

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

**RECORDS Long Course PR**

**LC Meters-Female**

10 & U	50 Free	31.63	<b>7-Jun-19</b>	MPM	Jorja Row at 2019 Summer Classic
	100 Free	1:11.00	<b>31-May-92</b>	NAAC	Laurie Green
	200 Free	2:32.53	<b>22-Jun-84</b>	NAAC	Louise Copeman
	400 Free	5:17.89	<b>22-Jun-84</b>	NAAC	Louise Copeman
	800 Free	12:01.72	<b>27-May-11</b>	AASC	Ashley Redlon
	1500 Free	22:52.66	<b>27-May-11</b>	AASC	Ashley Redlon
	50 Back	36.04	<b>11-Jun-05</b>	SJL	Elsabe Fourie
	100 Back	1:21.49	<b>13-May-89</b>	AASC	Lisa Grant
	200 Back	2:55.83	<b>7-Jun-01</b>	SJL	Ingrid Antonsen
	50 Breast	39.45	<b>30-May-92</b>	NAAC	Laurie Green
	100 Breast	1:27.14	<b>29-May-92</b>	NAAC	Laurie Green
	200 Breast	3:07.35	<b>30-May-92</b>	NAAC	Laurie Green
	50 Fly	33.26	<b>7-Jun-19</b>	MPM	Jorja Row 2019 Summer Classic
	100 Fly	1:16.44	<b>7-Jun-19</b>	MPM	Jorja Row at 2019 Summer Classic
	200 Fly	3:03.81	<b>3-Jun-16</b>	MPM	Kailey Murrin at 2016 NL Long Course Championships
	200 IM	2:54.19	<b>29-May-92</b>	NAAC	Laurie Green
	400 IM	6:24.45	<b>17-Dec-21</b>	SJL	Kiarra Higdon @ 2021 LEGENDary Holiday Classic
	200 Free Relay	2:28.58	<b>1-Jun-08</b>	SJL	St. John's Legends E. Dornan, M. Whelan, C. Silotch, M. MacKay
	400 Free Relay	5:30.59	<b>31-May-08</b>	SJL	St. John's Legends E. Dornan, M. Whelan, C. Silotch, M. MacKay
	800 Free Relay	12:21.14	<b>15-Apr-12</b>	SJL	St. John's Legends N. Smart, M. Henley, M. Whelan, E McKinnon
	200 Medley Relay	2:46.44	<b>14-Apr-12</b>	SJL	St. John's Legends E. McKinnon, M. Whelan, N. Smart, M. Henley
	400 Medley Relay	6:14.39	<b>27-May-11</b>	SJL	St. John's Legends E. McKinnon, M. Whelan, N. Smart, M. Henley
11-12	50 Free	27.96	<b>29-Jun-11</b>	SJL	Catherine Silotch
	100 Free	1:01.43	<b>18-Jan-24</b>	SJL	Claire Chin at MAC Winter Invitational January 18 -21,2024
	200 Free	2:14.21	<b>29-Feb-24</b>	SJL	Claire Chin at 2024 David Fry East Coast Championships
	400 Free	4:47.56	<b>7-Aug-86</b>	NAAC	Louise Copeman
	800 Free	9:46.40	<b>22-May-86</b>	NAAC	Louise Copeman
	1500 Free	18:57.59	<b>21-May-23</b>	NL	Kallie Symonds @ Invitation Neptune 12 ans et moins
	50 Back	33.33	<b>21-Jul-10</b>	SJL	Catherine Silotch
	100 Back	1:10.51	<b>30-Jul-11</b>	SJL	Catherine Silotch
	200 Back	2:32.31	<b>27-Jul-11</b>	SJL	Catherine Silotch
	50 Breast	37.23	<b>21-Apr-16</b>	NL	Peyton Mallowney at MAC April Invitational April 21-24,2016
	100 Breast	1:19.74	<b>6-Mar-94</b>	SJL	Laurie Green
	200 Breast	2:50.90	<b>29-Feb-24</b>	SJL	Kiarra Higdon at 2024 David Fry East Coast Championships
	50 Fly	31.04	<b>7-Aug-17</b>	NL	Abigail Williams at 2017 Canada Games Swimming
	100 Fly	1:10.63	<b>1-Jun-18</b>	MPM	Kailey Murrin at 2018 Summer Classic
	200 Fly	2:35.14	<b>11-Oct-85</b>	NAAC	Louise Copeman
	200 IM	2:34.71	<b>29-Feb-24</b>	SJL	Claire Chin at 2024 David Fry East Coast Championships
	400 IM	5:27.73	<b>29-Feb-24</b>	SJL	Kiarra Higdon at 2024 David Fry East Coast Championships
	200 Free Relay	2:03.03	<b>20-May-23</b>	NL	Team NL C.Chin, I.Bourne, H.LeBlanc, K. Symonds
	400 Free Relay	4:31.77	<b>15-Apr-23</b>	SJL	St John's Legends K. Symonds, C. Chin, H. LeBlanc, I. Bourne
	800 Free Relay	9:57.68	<b>9-Jun-23</b>	SJL	St John's Legends K. Symonds, H. LeBlanc, K. Higdon, C. Chin
	200 Medley Relay	2:20.49	<b>1-Jul-10</b>	SJL	St. John's Legends Swim Club C. SILOTCH, C. HICKMAN, L. Snow E. DORNAN
	400 Medley Relay	5:07.90	<b>10-Jun-23</b>	SJL	St John's Legends K. Symonds, K. Higdon, I. Bourne, C. Chin
13-14	50 Free	27.31	<b>25-Jul-19</b>	SJL	Abby Williams at 2019 Far Western LC Championships
	100 Free	58.47	<b>4-Jul-19</b>	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	200 Free	2:06.79	<b>26-Jul-17</b>	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
	400 Free	4:26.80	<b>26-Jul-17</b>	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships

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13-14	800 Free	9:17.56	<b>26-Jul-17</b>	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
	1500 Free	18:10.07	<b>14-Apr-19</b>	MPM	Megan Holden 2019 Eastern Canadian Championships
	50 Back	31.91	<b>26-May-12</b>	SJL	Maggie Whelan
	100 Back	1:07.37	<b>4-Jul-19</b>	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	200 Back	2:23.65	<b>5-Mar-20</b>	SJL	Abby Andrews at 2020 David Fry NS Provincial Championships
	50 Breast	33.90	<b>7-Aug-17</b>	NL	Emily Ricketts at 2017 Canada Games Swimming
	100 Breast	1:14.98	<b>17-Jul-17</b>	SJL	Emily Ricketts at Best Times LCM
	200 Breast	2:43.96	<b>8-Aug-79</b>	NAAC	Paula Kelly
	50 Fly	29.08	<b>4-Jul-19</b>	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	100 Fly	1:05.40	<b>6-Jul-04</b>	SJL	Laura Murray
	200 Fly	2:27.68	<b>8-Jan-79</b>	NAAC	Francine Hickey
	200 IM	2:27.36	<b>4-Jul-19</b>	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	400 IM	5:12.41	<b>7-Aug-17</b>	NL	Kate Sullivan at 2017 Canada Games Swimming
	200 Free Relay	1:53.00	<b>28-Jul-12</b>	SJL	St. John's Legends C. Silotch, E. Dornan, M. Mackay, C. Hickman
	400 Free Relay	4:13.15	<b>18-Feb-12</b>	SJL	St. John's Legends
	800 Free Relay	9:05.81	<b>16-Feb-12</b>	SJL	St. John's Legends E. Dornan, M. Whelan, R. Karlsson, C. Siltoch
	200 Medley Relay	2:06.19	<b>10-Aug-17</b>	NL	Team NL K Williams, E Ricketts A Williams, K Sullivan
	400 Medley Relay	4:32.02	<b>14-Apr-18</b>	SJL	St. John's Legends K. Williams, E. Ricketts, A. Williams, A. Simms
15-17	50 Free	27.01	<b>16-Aug-01</b>	PSC	Eileen Robinson
	100 Free	58.32	<b>24-Nov-05</b>	MPM	Laura Murray
	200 Free	2:05.51	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	400 Free	4:22.53	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	800 Free	8:58.96	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	1500 Free	17:17.29	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	50 Back	30.96	<b>21-Apr-22</b>	SJL	Abby Williams at 2022 Speedo Eastern Canadian Championships
	100 Back	1:05.76	<b>9-Jul-22</b>	SJL	Abby Williams @ 2022 Ken Dunn NS Championships
	200 Back	2:21.33	<b>4-Jul-19</b>	SJL	Kate Williams at 2019 Ken Dunn NS Provincial Championships
	50 Breast	34.09	<b>5-Jul-18</b>	SJL	Emily Ricketts at 2018 Ken Dunn NS Provincial Championships
	100 Breast	1:13.89	<b>14-Aug-80</b>	NAAC	Paula Kelly
	200 Breast	2:37.33	<b>15-Jul-80</b>	NAAC	Paula Kelly
	50 Fly	28.74	<b>6-May-22</b>	SJL	Abby Williams at 2022 Dr. Ralph Hicken International
	100 Fly	1:04.87	<b>7-Jun-96</b>	SJL	Suzanne Drodge
	200 Fly	2:24.26	<b>8-May-83</b>	NAAC	Tracy Hogan
	200 IM	2:26.81	<b>7-May-22</b>	SJL	Abby Williams at 2022 Dr. Ralph Hicken International
	400 IM	5:09.02	<b>7-Jul-96</b>	SJL	Suzanne Drodge
	200 Free Relay	1:53.41	<b>27-Jul-13</b>	SJL	SJL E Dornan, M Whelan, M, MacKay, C Hickman
	400 Free Relay	4:00.01	<b>25-Jul-18</b>	SJL	St. John's Legends A. Simms, K. Williams, E. Ricketts, A. Williams
	800 Free Relay	8:53.31	<b>25-Jul-18</b>	SJL	St. John's Legends K. Williams, A. Simms, E. Ricketts, A. Williams @CJC
	200 Medley Relay	2:06.33	<b>10-Dec-16</b>	SJL	St. John's Legends E McKinnon, E Ricketts, K Nixon, A Simms
	400 Medley Relay	4:37.33	<b>6-Jul-13</b>	SJL	St. John's Legends C. Hickman, B. Karlsson, E. Dornan, M. Mackay
Open	50 Free	26.66	<b>4-Jul-19</b>	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	100 Free	58.22	<b>4-Jul-19</b>	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	200 Free	2:04.99	<b>3-Nov-94</b>	NEWS	Michelle MacWhirter
	400 Free	4:22.53	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	800 Free	8:58.96	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	1500 Free	17:17.29	<b>11-Apr-19</b>	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	50 Back	30.14	<b>6-Aug-17</b>	SJL	Charli LeBlanc Canadian Championships
	100 Back	1:03.98	<b>20-Nov-10</b>	MUSC	Leah Tomblin @ AUS Invitational
	200 Back	2:21.33	<b>25-Jul-19</b>	SJL	Kate Williams at 2019 Far Western LC Championships
	50 Breast	33.74	<b>20-Jan-17</b>	MUSC	Veronica Reid Coupe de L'Est Quesbec City

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**RECORDS Long Course PR**

Open	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	1:03.55	<b>19-Nov-93</b>	NEWS	Michelle MacWhirter	
	200 Fly	2:20.04	<b>21-Feb-98</b>	SJL	Suzanne Drodge	
	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	1:53.03	<b>17-Aug-08</b>	NL	Team NL R. Legge, K. Williams, V Stokes, K. Sullivan	
	400 Free Relay	3:57.40	<b>5-Jul-19</b>	SJL	St John's Legends	A. Simms, K. Williams, E. Ricketts, A. Williams
	800 Free Relay	8:53.31	<b>25-Jul-18</b>	SJL	St. John's Legends	K. Williams, A. Simms, E. Ricketts, A. Williams
	200 Medley Relay	2:06.19	<b>10-Aug-17</b>	NL	Team NL	K Williams, E Ricketts, A Williams, K Sullivan
	400 Medley Relay	4:28.68	<b>6-Jul-19</b>	SJL	St. John's Legends	K. Williams, E. Ricketts, A. Simms A. Williams,

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**RECORDS Long Course PR**

**LC Meters-Male**

10 & U	50 Free	32.30	<b>26-May-90</b>	PSC	Chris Grimes	
	100 Free	1:10.81	<b>27-May-90</b>	PSC	Chris Grimes	
	200 Free	2:36.66	<b>11-May-96</b>	WWSC	Skylar Pike	
	400 Free	5:28.62	<b>27-May-06</b>	WWSC	Skylar Pike	
	800 Free	12:06.85	<b>27-May-06</b>	MPM	Gavin Dyke	
	1500 Free	22:48.25	<b>11-Jun-96</b>	WWSC	Skylar Pike	
	50 Back	37.01	<b>2-Jun-17</b>	CBSB	James Traverse	2020 Winter LCM invitational
	100 Back	1:20.96	<b>8-Feb-20</b>	CBSB	James Traverse	2020 Winter LCM invitational
	200 Back	2:53.27	<b>8-Feb-20</b>	CBSB	James Traverse	2020 Winter LCM Invitational
	50 Breast	42.37	<b>26-May-90</b>	PSC	Chris Grimes	
	100 Breast	1:31.24	<b>27-May-90</b>	PSC	Chris Grimes	
	200 Breast	3:19.76	<b>30-Mar-90</b>	PSC	Peter Grimes	
	50 Fly	34.84	<b>6-Jul-17</b>	MPM	Jaxson or Jax Row at 2017 Ken Dunn LC Championships	
	100 Fly	1:21.91	<b>6-Jul-17</b>	MPM	Jaxson or Jax Row at 2017 Ken Dunn LC Championships	
	200 Fly	3:17.53	<b>28-May-89</b>	PSC	Peter Grimes	
	200 IM	2:57.38	<b>17-Jul-17</b>	MPM	Jaxson or Jax Row at Best Times LCM	
	400 IM	6:26.16	<b>6-Jul-18</b>	SJL	Sawyer Leblanc	2018 Ken Dunn NS Champs
	200 Free Relay	2:22.66	<b>29-Apr-89</b>	NAAC	NAAC	R. Tennent, A. Howel, T. Howell, M. Herder
	400 Free Relay	5:54.32	<b>3-Jun-18</b>	SJL	St. John's Legends	S. LeBlanc, L. Haeberle, A. Zein, A. Law
	800 Free Relay	12:54.63	<b>12-Apr-08</b>	SJL	SJL D. Dlay, L. O'Leary, J. Twells, L. Slade	
	200 Medley Relay	2:45.74	<b>29-Apr-89</b>	NAAC	NAAC	A. Howell, T. Howell, M. Herder, R. Tennent
	400 Medley Relay	6:39.69	<b>11-Apr-03</b>	WSH	West Side Heat C. Jones, N. HOgan, M. Barry, N. Burt	
11-12	50 Free	27.94	<b>2-May-19</b>	MPM	Jaxson Row at Spring Splash 2019	
	100 Free	59.82	<b>7-Jun-19</b>	MPM	Jaxson Row	2019 Age Group International
	200 Free	2:10.69	<b>31-May-19</b>	MPM	Jaxson Row	2019 Age Group International
	400 Free	4:37.22	<b>22-Mar-19</b>	MPM	Jaxson Row at 2019 SNL Provincial Championships	
	800 Free	9:41.17	<b>22-Mar-19</b>	MPM	Jaxson Row at 2019 SNL Provincial Championships	
	1500 Free	18:29.60	<b>31-May-85</b>	NAAC	Iain Tennent	
	50 Back	30.87	<b>17-Dec-21</b>	CBSB	James TRAVERSE at 2021 LEGENDary Holiday Invitational	
	100 Back	1:06.71	<b>4-Jul-19</b>	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial Championships	
	200 Back	2:25.08	<b>1-Jun-19</b>	MPM	Jaxson Row	2019 Age Group International
	50 Breast	35.27	<b>7-Jul-16</b>	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
	100 Breast	1:18.16	<b>7-Jul-16</b>	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
	200 Breast	2:55.66	<b>7-Jul-16</b>	CBSC	Cormac Bull at 2016 Ken Dunn Long Course Championships	
	50 Fly	28.56	<b>7-Jun-19</b>	MPM	Jaxson Row at 2019 Summer Classic	
	100 Fly	1:05.35	<b>4-Jul-19</b>	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial Championships	
	200 Fly	2:29.54	<b>3-Jun-16</b>	MPM	Miguel Pond at 2016 NL Long Course Championships	
	200 IM	2:26.16	<b>4-Jul-19</b>	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial Championships	
	400 IM	5:22.96	<b>3-Jun-16</b>	MPM	Miguel Pond at 2016 NL Long Course Championships	
	200 Free Relay	2:05.43	<b>1-Jul-10</b>	NAAC	SJL L. Slade, W. Ferguson-O'Brien, L. O'Leary, G. Shortall	
	400 Free Relay	4:37.59	<b>28-May-10</b>	SJL	St. John's Legends Swim Club	L. SLADE, W. FERGUSON-O'BRIEN,G. Shortall, C. M
	800 Free Relay	10:29.81	<b>6-Jul-12</b>	SJL	St. John's Legends	N. Cumby,B Dornan, S Reese, C Hickman
	200 Medley Relay	2:23.94	<b>7-Dec-85</b>	NAAC	NAAC	M. McComisk, J, Weiser, J. Flemming, I, Tennent
	400 Medley Relay	5:20.87	<b>1-Jul-10</b>	SJL	St. John's Legends Swim Club	L. Slade, L. O'Leary, G. Shortall, W. Ferguson-O-B
13-14	50 Free	25.36	<b>26-Jun-87</b>	NAAC	David Kiruluta	
	100 Free	54.88	<b>2-Jul-21</b>	SJL	Jaxson Row at Atlantic Cup 2021	
	200 Free	2:00.74	<b>27-May-10</b>	SJL	Owen Daly	@Mel Zajac International
	400 Free	4:22.40	<b>23-May-10</b>	SJL	Owen Daly	@ Hyack Youth Festival

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**RECORDS Long Course PR**

13-14	800 Free	9:10.09	<b>29-Apr-10</b>	MPM	Gavin Dyke	@EKI 2010
	1500 Free	17:17.69	<b>1-Jul-10</b>	MPM	Gavin Dyke	@ECC
	50 Back	27.60	<b>18-Jan-24</b>	SJL	James TRAVERSE at MAC Winter Invitational	January 18 -21,2024
	100 Back	1:01.22	<b>10-Jun-23</b>	SJL	James Traverse @ 2023 Iceberg Invitational	
	200 Back	2:14.70	<b>18-Jan-24</b>	SJL	James TRAVERSE at MAC Winter Invitational	January 18 -21,2024
	50 Breast	32.02	<b>24-Mar-22</b>	MPM	Joel Thomas at 2022 David Fry NS Provincial Championships	
	100 Breast	1:10.06	<b>25-Jul-18</b>	SJL	Cormac Bull at 2018 Canadian Junior Swimming Championships	
	200 Breast	2:30.63	<b>11-Apr-19</b>	SJL	Arjan O'Brien at 2019 SPEEDO Eastern Canadian C	
	50 Fly	26.39	<b>8-Feb-20</b>	MPM- NL	Chris Weeks at 2020 Winter LCM Invitational	
	100 Fly	1:00.45	<b>25-Jul-18</b>	SJL	Cormac Bull at 2018 Canadian Junior Swimming Championships	
	200 Fly	2:20.81	<b>12-Apr-18</b>	MPM	Miguel Pond at 2018 Speedo Eastern Canadian Championships	
	200 IM	2:17.61	<b>1-Jun-18</b>	MPM	Miguel Pond at 2018 Summer Classic	
	400 IM	4:58.53	<b>1-Jun-18</b>	MPM	Miguel Pond at 2018 Summer Classic	
	200 Free Relay	1:50.30	<b>28-Jul-12</b>	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, C. Smith
	400 Free Relay	4:03.15	<b>9-Jul-23</b>	SJL	St. John's Legends	J. Traverse, M. Earle, N Wilson, K. King
	800 Free Relay	9:07.52	<b>15-Apr-12</b>	SJL	St. John's Legends	C. Smith, S. HIscock, G. Shortall, L. Slade
	200 Medley Relay	2:01.65	<b>29-Jul-12</b>	SJL	St. John's Legends	G. Shortall, L. O'Leary, L. Slade, C. Smith
	400 Medley Relay	4:27.89	<b>10-Jul-23</b>	SJL	St. John's Legends	J. Traverse, K. King, N. Wilson, M Earle
15-17	50 Free	23.14	<b>27-Jan-23</b>	MPM	Chris Weeks @ 2023 Kick Start to the New Year	
	100 Free	51.47	<b>17-Jul-17</b>	SJL	Noah Cumby at Best Times LCM	
	200 Free	1:54.48	<b>27-Jul-22</b>	SJL	Jaxson Row at 2022 Canadian Junior and Senior Championships	
	400 Free	4:12.37	<b>21-Jul-12</b>	MPM	Gavin Dyke	@Summer Nationals
	800 Free	8:42.23	<b>7-Jul-12</b>	MPM	Gavin Dyke	@Summer Nationals
	1500 Free	16:34.96	<b>20-Jul-89</b>	NAAC	Iain Tennent	
	50 Back	27.73	<b>9-Jul-17</b>	SJL	Noah Cumby at Kenn Dunn Championships	
	100 Back	58.67	<b>17-Jul-17</b>	SJL	Noah Cumby at Best Times LCM	
	200 Back	2:10.88	<b>17-Jul-17</b>	SJL	Noah Cumby at Best Times LCM	
	50 Breast	30.02	<b>19-Jan-24</b>	MPM	Joel Thomas at SCAR Pan Am Winter Classic 2024	
	100 Breast	1:07.30	<b>25-Jul-19</b>	SJL	Max Kelly at 2019 Far Western LC Championships	
	200 Breast	2:27.80	<b>30-Jul-93</b>	SJL	Adrian Costello	
	50 Fly	24.53	<b>9-Aug-22</b>	NL	Chris Weeks at 2022 Canada Games	
	100 Fly	55.87	<b>27-Jul-11</b>	SJL	Owen Daly	@Can Age Group Champs
	200 Fly	2:09.20	<b>17-Aug-77</b>	NL	Blair Tucker	
	200 IM	2:14.14	<b>7-Jul-22</b>	SJL	Jaxson Row at 2022 Ontario Swimming Championships	
	400 IM	4:49.44	<b>17-Aug-77</b>	NL	Blair Tucker	
	200 Free Relay	1:42.86	<b>9-Dec-18</b>	MPM	Mount Pearl Marlins	A. Coady, M. Henley, M. Pond, S. Pennel
	400 Free Relay	3:36.86	<b>9-Aug-22</b>	NL	Team NL C. Weeks, J. Row, D. Butler, A. Carroll @ 2022 Canada Games	
	800 Free Relay	8:04.65	<b>8-Aug-22</b>	NL	Team NL C. Weeks, J. Row, D. Butler, J. Davis @ 2022 Canada Games	
	200 Medley Relay	1:51.79	<b>26-Jul-19</b>	SJL	St John's Legends A @ Far WestE. MacLean, M. Kelly, C. Bull, A. 'Brien	
	400 Medley Relay	4:06.18	<b>11-Aug-22</b>	NL	Team NL J. Row, J. Thomas, D. Pearce, C. Weeks @ 2022 Canada Games	
Open	50 Free	23.14	<b>27-Jan-23</b>	MPM	Chris Weeks @ 2023 Kick Start to the New Year	
	100 Free	50.57	<b>7-Mar-24</b>	MUSC	Chris Weeks at 2024 U SPORTS Swimming Champio	
	200 Free	1:52.24	<b>8-Aug-19</b>	SJL	Noah Cumby at 2019 Canadian Swimming Championships	
	400 Free	4:10.68	<b>5-Jul-18</b>	SJL	Thomas Chafe at 2018 Ken Dunn NS Provincial Championships	
	800 Free	8:39.57	<b>5-Jul-18</b>	SJL	Thomas Chafe at 2018 Ken Dunn NS Provincial Championships	
	1500 Free	16:34.96	<b>19-Aug-81</b>	NL	Carson Noel	
	50 Back	27.32	<b>4-Aug-16</b>	MPM	David Haines at 2016 Canadian Swimming Championships	
	100 Back	58.67	<b>20-Apr-17</b>	SJL	Noah Cumby	Eastern Canadian Championships
	200 Back	2:09.21	<b>3-Jul-01</b>	NEWS	Jonathon Fowler	
	50 Breast	30.02	<b>19-Jan-24</b>	MPM	Joel Thomas at SCAR Pan Am Winter Classic 2024	

**Swimming Newfoundland and Labrador  
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**RECORDS Long Course PR**

Open	100 Breast	1:07.51	<b>4-Jul-19</b>	SJL	Max Kelly at 2019 Ken Dunn NS Provincial Championships
	200 Breast	2:27.80	<b>30-Jul-98</b>	SJL	Adrian Costello
	50 Fly	23.90	<b>7-Mar-24</b>	MUSC	Chris Weeks at 2024 U SPORTS Swimming Champio
	100 Fly	55.36	<b>17-Jul-13</b>	SJL	Owen Daly @ Age Group Champs
	200 Fly	2:08.96	<b>17-Aug-77</b>	NL	Blair Tucker
	200 IM	2:13.97	<b>4-Jul-13</b>	SJL	Owen Daly East Coast Champs
	400 IM	4:42.63	<b>24-Feb-23</b>	MUSC	Matthew Whalen @ 2023 Usports Championships
	200 Free Relay	1:37.19	<b>22-Aug-89</b>	NL	Team NL D. Clouston, R. Perry, R. Lee, D. Kiruluta
	400 Free Relay	3:36.05	<b>25-Jul-18</b>	SJL	St. John's Legends N. Cumby, T. Chafe, D. Morawski, C. Bull @CJC
	800 Free Relay	8:04.48	<b>25-Jul-18</b>	SJL	St John's Legends N. Cumby, T. Chafe, D. Morawski, C. Bull @CJC
	200 Medley Relay	1:49.53	<b>23-May-19</b>	NL	Team NL J.Traverse, J.Thomas, C. Weeks, D. Butler
	400 Medley Relay	4:03.31	<b>7-Jul-18</b>	SJL	St John's Legends D. Morawski, M. Kelly, T. Chafe, N. Cumby

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**RECORDS Long Course PR**

**LC Meters-Mixed**

10 & U	400	Free Relay	5:36.04	<b>1-Jun-19</b>	SJL	St John's Legends	E. Young, L. Smith, M. Earle, H. Person
11-12	200	Free Relay	2:11.28	<b>8-Dec-17</b>	SJL	St. John's Legends	L. Albert E. Noseworthy B. Prichett A. Carroll
	400	Free Relay	4:44.63	<b>2-Jun-18</b>	MPM	Mount Pearl Marlins	J. Row, D. Butler, S. Turner. K. Murrin
13-14	200	Free Relay	1:59.09	* <b>6-Dec-19</b>	MPM	Mount Pearl Marlins	D. Butler, D. Cooney, K. Murrin, S. Turner
	200	Free Relay	1:59.09	* <b>6-Dec-19</b>	MPM	Mount Pearl Marlins	D. Butler, D. Cooney, K. Murrin, S. Turner
	400	Free Relay	4:12.44	<b>2-Jun-18</b>	SJL	St John's Legends	C. Bull, A. O'Brien, A. Williams, G. Lee
15-17	200	Free Relay	1:47.38	<b>6-Dec-19</b>	MPM	Mount Pearl Marlins	A. Warren, A. Coady, M. Holden, M. Henley
	400	Free Relay	3:54.17	<b>11-Aug-22</b>	NL	Team NL	J. Row, C. Weeks, L. Goodland, S. Power @ 2022 Canada Games
Open	200	Free Relay	1:48.26	<b>10-Dec-16</b>	SJL	St John's Legends	T. Chafe, B Dornan, K Stokes, A Simms
	400	Free Relay	3:44.23	<b>25-Jul-18</b>	SJL	St John's Legends Swim Club	N. Cumby, T. Chafe, A. Simms, K. Williams
	400	Medley Relay	4:17.73	<b>14-Apr-18</b>	SJL	St. John's Legends	K. Williams, M. Kelly, E. Rickets, T. Chafe