dec-10	SJL	St. John's Legends	T Chafe, B Dornan, K Stokes, A Simms
	200 Free	1:48.26	10-Dec-16	SJL	St. John's Legends	T. Chafe, B Dornan, K Stokes, A Simms