

SWIMMING NEWFOUNDLAND AND LABRADOR

PROVINCIAL SC RECORDS (FEMALE)



	10 & Under		11 - 12		13 - 14		15 - 17		Open	
50 Free	30.84	Kateryna Koretska SJL 22/02/25	27.68	Abby Williams SJL 24/11/17	27.15	Abby Williams SJL 21/11/19	26.25	Abby Williams SJL 14/12/18	26.25	Abby Williams SJL 14/12/18
100 Free	1:10.76	Kateryna Koretska SJL 15/11/24	1:00.62	Gillian Smith SJL 15/11/24	58.52	Laura Murray SJL 21/02/04	56.69	Laura Murray MPM 24/11/06	56.69	Laura Murray MPM 24/11/06
200 Free	2:33.99	Heather Smart SJL 23/11/17	2:10.23	Claire Chin SJL 17/11/23	2:05.76	Laura Murray SJL 22/02/04	2:03.50	Laura Murray MPM 19/02/06	2:03.50	Laura Murray MPM 19/02/06
400 Free	5:29.69	Kallie Symonds SJL 12/06/21	4:38.30	Leah Murrin SJL 01/03/97	4:22.46	Laura Murray SJL 21/02/04	4:16.52	Kate Sullivan MPM 14/12/18	4:16.52	Kate Sullivan MPM 14/12/18
800 Free	11:31.00	Louise Copeman NAAC 25/03/84	9:25.75	Leah Murrin SJL 28/02/97	8:58.02	Suzanne Drodge SJL 12/02/95	8:54.19	Kate Sullivan MPM 14/12/18	8:54.19	Kate Sullivan MPM 14/12/18
1500 Free	22:08.90	Bobbi Nelson AASC 03/02/08	18:21.64	Kallie Symonds SJL 28/05/23	17:46.65	Laura Murray SJL 12/03/10	17:37.24	Suzanne Drodge SJL 05/12/97	17:37.24	Suzanne Drodge SJL 05/12/97
50 Back	37.13	Kelsey Flynn WSH 14/12/02	31.28	Gillian Smith SJL 25/10/24	30.77	Maggie Whelan SJL 16/02/12	29.80	Ali Warren MPM 21/11/19	28.66	Charli LeBlanc MUSC 17/11/17
100 Back	1:21.48	Erica Mckinnon SJL 09/11/12	1:09.40	Gillian Smith SJL 01/02/25	1:05.52	Catherine Silotch SJL 16/02/13	1:03.17	Laura Pittman MPM 19/11/17	1:02.32	Charli LeBlanc MUSC 19/11/17
200 Back	2:51.08	Heather Smart SJL 23/11/17	2:29.70	Catherine Silotch SJL 19/02/11	2:21.17	Abby Andrews SJL 21/11/19	2:16.88	Kate Williams SJL 14/12/18	2:15.41	Kate Williams MUSC 17/11/21
50 Breast	38.53	Kateryna Koretska SJL 15/3/25	35.92	Emily Ricketts SJL 10/12/15	32.92	Emily Ricketts SJL 08/12/17	33.06	Lindsay Goodland MPM 31/05/24	32.20	Veronica Reid MUSC 24/02/18
100 Breast	1:25.43	Kateryna Koretska SJL 14/3/25	1:17.90	Emily Ricketts SJL 13/12/15	1:12.53	Emily Ricketts SJL 23/11/17	1:11.91	Lindsay Goodland MPM 31/05/24	1:09.11	Jasmine Foran MUSC 09/02/18
200 Breast	3:12.03	Kateryna Koretska SJL 16/3/25	2:47.82	Laurie Green SJL 06/12/93	2:37.51	Emily Ricketts SJL 01/12/17	2:34.70	Paula Kelly NAAC 14/03/81	2:33.12	Jasmine Foran MUSC 09/02/18
50 Fly	34.52	Jorja Row MPM 07/06/19	30.41	Gillian Smith SJL 16/3/25	29.11	Abby Williams SJL 21/11/19	28.13	Abby Williams SJL 11/12/21	28.13	Abby Williams SJL 11/12/21
100 Fly	1:19.86	Kateryna Koretska SJL 22/02/25	1:08.92	Kailey Murrin MPM 02/06/18	1:05.87	Laura Murray SJL 30/11/03	1:03.71	Kelsey Alexander SJL 15/02/07	1:03.55	Michelle MacWhirter NEWS 19/11/93
200 Fly	3:05.62	Kateryna Koretska SJL 22/05/25	2:32.41	Leah Murrin SJL 01/03/97	2:24.25	Leah Murrin SJL 20/02/99	2:20.04	Suzanne Drodge SJL 21/02/98	2:19.77	Allison Somers MUSC 10/02/19
100 IM	1:23.13	Laurie Green NAAC 06/03/92	1:10.00	Gillian Smith SJL 16/3/25	1:09.15	Maggie Whelan SJL 16/03/12	1:05.83	Abby Williams SJL 03/12/21	1:05.83	Abby Williams SJL 03/12/21
200 IM	2:53.75	Kallie Symonds SJL 12/06/21	2:32.01	Claire Chin SJL 17/11/23	2:25.94	Emily Ricketts SJL 23/11/17	2:22.86	Abby Simms SJL 14/12/18	2:20.88	Jasmine Foran MUSC 09/02/18
400 IM	6:05.37	Kateryna Koretska SJL 14/03/25	5:16.91	Leah Murrin SJL 31/01/97	5:09.17	Emily Ricketts SJL 23/11/17	5:03.20	Paula Kelly NAAC 21/02/81	5:03.20	Paula Kelly NAAC 21/02/81
200 Free Relay	2:23.98	E. Mckinnon A. Jeon M. Henley N. Smart SJL 16/03/12	1:59.86	A. Williams I. Albert E. Noseworthy A. Andrews SJL 23/11/17	1:53.51	C. Hickman E. Dornan R. Karlsson C. Silotch SJL 04/03/12	1:48.67	A. Simms K. Williams E. Ricketts E. Mckinnon SJL 23/11/18	1:48.67	A. Simms K. Williams E. Ricketts E. Mckinnon SJL 23/11/18
400 Free Relay	5:23.78	E. Mckinnon N. Smart A. Jeon M. Henley SJL 17/03/12	4:29.10	E. Dornan D. Curran M. Whelan C. Silotch SJL 04/03/10	4:10.22	A. Simms K. Stokes K. Nixon N. Smart SJL 06/03/15	3:58.34	C. Silotch M. Whelan C. Hickman M. Mackay SJL 01/03/14	3:54.17	A. Simms K. Williams E. Ricketts A. Williams SJL 09/06/19
800 Free Relay	12:45.97	N. Smart M. Henley M. Whelan A. Simms SJL 13/11/11	9:51.36	E. Mckinnon S. Karlsson M. Henley N. Smart SJL 01/03/14	9:08.30	A. Simms K. Stokes S. Karlsson N. Smart SJL 05/03/15	8:40.52	C. Silotch M. Mackay C. Hickman M. Whelan SJL 13/12/13	8:40.52	C. Silotch M. Mackay C. Hickman M. Whelan SJL 13/12/13
200 Medley Relay	2:47.50	Smith Copeman Kiruluta Squires NAAC 11/03/84	2:14.21	M. Whitten A. Williams I. Albert E. Noseworthy SJL 23/11/17	2:05.26	E. Mckinnon E. Ricketts J. Ryder K. Williams SJL 16/12/17	2:03.15	M. Whelan R. Karlsson C. Hickman C. Silotch SJL 01/03/14	1:58.38	C. LeBlanc J. Foran L. Pittman V. Legge MUSC 17/11/17
400 Medley Relay	6:05.90	E. Mckinnon M. Whelan N. Smart M. Henley SJL 16/03/12	4:58.56	E. Mckinnon S. Karlsson N. Smart M. Henley SJL 01/03/14	4:38.89	M. Whelan C. Hickman E. Dornan C. Silotch SJL 18/12/11	4:29.71	M. Whelan R. Karlsson C. Hickman C. Silotch SJL 01/03/14	4:18.17	L. Pittman J. Foran A. Somers C. LeBlanc MUSC 19/11/17

UPDATED: April 30, 2025

New Record

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