

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

RECORDS Short Course PR

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 at Hickman Automotive Group Fall Classic 2012	
	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	18:21.64	28-May-23	SJL	Kallie Symonds @ 2023 NL Provincial Championships	
	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	1:13.81	18-Feb-23	SJL	Kallie Symonds @Poseidon's Winter Warm-Up	
	200 IM	2:32.58	26-May-23	SJL	Kallie Symonds @ 2023 NL Provincial Championships	
	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. SILOTCH
	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	

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13-14	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
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	1:03.17	19-Nov-17	SJL	Laura Pittman @	2017 AUS Invitational
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 International	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

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Open	1500 Free	17:37.24	13-Dec-97	SJL	Suzanne Drodge	
	50 Back	28.66	17-Nov-17	MUSC	Charli LeBlanc @ 2017 AUS Invitational	
	100 Back	1:02.32	19-Nov-17	MUSC	Charli LeBlanc @ 2017 AUS 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	1:58.38	17-Nov-17	MUSC	MUN Sea-Hawks C. LeBlanc, J.Foran, L.Pittman, V. Legge	
	400 Medley Relay	4:18.17	19-Nov-17	MUSC	MUN Sea-Hawks L.Pittman, J.Foran, A. Somers, C. LeBlanc	

**Swimming Newfoundland and Labrador
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RECORDS Short Course PR

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. BATTCKOCK, M. BREEN, C. HICKMAN, L. SHORTA
	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. HISCOCK, C.
	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

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13-14	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	27.20	27-May-23	SJL	James Traverse	@ 2023 NL Provincial Championships
	100 Back	59.16	28-May-23	SJL	James Traverse	@ 2023 NL Provincial Championships
	200 Back	2:11.41	26-May-23	SJL	James Traverse	@ 2023 NL Provincial Championships
	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	1:03.71	29-Oct-22	SJL	James Traverse	at CBS Bluefins Fall Fin Fest
	200 IM	2:13.05	1-Jun-18	MPM	Miguel Pond	@ 2018 Summer Classic
	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	1:57.46	29-Oct-22	SJL	St. John's Legends	J. Traverse, K. King, E. Fang, J. Jia
	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	22.70	16-Dec-22	MPM	Chris Weeks	@ 2022 Ontario Junior International
	100 Free	49.99	19-Nov-22	MPM	Chris Weeks	at MPM Sink or Swim 2022
	200 Free	1:51.12	9-Dec-22	SJL	Jaxson Row	@ 2022 Murray Drudge Invitational
	400 Free	3:59.75	16-Feb-13	MPM	Gavin Dyke	@ 2013 Eastern Canadian Champs
	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	27.21	20-Nov-22	MPM	Chris Weeks	at MPM Sink or Swim 2022
	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	23.90	20-Nov-22	MPM	Chris Weeks	at MPM Sink or Swim 2022
	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	59.74	28-Oct-22	SJL	Jaxson Row	at 2022 World Cup No 2
	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	1:47.93	20-Nov-22	MPM	Mount Pearl Marlins	C. Weeks, L. Tweedie, D. Pearce, D. Butler
	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	22.70	16-Dec-22	MPM	Chris Weeks	@ 2022 Ontario Junior International
	100 Free	49.34	27-May-23	MPM	Chris Weeks	@ 2023 NL Provincial Championships
	200 Free	1:51.12	9-Dec-22	SJL	Jaxson Row	@ 2022 Murray Drudge Invitational

**Swimming Newfoundland and Labrador
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RECORDS Short Course PR

Open	400 Free	3:57.01	21-Feb-14	MPM	Gavin Dyke	Memorial SeaHawks
	800 Free	8:20.32	14-Feb-13	MPM	Gavin Dyke @ 2013 Eastern Canadian Champs	
	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	56.31	13-Feb-16	MUSC	David Haines @ 2016 AUS Swimming Champs	
	200 Back	2:01.58	26-Feb-17	MUSC	David Haines @ 2017 AUS Swimming Champs	
	50 Breast	29.36	30-Nov-08	MUSC	Nick Smith	
	100 Breast	1:04.59	19-Feb-09	MUSC	Nick Smith @ 2009 CI Championships	
	200 Breast	2:19.70	25-Feb-23	CBSC	Matthew Whalen @ 2023 Usports Championships	
	50 Fly	23.90	20-Nov-22	MPM	Chris Weeks at MPM Sink or Swim 2022	
	100 Fly	54.07	23-Nov-14	MUSC	Owen Daly @ 2014 AUS Invitational	
	200 Fly	2:04.43	5-Mar-93	SJL	Iain Tennent	
	100 IM	59.15	30-Nov-08	MUSC	Nick Smith	
	200 IM	2:05.24	27-Nov-22	MUSC	Matthew Whalen @ 2022 AUS Kemp Fry Invitational	
	400 IM	4:25.39	26-Nov-22	MUSC	Matthew Whalen @ 2022 AUS Kemp Fry Invitational	
	200 Free Relay	1:34.99	18-Nov-17	NL	MUN Sea-Hawks S. Leawood, D. Sparkes, Y Zaazou, C. McKay	
	400 Free Relay	3:29.56	7-Feb-20	MUSC	MUN Sea-Hawks T. Chafe, D. Morawski, C. Escalante, Y. Zaazou	
	800 Free Relay	7:41.42	25-Nov-22	MUSC	MUN Sea-Hawks M. Whelan, L. Palmer, M. Zein, T. Chafe	
	200 Medley Relay	1:47.93	20-Nov-22	MPM	Mount Pear Marlins C. Weeks, L. Tweedie, D. Pearce, D. Butler	
	400 Medley Relay	3:53.36	9-Feb-20	MUSC	MUN Sea-Hawks D. Morawski, M. Kelly, Y. Zaazou, T. Chafe	

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

RECORDS Short Course PR

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