

# SWIMMING NEWFOUNDLAND AND LABRADOR

PROVINCIAL LC RECORDS (FEMALE)



|                         | 10 & Under              |                                                               | 11 - 12                |                                                              | 13 - 14                |                                                                      | 15 - 17                |                                                                   | Open                   |                                                                      |
|-------------------------|-------------------------|---------------------------------------------------------------|------------------------|--------------------------------------------------------------|------------------------|----------------------------------------------------------------------|------------------------|-------------------------------------------------------------------|------------------------|----------------------------------------------------------------------|
| <b>50 Free</b>          | <b>31.63</b><br>MPM     | Jorja Row<br>07/06/19                                         | <b>27.96</b><br>SJL    | Catherine Silotch<br>29/06/11                                | <b>27.31</b><br>SJL    | Abby Williams<br>25/07/19                                            | <b>27.01</b><br>PSC    | Eileen Robinson<br>16/08/01                                       | <b>26.66</b><br>SJL    | Abby Simms<br>04/07/19                                               |
| <b>100 Free</b>         | <b>1:11.00</b><br>NAAC  | Laurie Green<br>31/05/92                                      | <b>1:01.43</b><br>SJL  | Claire Chin<br>18/06/24                                      | <b>58.47</b><br>SJL    | Abby Williams<br>04/07/19                                            | <b>58.32</b><br>MPM    | Laura Murray<br>24/11/05                                          | <b>58.22</b><br>MPM    | Abby Simms<br>04/07/19                                               |
| <b>200 Free</b>         | <b>2:32.53</b><br>NAAC  | Louise Copeman<br>22/06/84                                    | <b>2:14.21</b><br>SJL  | Claire Chin<br>29/02/24                                      | <b>2:06.79</b><br>MPM  | Kate Sullivan<br>26/07/17                                            | <b>2:05.51</b><br>MPM  | Kate Sullivan<br>11/04/19                                         | <b>2:04.99</b><br>NEWS | Michelle MacWhirter<br>03/11/94                                      |
| <b>400 Free</b>         | <b>5:17.89</b><br>NAAC  | Louise Copeman<br>22/06/84                                    | <b>4:47.56</b><br>NAAC | Louise Copeman<br>07/08/86                                   | <b>4:26.80</b><br>MPM  | Kate Sullivan<br>26/07/17                                            | <b>4:22.53</b><br>MPM  | Kate Sullivan<br>11/04/19                                         | <b>4:22.53</b><br>MPM  | Kate Sullivan<br>11/04/19                                            |
| <b>800 Free</b>         | <b>12:01.72</b><br>AASC | Ashley Redlon<br>27/05/11                                     | <b>9:46.40</b><br>NAAC | Louise Copeman<br>22/05/86                                   | <b>9:17.56</b><br>MPM  | Kate Sullivan<br>26/07/17                                            | <b>8:58.96</b><br>MPM  | Kate Sullivan<br>11/04/19                                         | <b>8:58.96</b><br>MPM  | Kate Sullivan<br>11/04/19                                            |
| <b>1500 Free</b>        | <b>22:52.66</b><br>AASC | Ashley Redlon<br>27/05/11                                     | <b>18:57.59</b><br>NL  | Kallie Symonds<br>21/05/23                                   | <b>18:10.07</b><br>MPM | Megan Holden<br>14/04/19                                             | <b>17:17.29</b><br>MPM | Kate Sullivan<br>11/04/19                                         | <b>17:17.29</b><br>MPM | Kate Sullivan<br>11/04/19                                            |
| <b>50 Back</b>          | <b>36.04</b><br>SJL     | Elsabe Fourie<br>11/06/05                                     | <b>32.05</b><br>SJL    | Gillian Smith<br>28/03/25                                    | <b>31.91</b><br>SJL    | Maggie Whelan<br>26/05/12                                            | <b>30.96</b><br>SJL    | Abby Williams<br>21/04/22                                         | <b>30.14</b><br>SJL    | Charli LeBlanc<br>06/08/17                                           |
| <b>100 Back</b>         | <b>1:21.49</b><br>AASC  | Lisa Grant<br>13/05/89                                        | <b>1:10.51</b><br>SJL  | Catherine Silotch<br>30/06/11                                | <b>1:07.37</b><br>SJL  | Abby Williams<br>04/07/19                                            | <b>1:05.76</b><br>SJL  | Abby Williams<br>09/07/22                                         | <b>1:03.98</b><br>SJL  | Leah Tomblin<br>20/11/10                                             |
| <b>200 Back</b>         | <b>2:55.83</b><br>SJL   | Ingrid Antonsen<br>07/06/01                                   | <b>2:32.31</b><br>SJL  | Catherine Silotch<br>27/06/11                                | <b>2:23.65</b><br>SJL  | Abby Andrews<br>05/03/20                                             | <b>2:21.33</b><br>SJL  | Kate Williams<br>04/07/19                                         | <b>2:21.33</b><br>SJL  | Kate Williams<br>04/07/19                                            |
| <b>50 Breast</b>        | <b>39.45</b><br>NAAC    | Laurie Green<br>30/05/92                                      | <b>37.23</b><br>SJL    | Peyton Mallowney<br>21/04/16                                 | <b>33.90</b><br>SJL    | Emily Ricketts<br>07/08/17                                           | <b>34.09</b><br>SJL    | Emily Ricketts<br>05/07/18                                        | <b>33.74</b><br>MUSC   | Veronica Reid<br>20/01/17                                            |
| <b>100 Breast</b>       | <b>1:27.14</b><br>NAAC  | Laurie Green<br>29/05/92                                      | <b>1:19.74</b><br>SJL  | Laurie Green<br>06/03/94                                     | <b>1:14.98</b><br>SJL  | Emily Ricketts<br>17/07/17                                           | <b>1:13.89</b><br>NAAC | Paula Kelly<br>14/08/80                                           | <b>1:12.84</b><br>NAAC | Paula Kelly<br>14/03/81                                              |
| <b>200 Breast</b>       | <b>3:07.35</b><br>NAAC  | Laurie Green<br>30/05/92                                      | <b>2:50.90</b><br>SJL  | Kiarra Higdon<br>29/02/24                                    | <b>2:43.96</b><br>NAAC | Paula Kelly<br>08/08/79                                              | <b>2:37.33</b><br>NAAC | Paula Kelly<br>15/07/80                                           | <b>2:34.70</b><br>NAAC | Paula Kelly<br>14/03/81                                              |
| <b>50 Fly</b>           | <b>33.26</b><br>MPM     | Jorja Row<br>07/06/19                                         | <b>30.79</b><br>SJL    | Gillian Smith<br>22/02/25                                    | <b>29.09</b><br>SJL    | Abby Williams<br>04/07/19                                            | <b>28.74</b><br>SJL    | Abby Williams<br>06/05/22                                         | <b>28.45</b><br>MPM    | Laura Murray<br>16/02/06                                             |
| <b>100 Fly</b>          | <b>1:16.44</b><br>MPM   | Jorja Row<br>07/06/19                                         | <b>1:10.63</b><br>MPM  | Kailey Murrin<br>01/06/18                                    | <b>1:05.40</b><br>SJL  | Laura Murray<br>06/07/04                                             | <b>1:04.87</b><br>SJL  | Suzanne Drodge<br>07/06/96                                        | <b>1:03.55</b><br>NEWS | Michelle MacWhirter<br>19/11/93                                      |
| <b>200 Fly</b>          | <b>3:03.81</b><br>MPM   | Kailey Murrin<br>03/06/16                                     | <b>2:35.14</b><br>NAAC | Louise Copeman<br>11/10/85                                   | <b>2:27.68</b><br>NAAC | Francine Hickey<br>08/01/79                                          | <b>2:24.26</b><br>NAAC | Tracy Hogan<br>08/05/83                                           | <b>2:20.04</b><br>SJL  | Suzanne Drodge<br>21/02/98                                           |
| <b>200 IM</b>           | <b>2:54.19</b><br>NAAC  | Laurie Green<br>29/05/92                                      | <b>2:34.71</b><br>SJL  | Claire Chin<br>29/02/24                                      | <b>2:27.36</b><br>SJL  | Abby Williams<br>04/07/19                                            | <b>2:26.81</b><br>SJL  | Abby Williams<br>07/05/22                                         | <b>2:23.36</b><br>SJL  | Suzanne Drodge<br>20/02/98                                           |
| <b>400 IM</b>           | <b>6:24.45</b><br>SJL   | Kiarra Higdon<br>17/12/21                                     | <b>5:27.73</b><br>SJL  | Kiarra Higdon<br>29/02/24                                    | <b>5:12.41</b><br>NL   | Kate Sullivan<br>07/08/17                                            | <b>5:07.48</b><br>SJL  | Anna Rideout<br>28/03/25                                          | <b>5:03.20</b><br>NAAC | Paula Kelly<br>21/02/81                                              |
| <b>200 Free Relay</b>   | <b>2:28.58</b><br>SJL   | E. Dornan<br>M. Whelan<br>C. Silotch<br>M. Mackay<br>01/06/08 | <b>2:03.03</b><br>NL   | C. Chin<br>I. Bourne<br>H. LeBlanc<br>K. Symonds<br>20/05/23 | <b>1:53.00</b><br>SJL  | C. Silotch<br>E. Dornan<br>M. Mackay<br>C. Hickman<br>28/07/12       | <b>1:53.41</b><br>SJL  | E. Dornan<br>M. Whelan<br>M. Mackay<br>C. Hickman<br>27/07/13     | <b>1:53.03</b><br>NL   | R. Legge<br>K. Williams<br>E. Ricketts<br>A. Williams<br>17/08/08    |
| <b>400 Free Relay</b>   | <b>5:30.59</b><br>SJL   | E. Dornan<br>M. Whelan<br>C. Silotch<br>M. Mackay<br>31/05/08 | <b>4:31.77</b><br>SJL  | K. Symonds<br>C. Chin<br>H. LeBlanc<br>I. Bourne<br>15/04/23 | <b>4:12.87</b><br>SJL  | H. LeBlanc<br>M. Ladha<br>G. Smith<br>K. Symonds<br>28/03/25         | <b>4:00.01</b><br>SJL  | A. Simms<br>K. Williams<br>E. Ricketts<br>A. Williams<br>25/07/18 | <b>3:57.40</b><br>SJL  | A. Simms<br>K. Williams<br>E. Ricketts<br>A. Williams<br>05/07/19    |
| <b>800 Free Relay</b>   | <b>12:21.14</b><br>SJL  | N. Smart<br>M. Henley<br>M. Whelan<br>E. Mckinnon<br>15/04/12 | <b>9:57.68</b><br>SJL  | K. Symonds<br>H. LeBlanc<br>K. Higdon<br>C. Chin<br>09/06/23 | <b>9:05.81</b><br>SJL  | E. Dornan<br>M. Whelan<br>R. Karlsson<br>C. Silotch<br>16/02/12      | <b>8:53.31</b><br>SJL  | K. Williams<br>A. Simms<br>E. Ricketts<br>A. Williams<br>25/07/18 | <b>8:53.31</b><br>SJL  | K. Williams<br>A. Simms<br>E. Ricketts<br>A. Williams<br>25/07/18    |
| <b>200 Medley Relay</b> | <b>2:46.44</b><br>SJL   | E. Mckinnon<br>M. Whelan<br>N. Smart<br>M. Henley<br>14/04/12 | <b>2:20.49</b><br>SJL  | C. Silotch<br>C. Hickman<br>L. Snow<br>E. Dornan<br>01/06/10 | <b>2:06.19</b><br>NL   | K. Williams<br>E. Ricketts<br>A. Williams<br>K. Sullivan<br>10/08/17 | <b>2:06.33</b><br>SJL  | E. Mckinnon<br>E. Ricketts<br>K. Nixon<br>A. Simms<br>10/12/16    | <b>2:06.19</b><br>NL   | K. Williams<br>E. Ricketts<br>A. Williams<br>K. Sullivan<br>10/08/17 |
| <b>400 Medley Relay</b> | <b>6:14.39</b><br>SJL   | E. Mckinnon<br>M. Whelan<br>N. Smart<br>M. Henley<br>27/05/11 | <b>5:07.90</b><br>SJL  | K. Symonds<br>K. Higdon<br>I. Bourne<br>C. Chin<br>10/06/23  | <b>4:32.02</b><br>SJL  | K. Williams<br>E. Ricketts<br>A. Williams<br>A. Simms<br>14/04/18    | <b>4:37.33</b><br>SJL  | C. Hickman<br>R. Karlson<br>E. Dornan<br>M. Mackay<br>06/07/13    | <b>4:28.68</b><br>SJL  | K. Williams<br>E. Ricketts<br>A. Simms<br>A. Williams<br>06/07/19    |

UPDATED: April 30, 2025

New Record

Format: DD/MM/YY