



Langley Olympians Long Course Club Records Female



<u>Aug 3 2021</u>	8 & Under	10 & Under	11-12	13-14	15-17	Open/Senior
50 Free	H.Metcalf 38.04 '07 (LOSC LC Invite)	S. Parr 30.89 '14 (Moses Lake Sizzlin')	H.Metcalf 28.79 '10 (Canadian Age Group Champs)	<u>L.Fack 26.13 '21</u> <u>(LOSC Time Trial - Sanctioned)</u> <u>BC PROVINCIAL RECORD</u>	B. Herbert 27.02 '18 (Swim BC Tier 2 Summer Champ)	L.Fack 26.13 '21 (LOSC Time Trial - Sanctioned)
100 Free	H.Metcalf 1:24.58 '07 (LOSC LC Invite)	D.Mark 1:09.32 '09 (BC LC Championships)	H.Metcalf 1:03.61 '11 (Mies Schootman Invite)	L.Fack 58.29 '21 (Effort Swims)	B.Herbert 57.88 '18 (Swim BC Tier 2 Summer Champ)	B.Herbert 57.88 '18 (Swim BC Tier 2 Summer Champ)
200 Free	H.Metcalf 3:02.14 '07 (LOSC LC Invite)	T.Tetreault 2:35.62 '09 (Hyack Youth Festival Cup)	H.Metcalf 2:14.90 '11 (Mies Schootman Invite)	L.Fack 2:06.76 '21 (Hyack Year End SC / LC)	J. Field 2:04.18 '18 (TYR Pro Swim Series - Indy)	O.Montgomery 2:03.39 '09 (World Championships Trials)
400 Free	H.Metcalf 6:27.38 '07 (LOSC LC Invite)	I.McNeill 5:24.66 '17 (LOSC LC Invite)	B.Herbert 4:47.67 '15 (BC AAA LC Championships)	B.Herbert 4:34.53 '16 (Hyack Festival Youth Cup)	J. Field 4:22.49 '18 (Canadian Swimming Champs)	J. Field 4:22.49 '18 (Canadian Swimming Champs)
800 Free	-	H.Metcalf 11:19.53 '09 (LOSC LC Invite)	B.Herbert 9:58.50 '15 (LOSC Distance Time Trial)	R.Salli 9:27.76 '04	J.Field 9:06.37 '18 (Swim BC Tier 2 Summer Champ)	Anne Schmuck 9:02.77 '06 (Mel Zajac Jr International)
1500 Free	-	M. Driediger 26:01.00 '19' (LOSC 800/1500 Time Trial)	B.Herbert 19:25.38 '15	J. Hillman 18:24.69 '15 (Canadian Age Group Champs)	J. Field 17:40.96 '19 (2019 Summer Provincial Champs)	Anne Schmuck 17:17.15 '06 (Mel Zajac Jr International)
50 Back	I.McNeill 49.79 '14 (Moses Lake Sizzlin')	H.Metcalf 40.19 '08 (Far Westerns)	K. Schroeder 33.54 '18 (Hyack Festival Youth Cup)	K. Schroeder 29.90 '20 (Winter Provincial Champs)	K. Schroeder 29.85 '21 LOSC Effort Swim)	K. Schroeder 29.85 '21 LOSC Effort Swim)
100 Back	M.Belgica 1:39.78 '15 (LOSC LC Invite)	I.McNeill 1:18.62 '17 (PCS Wavemaker)	K. Schroeder 1:10.47 '18 (Jessica Deglau Invite)	K. Schroeder 1:03.57 (Winter Provincial Champs)	K.Schroeder 1:01.93 '21 (LOSC Effort Swim)	K.Schroeder 1:01.93 '21 (LOSC Effort Swim)
200 Back	I. McNeill 3:25.49 '15 (LOSC LC Invite)	I.McNeill 2:47.69 '17 (PCS Wavemaker)	K. Schroeder 2:34.33 '18 (Hyack Festival Youth Cup)	K. Schroeder 2:18.51 '20 (Winter Provincial Champs)	K.Schroeder 2:16.73 '21 (LOSC Effort Swim)	K.Schroeder 2:16.73 '21 (LOSC Effort Swim)
50 Breast	H.Metcalf 55.76 '06 (June Classic)	H.Metcalf 39.30 '08 (Far Westerns)	B.Herbert 34.90 '15 (Canadian Age Group Champs)	Hillary Metcalf 33.43 '12 (Canadian age Groups Champs)	B. Herbert 31.98 '19 (FINA World Jr Championships)	C.Salli 31.27 '10 (Pan Pacs Championships)
100 Breast	I.McNeill 1:51.80 '15 (LOSC LC Invite)	H.Metcalf 1:27.19 '09 (LOSC LC Invite)	B.Herbert 1:16.41 '15 (Canadian Age Group Champs)	C.Salli 1:11.49 '06 (Pan Pacs Championships)	B. Herbert 1:09.11 '18 (Mel Zajac Jr International)	C.Salli 1:08.15 '10 (Pan Pacs Championships)
200 Breast	I.McNeill 4:05.56 '15 (LOSC LC Invite)	H.Metcalf 3:07.98 '09 (LOSC LC Invite)	B. Herbert 2:41.74 '15 (Canadian Age Group Champs)	C.Salli 2:31.57 '06 (Pan Pacs Championships)	B. Herbert 2:28.67 '19' (FINA World Jr Champs)	B. Herbert 2:28.67 '19' (FINA World Jr Champs)
50 Fly	H.Metcalf 51.94 '06 (Moses Lake Sizzlin')	B.Herbert 35.67 '13 (Moses Lake Sizzlin')	B.Herbert 31.58 '15 (Canadian Age Group Champs)	L.Fack 28.29 '21 (LOSC Effort Swim)	M.Mark 28.26 '10 (Canadian Age Group Champs)	L.Fack 28.29 '21 (LOSC Effort Swim)
100 Fly	J.Lavoie 1:54.00 '11 (LOSC LC Invite)	B.Herbert 1:22.70 '13 (Moses Lake Sizzlin')	B.Herbert 1:10.16 '15 (Canadian Age Group Champs)	L. Fack 1:01.87 '21 (LOSC Time Trial - Sanctioned)	J. Field 1:02.67 '18 (Mel Zajac Jr International)	L. Fack 1:01.87 '21 (LOSC Time Trial - Sanctioned)
200 Fly	-	D.Mark 3:00.92 '09 (BC LC Championships)	B.Herbert 2:34.60 '15 (BC AAA LC Championships)	R. Salli 2:17.91 '05 (Australia YOF)	B. Herbert 2:14.93 '18 (Mel Zajac Jr International)	K.Rawlings 2:13.56 '06 (Pan Pacific Trials)
100 IM	/					
200 IM	I.McNeill 3:28.85 '15 (LOSC LC Invite)	I.McNeill 2:50.52 '17 (PCS Wavemaker)	B.Herbert 2:30.14 '15 (Canadian Age Group Champs)	<u>B.Herbert 2:18.27 '17</u> <u>(Canada Games ; BC Record)</u>	B. Herbert 2:15.27 '20 (Winter Provincial Champs)	B. Herbert 2:15.27 '20 (Winter Provincial Champs)
400 IM	H.Metcalf 7:47.90 '07 (LOSC LC Invite)	I.McNeill 5:50.52 '17 (PCS Wavemaker)	B.Herbert 5:17.02 '15 (BC AAA LC Championships)	B.Herbert 4:56.47 '17 (Canada Games)	B. Herbert 4:49.95 '18 (Jr. Pan Pacific Championship)	M.Dodds 4:45.97 '10 (Summer Canadian Nationals)

**Underline and Bolded Indicates BC Record