

Swimming Newfoundland and Labrador LONG COURSE Provincial Records

LC Meters-Female

10 & U	50	Free	31.63	7-Jun-19	MPM	Jorja Row at 2019 Summer Classic	
	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	33.26	7-Jun-19	MPM	Jorja Row 2019 Summer Classic	
	100	Fly	1:16.44	7-Jun-19	MPM	Jorja Row at 2019 Summer Classic	
	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. McKinnon, 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 Mallowney 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	4:38.06	28-Jan-19	SJL	St John's Legends A E Duffett, E. MacKay, B. Dunne, H. Smart	
800		Free Relay	10:03.42	1-Feb-19	SJL	St. John's Legends A E. Duffett, E. MacKay, B. Dunne, H. Smart	
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	27.31	25-Jul-19	SJL	Abby Williams at 2019 Far Western LC Championships
		100	Free	58.47	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
		200	Free	2:06.79	26-Jul-17	MPM	Kate Sullivan at 2017 Canadian Junior Swimming Championships
		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	18:10.07	14-Apr-19	MPM	Megan Holden 2019 Eastern Canadian Championships	
	50	Back	31.91	26-May-12	SJL	Maggie Whelan	
	100	Back	1:07.37	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships	
	200	Back	2:23.65	5-Mar-20	SJL	Abby Andrews at 2020 David Fry NS Provincial Championships	
	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	29.08	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	100	Fly	1:05.40	6-Jul-04	SJL	Laura Murray
	200	Fly	2:27.68	8-Jan-79	NAAC	Francine Hickey
	200	IM	2:27.36	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	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	2:05.51	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	400	Free	4:22.53	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	800	Free	8:58.96	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	1500	Free	17:17.29	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	50	Back	30.96	21-Apr-22	SJL	Abby Williams at 2022 Speedo Eastern Canadian Championships
	100	Back	1:06.46	5-Jul-18	SJL	Kate Williams at 2018 Ken Dunn NS Provincial Championships
	200	Back	2:21.33	4-Jul-19	SJL	Kate Williams at 2019 Ken Dunn NS Provincial Championships
	50	Breast	34.09	5-Jul-18	SJL	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	28.74	6-May-22	SJL	Abby Williams at 2022 Dr. Ralph Hicken International
	100	Fly	1:04.87	7-Jun-96	SJL	Suzanne Drodge
	200	Fly	2:24.26	8-May-83	NAAC	Tracy Hogan
	200	IM	2:26.81	7-May-22	SJL	Abby Williams at 2022 Dr. Ralph Hicken International
	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. Williams @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
OPEN	50	Free	26.66	4-Jul-19	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	100	Free	58.22	4-Jul-19	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	200	Free	2:04.99	3-Nov-94	NEWS	Michelle MacWhirter
	400	Free	4:22.53	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	800	Free	8:58.96	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	1500	Free	17:17.29	11-Apr-19	MPM	Kate Sullivan at 2019 SPEEDO Eastern Canadian C
	50	Back	30.14	6-Aug-17	SJL	Charli LeBlanc Canadian Championships
	100	Back	1:03.98	20-Nov-10	MUSC	Leah Tomblin @ AUS Invitational
	200	Back	2:21.34	25-Jul-19	SJL	Kate Williams at 2019 Far Western LC Championships
	50	Breast	33.74	20-Jan-17	MUSC	Veronica Reid 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	3:57.40	5-Jul-19	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	4:28.68	6-Jul-19	SJL	St. John's Legends K. Williams, E. Ricketts, A. Simms A. Williams,

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	37.01	2-Jun-17	CBSB	James Traverse	2020 Winter LCM invitational
	100	Back	1:20.96	8-Feb-20	CBSB	James Traverse	2020 Winter LCM invitational
	200	Back	2:53.27	8-Feb-20	CBSB	James Traverse	2020 Winter LCM 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. Haeberle, 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	27.94	2-May-19	MPM	Jaxson Row at Spring Splash 2019	
	100	Free	59.82	7-Jun-19	MPM	Jaxson Row	2019 Age Group International
	200	Free	2:10.69	31-May-19	MPM	Jaxson Row	2019 Age Group International
	400	Free	4:37.22	22-Mar-19	MPM	Jaxson Row at 2019 SNL Provincial Championships	
	800	Free	9:41.17	22-Mar-19	MPM	Jaxson Row at 2019 SNL Provincial Championships	
	1500	Free	18:29.60	31-May-85	NAAC	Iain Tennent	
	50	Back	30.87	17-Dec-21	CBSB	James Traverse at 2021 LEGENDary Holiday Invitational	
	100	Back	1:06.71	4-Jul-19	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial Championships	
	200	Back	2:25.08	1-Jun-19	MPM	Jaxson Row	2019 Age Group International
	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	28.56	7-Jun-19	MPM	Jaxson Row at 2019 Summer Classic	
	100	Fly	1:05.35	4-Jul-19	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial Championships	
	200	Fly	2:29.54	3-Jun-16	MPM	Miguel Pond at 2016 NL Long Course Championships	
	200	IM	2:26.16	4-Jul-19	MPM	Jaxson Row at 2019 Ken Dunn NS Provincial 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, C. MARM
	800	Free Relay	10:29.81	6-Jul-12	SJL	St. John's Legends	N. Cumby,B Dornan, 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-B
13-14	50	Free	25.36	26-Jun-87	NAAC	David Kiruluta	
	100	Free	54.88	2-Jul-21	SJL	Jaxson Row at Atlantic Cup 2021	
	200	Free	2:00.74	27-May-10	SJL	Owen Daly	@Mel Zajac International
	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	32.02	24-Mar-22	MPM	Joel Thomas at 2022 David Fry NS Provincial Championships	
	100	Breast	1:10.06	25-Jul-18	SJL	Cormac Bull at 2018 Canadian Junior Swimming Championships	
	200	Breast	2:30.63	11-Apr-19	SJL	Arjan O'Brien at 2019 SPEEDO Eastern Canadian C	
	50	Fly	26.39	8-Feb-20	MPM - NL	Chris Weeks at 2020 Winter LCM Invitational	
	100	Fly	1:00.45	25-Jul-18	SJL	Cormac Bull at 2018 Canadian Junior Swimming Championships	
	200	Fly	2:20.81	12-Apr-18	MPM	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. Hlscok, 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	23.50	7-May-22	MPM	Chris Weeks at 2022 Dr. Ralph Hicken International	
	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	30.61	4-Jul-19	SJL	Max Kelly	at 2019 Ken Dunn NS Provincial Championships
100	Breast	1:07.30	25-Jul-19	SJL	Max Kelly	at 2019 Far Western LC Championships
200	Breast	2:27.80	30-Jul-93	SJL	Adrian Costello	
50	Fly	24.58	21-Apr-22	MPM	Chris Weeks	at 2022 Speedo Eastern Canadian Championships
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. Pennell
400	Free Relay	3:45.21	24-Mar-19	MPM	Mount Perl Marlins	M. Henley, A. Cody M. Pond, S. Pennell
800	Free Relay	8:18.60	18-Jul-09	NL	Team NL	N. Hogan, A. Harvey, O. Daly, T. Goosney
200	Medley Relay	1:51.79	26-Jul-19	SJL	St John's Legends A	@ Far WestE. MacLean, M. Kelly, C. Bull, A. 'Brien
400	Medley Relay	4:06.43	28-Jul-19	SJL	St John's Legends A	E. MacLean, M. Kelly, C. Bull, A. O'Brien

Open

50	Free	23.50	7-May-22	MPM	Chris Weeks	at 2022 Dr. Ralph Hicken International
100	Free	50.70	8-Aug-19	SJL	Noah Cumby	at 2019 Canadian Swimming Championships
200	Free	1:52.24	8-Aug-19	SJL	Noah Cumby	at 2019 Canadian Swimming Championships
400	Free	4:10.68	5-Jul-18	SJL	Thomas Chafe	at 2018 Ken Dunn NS Provincial Championships
800	Free	8:39.57	5-Jul-18	SJL	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	58.67	20-Apr-17	SJL	Noah Cumby	Eastern Canadian Championships
200	Back	2:09.21	3-Jul-01	NEWS	Jonathon Fowler	
50	Breast	30.75	5-Mar-20	SJL	Cornac Bull	at 2020 David Fry NS Provincial Championships
100	Breast	1:07.51	4-Jul-19	SJL	Max Kelly	at 2019 Ken Dunn NS Provincial Championships
200	Breast	2:27.80	30-Jul-98	SJL	Adrian Costello	
50	Fly	24.58	21-Apr-22	MPM	Chris Weeks	at 2022 Speedo Eastern Canadian Championships
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	1:51.79	26-Jul-19	SJL	St. John's Legends A	E. MacLean, M. Kelly, C. Bull, A. O'Brien
400	Medley Relay	4:03.31	7-Jul-18	SJL	St John's Legends	D. Morawski, M. Kelly, T. Chafe, N. Cumby

LC Meters-Mixed

10 & U	400	Free Relay	5:36.04	1-Jun-19	SJL	St John's Legends	E. Young, L. Smith, M. Earle, H. Person
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	200	Free Relay	1:59.09	6-Dec-19	MPM	Mount Pearl Marlins	D. Butler, D. Cooney, K. Murrin, S. Turner
	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	1:47.38	6-Dec-19	MPM	Mount Pearl Marlins	A. Warren, A. Coady, M. Holden, M. Henley
	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. Ricketts, T. Chafe