

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	30.92 SJL	Gillian Smith 29/05/26	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	1:06.90 SJL	Gillian Smith 29/05/26	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 Mallowney 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. Ladha 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 10/08/17	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

UPDATED: June 24, 2026

New Record

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