

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	34.43	22-Mar-19	MPM NL	Jorja Row at 2019 SNL Provincial Championships	
	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. MacKay
	400 Free Relay	5:30.59	31-May-08	SJL	St. John's Legends	E. Dornan, M. Whelan, C. Silotch, M. MacKay
	800 Free Relay	12:21.14	15-Apr-12	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, E McKinnon
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	E. McKinnion, M. Whelan, N. Smart, M. Henley	
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 Mullowney 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	1:10.63	1-Jun-18	MPM	Kailey Murrin at 2018 Summer Classic	
	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, L. Snow	
	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	10:08.68	23-Mar-18	SJL	St. John's Legends E. Noseworthy, L. Albert, A. Andrews, E. MacKay	
200 Medley Relay	2:20.49	1-Jul-10	SJL	St. John's Legends Swim Club C. SILOTCH, C. HICKMAN, L. Snow E. DORNAN		
400 Medley Relay	5:11.68	28-May-10	SJL	St. John's Legends Swim Club C. Silotch, C. Hickman, E. Dornan, M. Whelan		
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	

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13-14	400 Free	4:26.80	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
	800 Free	9:17.56	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
	1500 Free	18:25.66	22-Mar-19	MPM NL	Megan Holden at 2019 SNL Provincial Championships
	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. Hickman
	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. Silotch
	200 Medley Relay	2:06.19	10-Aug-17	NL	Team NL K Williams, E Ricketts A Williams, K Sullivan
	400 Medley Relay	4:32.02	14-Apr-18	SJL	St. John's Legends K. Williams, E. Ricketts, A. Williams, A. Simms
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	17:50.67	5-Apr-18	MPM NL	Kate Sullivan at 2018 Canadian Swimming Champio
	50 Back	31.48	4-Jul-13	SJL	Maggie Whelan
	100 Back	1:06.46	5-Jul-18	SJL NL	Kate Williams at 2018 Ken Dunn NS Provincial Championships
	200 Back	2:22.48	5-Jul-18	SJL NL	Kate Williams at 2018 Ken Dunn NS Provincial Championships
	50 Breast	34.09	5-Jul-18	SJL NL	Emily Ricketts at 2018 Ken Dunn NS Provincial 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	2:27.16	15-Apr-18	SJL	Emily Ricketts 2018 Eastern Canadian Championships
	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	4:00.01	25-Jul-18	SJL	St. John's Legends A. Simms, K. Williams, E. Ricketts, A. Williams
	800 Free Relay	8:53.31	25-Jul-18	SJL	St. John's Legends K. Williams, A. Simms, E. Ricketts, A. Willams @CJC
	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. Mackay
	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	17:53.18	1-Mar-18	MPM NL	Kate Sullivan at 2018 David Fry NS Provincial Championships
	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	2:22.74	5-Jul-18	SJL NL	Kate Williams at 2018 Ken Dunn NS Provincial Championships

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50 Breast	33.74	20-Jan-17	MUSC	Veronica Reid at Coupe de L'Est Quesbec City	
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	4:00.01	25-Jul-18	SJL	St John's Legends	A. Simms, K. Williams, E. Ricketts, A. Williams
800 Free Relay	8:53.31	25-Jul-18	SJL	St. John's Legends	K. Williams, A. Simms, E. Ricketts, A. Williams
200 Medley Relay	2:06.19	10-Aug-17	NL	Team NL	K Williams, E Ricketts, A Williams, K Sullivan
400 Medley Relay	4:32.02	14-Apr-18	SJL	St. John's Legends	K. Williams, E. Ricketts, A. Williams, A. Simms

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	1:23.47	7-Jul-18	SJL	Sawyer LeBlanc 2018 Ken Dunn NS Champs
	200 Back	3:00.32	27-May-18	SJL	Sawyer LeBlanc @ Pan AM Invitational
	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	6:26.16	6-Jul-18	SJL	Sawyer Leblanc 2018 Ken Dunn NS Champs
	200 Free Relay	2:22.66	29-Apr-89	NAAC	NAAC R. Tennent, A. Howel. T. Howell, M. Herder
	400 Free Relay	5:54.32	3-Jun-18	SJL	St. John's Legends S. LeBlanc, L. Haerberle, A. Zein, A. Law
	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
100 Free		1:00.07	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
200 Free		2:13.03	3-Jul-15	MPM	Liam Swain at East Coast Champs
400 Free		4:37.22	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
800 Free		9:41.17	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
1500 Free		18:29.60	31-May-85	NAAC	Iain Tennent
50 Back		31.40	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
100 Back		1:06.99	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
200 Back		2:28.86	22-Mar-19	MPM NL	Jaxson Row at 2019 SNL Provincial Championships
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. Shortall
800 Free Relay		10:29.81	6-Jul-12	SJL	St. John's Legends N. Cumby,B Dorman, S Reese, C Hickman
200 Medley Relay		2:23.94	7-Dec-85	NAAC	NAAC M. McComisk, J. Weiser, J. Flemming, I. Tennent
400 Medley Relay		5:20.87	1-Jul-10	SJL	St. John's Legends Swim Club L. Slade, L. O'Leary, G. Shortall, W. Ferguson-O-E
13-14		50 Free	25.36	26-Jun-87	NAAC
	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

RECORDS Long Course PR

13-14	400 Free	4:22.40	23-May-10	SJL	Owen Daly	@ Hyack Youth Festival
	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	1:10.06	25-Jul-18	SJL NL	Cormac Bull	at 2018 Canadian Junior Swimming Championships
	200 Breast	2:31.67	5-Jul-18	SJL NL	Cormac Bull	at 2018 Ken Dunn NS Provincial Championships
	50 Fly	27.39	23-May-10	SJL	Owen Daly	@Hyack Youth Festival
	100 Fly	1:00.45	25-May-18	SJL NL	Cormac Bull	at 2018 Canadian Junior Swimming Championships
	200 Fly	2:20.81	12-Apr-18	MPM NL	Miguel Pond	at 2018 Speedo Eastern Canadian Championships
	200 IM	2:17.61	1-Jun-18	MPM	Miguel Pond	at 2018 Summer Classic
	400 IM	4:58.53	1-Jun-18	MPM	Miguel Pond	at 2018 Summer Classic
	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. Hilscock, 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	4:35.46	24-Mar-18	SJL	St. John's Legends	J. Drover, A. O'Brien, C. Bull, M. Whelan
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	30.79	28-Feb-19	SJL NL	Max Kelly	at 2019 David Fry NS Provincial Championships
	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	1:42.86	9-Dec-18	MPM	Mount Peral Marlins	A. Coady, M. Henley, M. Pond, S. Pennel
	400 Free Relay	3:47.53	12-Apr-18	MPM	Mount Perl Marlins	A. Cody, M. Henley, M. Pond, S. Pennel
	800 Free Relay	8:18.60	18-Jul-09	NL	Team NL	N. Hogan, A. Harvey, O. Daly, T. Goosney
	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	4:10.68	5-Jul-18	SJL NL	Thomas Chafe	at 2018 Ken Dunn NS Provincial Championships
	800 Free	8:39.57	5-Jul-18	SJL NL	Thomas Chafe	at 2018 Ken Dunn NS Provincial Championships
	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	

RECORDS Long Course PR

50 Breast	30.79	28-Feb-19	SJL	Max Kelly	2019 David Fry
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	3:36.05	25-Jul-18	SJL	St. John's Legends	N. Cumby, T. Chafe, D. Morawski, C. Bull @CJC
800 Free Relay	8:04.48	25-Jul-18	SJL	St John's Legends	N. Cumby, T. Chafe, D. Morawski, C. Bull @CJC
200 Medley Relay	1:52.43	27-Jul-01	NL	Team NL T. Gibbons, C. Grimes, G. Colbert, N. Smith	
400 Medley Relay	4:03.31	7-Jul-18	SJL	St John's Legends	D. Morawski, M. Kelly, T. Chafe, N. Cumby

RECORDS Long Course PR

LC Meters-Mixed

10 & U	400	Free Relay	50.71	2-Jun-18	SJL	St John's Legends	S. LeBlanc, K. O'Brien, L. Haeberle, E. Young
11-12	200	Free Relay	2:11.28	8-Dec-17	SJL	St. John's Legends	L. Albert E. Noseworthy B. Prichett A. Carroll
	400	Free Relay	4:44.63	2-Jun-18	MPM	Mount Pearl Marlins	J. Row, D. Butler, S. Turner. K. Murrin
13-14	400	Free Relay	4:12.44	2-Jun-18	SJL	St John's Legends	C. Bull, A. O'Brien, A. Williams, G. Lee
15-17	200	Free Relay	1:48.26	21-Oct-16	SJL	St John's Legends	T Chafe, B Dornan, K Stokes, A Simms
	400	Free Relay	4:01.29	2-Jun-18	MPM	Mount Pearl Marlins	M. Henley, A. Coady, K. Sullivan, N. Smart
	200	Free Relay	1:48.26	10-Dec-16	SJL	St John's Legends	T. Chafe, B Dornan, K Stokes, A Simms
	400	Free Relay	3:44.23	25-Jul-18	SJL	St John's Legends Swim Club	N. Cumby, T. Chafe, A. Simms, K. Williams
	400	Medley Relay	4:17.73	14-Apr-18	SJL	St. John's Legends	K. Williams, M. Kelly, E. Rickets, T. Chafe