

Swimming Newfoundland and Labrador SHORT COURSE Provincial Records

SC Meters-Female

10 & U	50	Free	31.60	14-Dec-02	WSH	Kelsey Flynn		
	100	Free	1:11.59	7-Dec-95	PSC	Eileen Robinson		
	200	Free	2:33.99	23-Nov-17	SJL	Heather Smart	@ Sink or Swim Invitational	
	400	Free	5:29.69	12-Jun-21	SJL	Kallie Symonds at SJL Time Trial - June 12		
	800	Free	11:31.00	25-Mar-84	NAAC	Louise Copeman		
	1500	Free	22:08.90	3-Feb-08	AASC	Bobbi Nelson		
	50	Back	37.13	14-Dec-02	WSH	Kelsey Flynn		
	100	Back	1:21.48	* 9-Nov-12	SJL	Erica Mckinnon	@ 2012 Hickman Motors Fall Classic	
	200	Back	2:51.08	23-Nov-17	SJL	Heather Smart	@ Sink or Swim Invitational	
	50	Breast	40.25	8-Feb-92	NAAC	Laurie Green		
	100	Breast	1:26.56	9-Feb-92	NAAC	Laurie Green		
	200	Breast	3:12.86	6-Dec-91	NAAC	Laurie Green		
	50	Fly	34.52	7-Jun-19	MPM	Jorja Row at 2019 Summer Classic		
	100	Fly	1:20.01	7-Jun-19	MPM	Jorja Row at 2019 Summer Classic		
	200	Fly	3:06.12	5-Apr-19	MPM	Jorja Row at Bluefins Spring Invitational		
	100	IM	1:23.13	6-Mar-92	NAAC	Laurie Green		
	200	IM	2:53.75	12-Jun-21	SJL	Kallie Symonds at SJL Time Trial - June 12		
	400	IM	6:15.25	12-Mar-22	SJL	Kiarra Higdon at SJL Time Trial - March 12		
	200	Free Relay	2:23.98	16-Mar-12	SJL	St. John's Legends	E. Mckinnon, A. Jeon, M. Henley, N. Smart	
	400	Free Relay	5:23.78	17-Mar-12	SJL	St. John's Legends	E. Mckinnon, N. Smart, A. Jeon, M. Henley	
	800	Free Relay	12:45.97	13-Nov-11	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, A. Simms	
	200	Medley Relay	2:47.50	11-Mar-84	NAAC	NAAC	Smith, Copeman, Kiruluta, Squires	
	400	Medley Relay	6:05.90	16-Mar-12	SJL	St. John's Legends	E. Mckinnon, M. Whelan, N. Smart, M. Henley	
	11-12	50	Free	27.68	24-Nov-17	SJL	Abigail Williams	@ 2017 Sink or Swim Invitational
		100	Free	1:01.27	9-Nov-02	SJL	Laura Murray	
200		Free	2:13.75	31-Jan-97	SJL	Leah Murrin		
400		Free	4:38.30	1-Mar-97	SJL	Leah Murrin		
800		Free	9:25.75	28-Feb-97	SJL	Leah Murrin		
1500		Free	18:38.81	1-May-87	NAAC	Paula Crutcher		
50		Back	32.53	4-Mar-10	SJL	Catherine Silotch	@ SC East Coast Championship 2010	
100		Back	1:09.48	12-Mar-11	SJL	Catherine Silotch	@ Provincial SC Champs	
200		Back	2:29.70	19-Feb-11	SJL	Catherine Silotch	@ 2011 Eastern Canadian Champs	
50		Breast	35.92	10-Dec-15	SJL	Emily Ricketts		
100		Breast	1:17.90	13-Dec-15	SJL	Emily Ricketts		
200		Breast	2:47.82	6-Dec-93	SJL	Laurie Green		
50		Fly	30.85	23-Nov-17	SJL	Abby Williams	@ Sink or Swim Invitational	
100		Fly	1:08.92	2-Jun-18	MPM	Kailey Murrin	@ Summer Classic 2018	
200		Fly	2:32.41	1-Mar-97	SJL	Leah Murrin		
100		IM	1:14.07	12-Mar-11	SJL	Catherine Silotch	@ Provincial SC Champs	
200		IM	2:35.12	19-Oct-02	SJL	Laura Murray		
400		IM	5:16.91	31-Jan-97	SJL	Leah Murrin		
200		Free Relay	1:59.86	23-Nov-17	SJL	St. John's Legends Swim Club	A Williams, I Albert, E Noseworthy, A Andrews	
400		Free Relay	4:29.10	4-Mar-10	SJL	St. John's Legends Swim Club	E. DORNAN, D. CURRAN, M. WHELAN, C. S	
800		Free Relay	9:51.36	1-Mar-14	SJL	St. John's Legends	E. McKinnon, S Karlsson, M. Henley, N. Smart	
200		Medley Relay	2:14.21	23-Nov-17	SJL	St. John's Legends Swim Club	M Whitten, A Williams, I Albert, E Noseworthy	
400		Medley Relay	4:58.56	1-Mar-14	SJL	St. John's Legends Swim Club	E. McKinnon, S. Karlsson, N Smart, M. Henley	

13-14	50	Free	27.15	21-Nov-19	SJL	Abby Williams at MPM 4th Annual Sink or Swim Invitational
	100	Free	58.52	21-Feb-04	SJL	Laura Murray
	200	Free	2:05.76	22-Feb-04	MPM	Laura Murray
	400	Free	4:22.46	21-Feb-04	SJL	Laura Murray
	800	Free	8:58.02	12-Feb-95	SJL	Suzanne Drodge
	1500	Free	17:46.65	6-Feb-04	SJL	Laura Murray
	50	Back	30.77	16-Feb-12	SJL	Maggie Whelan @ 2012 Eastern Canadian Champs
	100	Back	1:05.52	16-Feb-13	SJL	Catherine Silotch @ 2013 Eastern Canadian Champs
	200	Back	2:21.17	21-Nov-19	SJL	Abby Andrews at MPM 4th Annual Sink or Swim Invitational
	50	Breast	32.92	8-Dec-17	SJL	Emily Ricketts @ AA-AAA Invitation Pointe-Claire
	100	Breast	1:12.53	23-Nov-17	SJL	Emily Ricketts @ Sink or Swim Invitational
	200	Breast	2:37.51	1-Dec-17	SJL	Emily Ricketts @ AA-AAA Invitational Pointe-Claire
	50	Fly	29.11	21-Nov-19	SJL	Abby Williams at MPM 4th Annual Sink or Swim Invitational
	100	Fly	1:05.87	30-Nov-03	SJL	Laura Murray
	200	Fly	2:24.25	20-Feb-99	SJL	Leah Murrin
	100	IM	1:09.15	16-Mar-12	SJL	Maggie Whelan @ 2012 Provincial SC Champs
	200	IM	2:25.94	23-Nov-17	SJL	Emily Ricketts @ Sink or Swim Invitational
	400	IM	5:09.17	23-Nov-17	SJL	Emily Ricketts @ Sink or Swim Invitational
	200	Free Relay	1:53.51	4-Mar-12	SJL	St. John's Legends C. Hickman, E. Dornan, R. Karlsson, C. Silotch
	400	Free Relay	4:10.22	6-Mar-15	SJL	St. John's Legends A. Simms, K Stokes, K.Nixon, N Smart.
	800	Free Relay	9:08.30	5-Mar-15	SJL	St. John's Legends A. Simms, K, Stokes, S. Karlsson, N. Smart
200	Medley Relay	2:05.26	16-Dec-04	SJL	St. John's Legends E. McKinnon, E Ricketts, J Ryder, K. Williams	
400	Medley Relay	4:38.89	18-Dec-11	SJL	St. John's Legends M. Whelan, C. Hickman, E. Dornan, C. Silotch	
15-17	50	Free	26.25	14-Dec-18	SJL	Abby Simms at Ontario Junior International 2018
	100	Free	56.69	24-Nov-06	MPM	Laura Murray
	200	Free	2:03.50	19-Feb-06	MPM	Laura Murray
	400	Free	4:16.52	14-Dec-18	MPM	Kate Sullivan at Ontario Junior International 2018
	800	Free	8:54.19	14-Dec-18	MPM	Kate Sullivan at Ontario Junior International 2018
	1500	Free	17:37.24	5-Dec-97	SJL	Suzanne Drodge
	50	Back	29.80	21-Nov-19	MPM	Ali Warren at MPM 4th Annual Sink or Swim Invitational
	100	Back	1:04.31	13-Dec-19	SJL	Kate Williams at Ontario Junior International 2019
	200	Back	2:16.88	14-Dec-18	SJL	Kate Williams at Ontario Junior International 2018
	50	Breast	33.65	14-Dec-18	SJL	Emily Ricketts at Ontario Junior International 2018
	100	Breast	1:12.37	7-Jun-19	SJL	Emily Ricketts at 2019 Summer Classic
	200	Breast	2:34.70	14-Mar-81	NAAC	Paula Kelly
	50	Fly	28.13	11-Dec-21	SJL	Abby Williams at Ontario Junior International 2021
	100	Fly	1:03.71	15-Feb-07	SJL	Kelsey Alexander @ Speedo Eastern Canadian Champs
	200	Fly	2:20.04	21-Feb-98	SJL	Suzanne Drodge
	100	IM	1:05.83	3-Dec-21	SJL	Abby Williams at Invitation Internationnal Nept
	200	IM	2:22.86	14-Dec-18	SJL	Abby Simms at Ontario Junior International 2018
	400	IM	5:03.20	21-Feb-81	NAAC	Paula Kelly
	200	Free Relay	1:48.67	23-Nov-18	SJL	St. John's Legends A A. Simms, K. Williams, E. Ricketts, E. McKinnon
	400	Free Relay	3:58.34	1-Mar-14	SJL	St. John's Legends C. Silotch, M. Whelan, C. Hickman, M. Mackay
	800	Free Relay	8:40.52	13-Dec-13	SJL	St. John's Legends C Silotch, M Mackay, C Hickman, M Whelan
200	Medley Relay	2:03.15	1-Mar-14	SJL	St. John's Legends M. Whelan, R. Karlsson, C. Hickman, C. Silotch	
400	Medley Relay	4:29.71	1-Mar-14	SJL	St. John's Legends M. Whelan, R. Karlsson, C. Hickman, C. Silotch	
OPEN	50	Free	26.25	14-Dec-18	SJL	Abby Simms Ontario Junior International 2018
	100	Free	56.69	24-Nov-06	MPM	Laura Murray
	200	Free	2:03.51	19-Feb-06	MPM	Laura Murray
	400	Free	4:16.52	14-Dec-18	MPM	Kate Sullivan Ontario Junior International 2018
	800	Free	8:54.19	14-Dec-18	MPM	Kate Sullivan Ontario Junior International
	1500	Free	17:37.24	13-Dec-97	SJL	Suzanne Drodge
	50	Back	28.87	18-Nov-16	MUSC	Charli LeBlanc at 2016 Kemp Fry Invitational
	100	Back	1:03.39	18-Nov-16	MUSC	Charli LeBlanc at 2016 Kemp Fry Invitational

200	Back	2:15.41	27-Nov-21	MUSC	Kate Williams	Kemp Fry Invitational
50	Breast	32.20	24-Feb-18	MUSC	Veronica Reid	@ 2018 U-Sports Championships
100	Breast	1:09.11	9-Feb-18	MUSC	Jasmine Foran	@ 2018 AUS Championships
200	Breast	2:33.12	9-Feb-18	NAAC	Jasmine Foran	@ 2018 AUS Championships
50	Fly	28.13	11-Dec-21	SJL	Abby Williams	Ontario Junior International 2021
100	Fly	1:03.55	19-Nov-93	NEWS	Michelle MacWhirter	
200	Fly	2:19.77	10-Feb-19	MUSC	Allison Somers	
100	IM	1:05.83	4-Dec-21	SJL	Abby Williams	Invitation Internationnal Nept
200	IM	2:20.88	9-Feb-18	MUSC	Jasmine Foran	@ 2018 AUS Championships
400	IM	5:03.20	21-Feb-81	NAAC	Paula Kelly	
200	Free Relay	1:48.67	23-Nov-18	SJL	St. John's Legends A	A. Simms, K. Williams, E. Ricketts, E. McKinnon
400	Free Relay	3:54.17	9-Jun-19	SJL	St. John's Legends A	A. Simms, K. Williams, E. Ricketts, A. Willams
800	Free Relay	8:40.52	13-Dec-13	SJL	St. John's Legends	C Silotch, M Mackay, C Hickman, M Whelan
200	Medley Relay	2:03.43	24-Aug-09	NL	Team Newfoundland & Labrador	K Flynn, D Tucker, N Rockwood, K Rogers
400	Medley Relay	4:21.65	20-Nov-16	MUSC	MUN SeaHawks	C LeBlanc, V Reid, A Somers, V Legge

SC Meters-Male

10 & U	50	Free	31.90	3-Feb-91	PSC	Chris Grimes	
	100	Free	1:09.89	6-Dec-91	WWSC	Michael Robertson	
	200	Free	2:36.03	11-Mar-88	NAAC	Chris Granter	
	400	Free	5:20.86	26-Feb-88	NAAC	Chris Granter	
	800	Free	11:41.22	2-Jun-18	SJL	Sawyer Leblanc	2018 Summer Classic
	1500	Free	22:51.07	1-Mar-96	WWSC	Skylar Pike	
	50	Back	36.51	21-Nov-19	CBSB	James Traverse	at MPM 4th Annual Sink or Swim Invitational
	100	Back	1:20.84	1-Nov-19	CBSB	James Traverse	at Gander Lakers Fall Invitational 2019
	200	Back	2:50.51	1-Nov-19	CBSB	James Traverse	at Gander Lakers Fall Invitational 2019
	50	Breast	41.53	9-Feb-91	PSC	Chris Grimes	
	100	Breast	1:29.49	9-Mar-91	PSC	Chris Grimes	
	200	Breast	3:07.37	9-Mar-91	PSC	Chris Grimes	
	50	Fly	35.75	10-Oct-83	NAAC	Iain Tennent	
	100	Fly	1:23.96	25-May-96	WWSC	Skylar Pike	
	200	Fly	3:15.10	16-Jan-82	NAAC	Fergus O'Brien	
	100	IM	1:23.14	26-Feb-88	NAAC	Chris Granter	
	200	IM	2:54.13	21-Nov-19	CBSB	James Traverse	at MPM 4th Annual Sink or Swim Invitational
	400	IM	6:11.41	24-Nov-17	MPM	Jaxson Row	2017 Body Quest Sink or Swim
	200	Free Relay	2:18.88	2-Mar-87	NAAC	NAAC	Nagpurkar, Scott, Granter, Hatcher
	400	Free Relay	5:26.40	12-Nov-88	NAAC	NAAC	Herder, Howell, Howell, Tennent
	800	Free Relay	12:40.86	5-Nov-10	SJL	St John's Legends Swim Club	J. BATTCOCK, M. BREEN, C. HICKMAN, L. :
	200	Medley Relay	2:43.81	3-Mar-87	NAAC	NAAC	Hatcher, Scott, Nagpurkar, O'Reilly
	400	Medley Relay	6:53.52	9-Jun-18	SJL	St. John's Legends	L. Haeberle, A. Zein, S. Leblanc, N. Wilson
11-12	50	Free	27.40	19-Nov-21	CBSB	James Traverse	at MPM Sink or Swim November 2021
	100	Free	57.54	7-Jun-19	MPM	Jaxson Row	at 2019 Summer Classic
	200	Free	2:10.95	7-Dec-85	NAAC	Iain Tennent	
	400	Free	4:32.60	6-Dec-85	NAAC	Iain Tennent	
	800	Free	9:38.53	28-Feb-13	SJL	Noah Cumby	at 2013 East Coast SC Championships
	1500	Free	17:24.74	5-Dec-85	NAAC	Iain Tennent	
	50	Back	30.55	19-Nov-21	CBSB	James Traverse	at MPM Sink or Swim November 2021
	100	Back	1:06.76	6-Dec-18	MPM	Jaxson Row	at AA-AAA Invitation Pointe-Clai
	200	Back	2:25.11	6-Dec-18	MPM	Jaxson Row	at AA-AAA Invitation Pointe-Clai
	50	Breast	36.17	12-Mar-93	PSC	Chris Grimes	
	100	Breast	1:16.34	31-Jan-97	GLSC	Nick Smith	
	200	Breast	2:48.80	31-Jan-97	GLSC	Nick Smith	
	50	Fly	29.80	7-Jun-19	MPM	Jaxson Row	at 2019 Summer Classic
	100	Fly	1:05.87	7-Jun-19	MPM	Jaxson Row	at 2019 Summer Classic

200	Fly	2:29.31	7-Jun-19	MPM	Jaxson Row at 2019 Summer Classic
100	IM	1:08.76	3-Dec-21	CBSB	James Traverse at Invitation Internationnal Nept
200	IM	2:30.29	6-Dec-18	MPM	Jaxson Row at AA-AAA Invitation Pointe-Clai
400	IM	5:22.09	12-Feb-16	MPM	Miguel Pond at 2016 SNL SC Championships
200	Free Relay	2:02.94	26-Feb-88	NAAC	NAAC Costello, Nagpurkar, Hatcher, Squires
400	Free Relay	4:34.12	4-Mar-10	SJL	St. John's Legends Swim Club L. SLADE, W. FERGUSON-O'BRIEN, S. HISC
800	Free Relay	10:14.16	1-Mar-13	SJL	St. John's Legends N. Cumby, C. Hickman, J. Wareham, D. Mackay
200	Medley Relay	2:17.56	22-Feb-85	NAAC	NAAC Flemming, Krizan, Kiruluta, Tennent
400	Medley Relay	5:19.97	1-Mar-13	SJL	St. John's Legends Swim Club J. Wareham, C. Hickman, N. Cumby, D. Mackay

13-14

50	Free	24.25	18-Feb-10	SJL	Owen Daly @ Championnats Canadiens de l'es
100	Free	53.68	4-Mar-10	SJL	Owen Daly @ SC East Coast Champs 2010
200	Free	1:56.27	4-Mar-10	SJL	Owen Daly @ SC East Coast Champs 2010
400	Free	4:12.59	4-Mar-10	SJL	Owen Daly @ SC East Coast Champs 2010
800	Free	8:44.98	18-Feb-10	SJL	Owen Daly @ Championnats Canadiens de l'es
1500	Free	16:39.97	12-Mar-10	MPM	Gavin Dyke @ Provincial SC Champs
50	Back	28.34	5-Mar-15	SJL	Noah Cumby at 2015 East Coast Short Course
100	Back	1:02.41	12-Dec-14	GLSC	Dylan Morawski @Pointe Claire Invite
200	Back	2:13.37	4-Mar-12	SJL	Logan Slade @ 2012 SC East Coast Champs
50	Breast	31.48	3-Dec-21	MPM	Joel Thomas at Invitation Internationnal Nept
100	Breast	1:08.03	23-Nov-17	SJL	Cormac Bull @ Sink or Swim Invitational
200	Breast	2:30.86	6-Dec-18	SJL	Arjan O'Brien at AA-AAA Invitation Pointe-Clai
50	Fly	26.22	4-Mar-10	SJL	Owen Daly @ SC East Coast Champs 2010
100	Fly	58.79	4-Mar-10	SJL	Owen Daly @ SC East Coast Champs 2010
200	Fly	2:15.00	24-Aug-08	SJL	Owen Daly
100	IM	1:05.38	18-Oct-09	MPM	Ryan Adams
200	IM	2:15.14	23-Nov-17	MPM	Miguel Pond @ Sink or Swim Invitational
400	IM	4:50.25	12-Mar-10	SJL	Owen Daly @ Provincial SC Champs
200	Free Relay	1:46.19	4-Mar-12	SJL	St. John's Legends L. Slade, S. Hiscock, L. O'Leary, J. Twells
400	Free Relay	3:55.90	4-Mar-10	SJL	St. John's Legends O. DALY, S. NEWHOOK, L. FROUDE, I. COWLEY
800	Free Relay	8:46.99	16-Dec-11	SJL	St. John's Legends S. Hiscock, L. Slade, C. Smith, D. Brown
200	Medley Relay	2:01.92	22-Nov-19	SJL	St. John's Legends R. Row, J. Sullivan, J. Seo, J. Davis
400	Medley Relay	4:25.21	1-Mar-12	SJL	St. John's Legends G. Shortall, L. O'Leary, L. Slade, S. Hiscock

15-17

50	Free	22.92	16-Dec-17	SJL	Noah Cumby @ 2017 Ontario Junior International
100	Free	50.09	17-Dec-17	SJL	Noah Cumby @ 2017 Ontario Junior International
200	Free	1:52.68	28-Feb-13	SJL	Owen Daly at 2013 East Coast SC Championships
400	Free	4:02.98	8-Feb-97	SJL	Robbie Tennent
800	Free	8:20.32	14-Feb-13	MPM	Gavin Dyke @ 2013 Eastern Canadian Champs
1500	Free	15:58.09	13-Dec-12	MPM	Gavin Dyke @ 2012 P1/P2 Invitational
50	Back	27.29	16-Dec-16	SJL	Noah Cumby @ Ontario Junior International
100	Back	56.67	17-Dec-16	SJL	Noah Cumby @Ontario Junior International
200	Back	2:07.04	6-Feb-97	SJL	Robbie Tennent
50	Breast	29.94	26-Nov-21	MUSC	Andrew Rossiter 2021 Kemp-Fry AUS Invitational
100	Breast	1:04.89	13-Dec-19	SJL	Cormac Bull at Ontario Junior International 2019
200	Breast	2:20.95	14-Feb-13	SJL	Martin Whelan at Championnat canadien de l'Est Speedo
200	Breast	2:20.95	15-Feb-13	SJL	Martin Whelan @ 2013 Eastern Canadian Champs
50	Fly	24.04	9-Dec-21	MPM	Chris Weeks at Ontario Junior International 2021
100	Fly	54.90	1-Mar-13	SJL	Owen Daly @ 2013 SC East Coast Champs
100	Fly	54.90	28-Feb-13	SJL	Owen Daly at 2013 East Coast SC Championships
200	Fly	2:09.53	20-Feb-99	SJL	George Colbert
100	IM	1:00.63	7-May-10	CBSC	Theoren Goosney @ Lakers Provincial Invitational
200	IM	2:10.08	1-Mar-13	SJL	Martin Whelan @ 2013 SC East Coast Champs
200	IM	2:10.08	28-Feb-13	SJL	Martin Whelan at 2013 East Coast SC Championships
400	IM	4:35.25	6-Mar-82	MUSC	Mike Tuck
200	Free Relay	1:37.21	24-Aug-09	NL	Team NL T Goosney,A Buckingham,A Harvey,N Hogan

	400	Free Relay	3:34.72	24-Aug-09	NL	Team NL	A Buckingham,A Harvey,N Hogan,T Goosney
	800	Free Relay	7:54.60	24-Aug-09	NL	Team NL	T Goosney,A Harvey,N Hogan,O Daly
	200	Medley Relay	1:50.93	24-Aug-09	NL	Team NL	A Buckingham,T Goosney,B McKay,N Hogan
	400	Medley Relay	4:01.32	1-Mar-14	SJL	St. John's Legends	R. Robinson, C. Smith, O. Daley, S. Hiscock
OPEN	50	Free	22.92	16-Dec-17	SJL	Noah Cumby	@ 2017 Ontario Junior International
	100	Free	50.23	18-Nov-16	MUSC	Sam Leawood at 2016 Kemp Fry Invitational	
	200	Free	1:51.16	21-Feb-14	MPM	Gavin Dyke	Memorial SeaHawks
	400	Free	3:57.01	21-Feb-14	MPM	Gavin Dyke	Memorial SeaHawks
	800	Free	8:23.09	17-Nov-13	MPM	Gavin Dyke	Memorial SeaHawks
	1500	Free	15:45.44	17-Nov-13	MPM	Gavin Dyke	Memorial SeaHawks
	50	Back	25.82	5-Mar-04	MUSC	George Colbert	
	100	Back	56.67	17-Dec-16	SJL	Noah Cumby	@Ontario Junior International
	200	Back	2:04.78	4-Dec-15	MUSC	David HAINES at 2015 Body Quest Heats & Finals Invitational	
	50	Breast	29.36	30-Nov-08	MUSC	Nick Smith	
	100	Breast	1:04.73	11-Feb-95	UNB	Nick Smith	
	200	Breast	2:20.44	17-Feb-11	CBSC	Theoren Goosney	@ 2011 Western Canadian Champs
	50	Fly	24.04	11-Dec-21	MPM	Chris Weeks	Ontario Junior International 2021
	100	Fly	54.90	1-Mar-13	SJL	Owen Daly	@ 2013 SC East Coast Champs
	200	Fly	2:04.43	5-Mar-93	SJL	Iain Tennent	
	100	IM	59.15	30-Nov-08	MUSC	Nick Smith	
	200	IM	2:06.51	28-Nov-21	MUSC	Matthew Wheland	Kemp Fry Invitational
	400	IM	4:28.71	27-Nov-21	MUSC	Matthew Whelan	Kemp Fry Invitational
	200	Free Relay	1:37.21	24-Aug-09	NL	Team NL	T Goosney,A Buckingham,A Harvey,N Hogan
	400	Free Relay	3:29.56	7-Feb-20	MUSC	MUN Sea-Hawks	T. Chafe, D. Morawski, C. Escalante, Y. Zaazou
	800	Free Relay	7:43.63	1-Mar-83	MUSC	MUN Sea-Hawks	Noel, Tuck, Daly, Gillies
	200	Medley Relay	1:50.41	10-Mar-02	SJL	St. John's Legends	Gibbons, Thornhill, Kennedy, Mowbray
	400	Medley Relay	3:53.36	9-Feb-20	MUSC	MUN Sea-Hawks	D. Morawski, M. Kelly, Y. Zaazou, T. Chafe

SC Meters-Mixed

10 & U	200	Free Relay	2:22.63	14-Oct-17	SJL	SJL	S. Power H. Smart S. LeBlanc B. Pritchett
	200	Medley Relay	2:48.58	14-Oct-17	SJL	SJL	B. Pritchett S. Power H. Smart S. LeBlanc