



Langley Olympians

Long Course Club Records

Female



<u>March 9 2020</u>	8 & Under	10 & Under	11-12	13-14	15-17	Open/Senior
50 Free	H.Metcalf 38.04 '07 <i>(LOSC LC Invite)</i>	S. Parr 30.89 '14 <i>(Moses Lake Sizzlin')</i>	H.Metcalf 28.79 '10 <i>(Canadian Age Group Champs)</i>	B.Herbert 28.09 '17 <i>(LOSC LC Invite)</i>	B. Herbert 27.02 '18 <i>(Swim BC Tier 2 Summer Champ)</i>	B. Herbert 27.02 '18 <i>(Swim BC Tier 2 Summer Champ)</i>
100 Free	H.Metcalf 1:24.58 '07 <i>(LOSC LC Invite)</i>	D.Mark 1:09.32 '09 <i>(BC LC Championships)</i>	H.Metcalf 1:03.61 '11 <i>(Mies Schootman Invite)</i>	K. Schroeder 59.69 '20 <i>(Winter Provincial Champs)</i>	B.Herbert 57.88 '18 <i>(Swim BC Tier 2 Summer Champ)</i>	B.Herbert 57.88 '18 <i>(Swim BC Tier 2 Summer Champ)</i>
200 Free	H.Metcalf 3:02.14 '07 <i>(LOSC LC Invite)</i>	T.Tetreault 2:35.62 '09 <i>(Hyack Youth Festival Cup)</i>	H.Metcalf 2:14.90 '11 <i>(Mies Schootman Invite)</i>	B.Herbert 2:10.66 '17 <i>(Western Canadian Champs)</i>	J. Field 2:04.18 '18 <i>(TYR Pro Swim Series - Indy)</i>	O.Montgomery 2:03.39 '09 <i>(World Championships Trials)</i>
400 Free	H.Metcalf 6:27.38 '07 <i>(LOSC LC Invite)</i>	I.McNeill 5:24.66 '17 <i>(LOSC LC Invite)</i>	B.Herbert 4:47.67 '15 <i>(BC AAA LC Championships)</i>	B.Herbert 4:34.53 '16 <i>(Hyack Festival Youth Cup)</i>	J. Field 4:22.49 '18 <i>(Canadian Swimming Champs)</i>	J. Field 4:22.49 '18 <i>(Canadian Swimming Champs)</i>
800 Free	-	H.Metcalf 11:19.53 '09 <i>(LOSC LC Invite)</i>	B.Herbert 9:58.50 '15 <i>(LOSC Distance Time Trial)</i>	R.Salli 9:27.76 '04	J.Field 9:06.37 '18 <i>(Swim BC Tier 2 Summer Champ)</i>	Anne Schmuck 9:02.77 '06 <i>(Mel Zajac Jr International)</i>
1500 Free	-	M. Driediger 26:01.00 '19' <i>(LOSC 800/1500 Time Trial)</i>	B.Herbert 19:25.38 '15	J. Hillman 18:24.69 '15 <i>(Canadian Age Group Champs)</i>	J. Field 17:40.96 '19 <i>(2019 Summer Provincial Champs)</i>	Anne Schmuck 17:17.15 '06 <i>(Mel Zajac Jr International)</i>
50 Back	I.McNeill 49.79 '14 <i>(Moses Lake Sizzlin')</i>	H.Metcalf 40.19 '08 <i>(Far Westerns)</i>	K. Schroeder 33.54 '18 <i>(Hyack Festival Youth Cup)</i>	K. Schroeder 29.90 '20 <i>(Winter Provincial Champs)</i>	K.Kotłowski 30.59 '05 <i>(World Championships Trials)</i>	K. Schroeder 29.90 '20 <i>(Winter Provincial Champs)</i>
100 Back	M.Belgica 1:39.78 '15 <i>(LOSC LC Invite)</i>	I.McNeill 1:18.62 '17 <i>(PCS Wavemaker)</i>	K. Schroeder 1:10.47 '18 <i>(Jessica Deglau Invite)</i>	K. Schroeder 1:03.57 <i>(Winter Provincial Champs)</i>	C.Salli 1:04.62 '09 <i>(Australia YOF)</i>	K. Schroeder 1:03.57 <i>(Winter Provincial Champs)</i>
200 Back	I. McNeill 3:25.49 '15 <i>(LOSC LC Invite)</i>	I.McNeill 2:47.69 '17 <i>(PCS Wavemaker)</i>	K. Schroeder 2:34.33 '18 <i>(Hyack Festival Youth Cup)</i>	K. Schroeder 2:18.51 '20 <i>(Winter Provincial Champs)</i>	K.Kotłowski 2:17.64 '05 <i>(Canadian LC Club Nationals)</i>	K.Kotłowski 2:17.64 '05 <i>(Canadian LC Club Nationals)</i>
50 Breast	H.Metcalf 55.76 '06 <i>(June Classic)</i>	H.Metcalf 39.30 '08 <i>(Far Westerns)</i>	B.Herbert 34.90 '15 <i>(Canadian Age Group Champs)</i>	Hillary Metcalfe 33.43 '12 <i>(Canadian age Groups Champs)</i>	B. Herbert 31.98 '19 <i>(FINA World Jr Championships)</i>	C.Salli 31.27 '10 <i>(Pan Pacs Championships)</i>
100 Breast	I.McNeill 1:51.80 '15 <i>(LOSC LC Invite)</i>	H.Metcalf 1:27.19 '09 <i>(LOSC LC Invite)</i>	B.Herbert 1:16.41 '15 <i>(Canadian Age Group Champs)</i>	C.Salli 1:11.49 '06 <i>(Pan Pacs Championships)</i>	B. Herbert 1:09.11 '18 <i>(Mel Zajac Jr International)</i>	C.Salli 1:08.15 '10 <i>(Pan Pacs Championships)</i>
200 Breast	I.McNeill 4:05.56 '15 <i>(LOSC LC Invite)</i>	H.Metcalf 3:07.98 '09 <i>(LOSC LC Invite)</i>	B. Herbert 2:41.74 '15 <i>(Canadian Age Group Champs)</i>	C.Salli 2:31.57 '06 <i>(Pan Pacs Championships)</i>	B. Herbert 2:19.24 '19' <i>(FINA World Jr Champs)</i>	C.Salli 2:28.83 '10 <i>(Pan Pacific Championships)</i>
50 Fly	H.Metcalf 51.94 '06 <i>(Moses Lake Sizzlin')</i>	B.Herbert 35.67 '13 <i>(Moses Lake Sizzlin')</i>	B.Herbert 31.58 '15 <i>(Canadian Age Group Champs)</i>	B.Herbert 29.37 '17 <i>(Commonwealth Games Trials)</i>	M.Mark 28.26 '10 <i>(Canadian Age Group Champs)</i>	K.Rawlings 28.84 '05 <i>(Commonwealth Games Trials)</i>
100 Fly	J.Lavoie 1:54.00 '11 <i>(LOSC LC Invite)</i>	B.Herbert 1:22.70 '13 <i>(Moses Lake Sizzlin')</i>	B.Herbert 1:10.16 '15 <i>(Canadian Age Group Champs)</i>	B.Herbert 1:03.89 '16 <i>(Canadian Age Group Champs)</i>	J. Field 1:02.67 '18 <i>(Mel Zajac Jr International)</i>	K.Rawlings 1:02.49 '07 <i>(Open EDF de Natation)</i>
200 Fly	-	D.Mark 3:00.92 '09 <i>(BC LC Championships)</i>	B.Herbert 2:34.60 '15 <i>(BC AAA LC Championships)</i>	R. Salli 2:17.91 '05 <i>(Australia YOF)</i>	B. Herbert 2:14.93 '18 <i>(Mel Zajac Jr International)</i>	K.Rawlings 2:13.56 '06 <i>(Pan Pacific Trials)</i>
100 IM	/					
200 IM	I.McNeill 3:28.85 '15 <i>(LOSC LC Invite)</i>	I.McNeill 2:50.52 '17 <i>(PCS Wavemaker)</i>	B.Herbert 2:30.14 '15 <i>(Canadian Age Group Champs)</i>	<u>B.Herbert 2:18.27 '17</u> <i>(Canada Games ; BC Record)</i>	B. Herbert 2:15.27 '20 <i>(Winter Provincial Champs)</i>	B. Herbert 2:15.27 '20 <i>(Winter Provincial Champs)</i>
400 IM	H.Metcalf 7:47.90 '07 <i>(LOSC LC Invite)</i>	I.McNeill 5:50.52 '17 <i>(PCS Wavemaker)</i>	B.Herbert 5:17.02 '15 <i>(BC AAA LC Championships)</i>	B.Herbert 4:56.47 '17 <i>(Canada Games)</i>	B. Herbert 4:49.95 '18 <i>(Jr. Pan Pacific Championship)</i>	M.Dodds 4:45.97 '10 <i>(Summer Canadian Nationals)</i>

****Underline and Bolded Indicates BC Record**