



# Langley Olympians

## Short Course Club Records

### Female



November 8 2021	<u>8 &amp; Under</u>	<u>10 &amp; Under</u>	<u>11-12</u>	<u>13-14</u>	<u>15-17</u>	<u>Open/Senior</u>
<b>50 Free</b>	M.Belgica 37.12 '15 <i>(LMR Championships)</i>	H.Metcalf 30.27 '09 <i>(BC AAA SC Championships)</i>	B.Herbert 28.22 '15 <i>(VPSC Invitational)</i>	<b><u>L. Fack 25.56 '21</u></b> <i>(Spartans CSI Targeted Meet)</i> <b><u>BC PROVINCIAL RECORD</u></b>	B. Herbert 26.55 '19 <i>(PCS Christmas Cracker)</i>	L. Fack 25.56 '21 <i>(Spartans CSI Targeted Meet)</i>
<b>100 Free</b>	H.Metcalf 1:24.68 '06 <i>(SFU-SFA December LMR)</i>	H.Metcalf 1:09.39 '09 <i>(BC AAA SC Championships)</i>	H.Metcalf 1:00.53 '11 <i>(BC AAA SC Championships)</i>	<b><u>L. Fack 55.65 '21</u></b> <i>(Hyack Year End SC / LC)</i> <b><u>BC PROVINCIAL RECORD</u></b>	B. Herbert 56.75 '19 <i>(PCS Christmas Cracker)</i>	L. Fack 55.65 '21 <i>(Hyack Year End SC / LC)</i>
<b>200 Free</b>	H.Metcalf 2:55.47 '07 <i>(LMR Championships)</i>	H.Metcalf 2:27.11 '09 <i>(BC AAA SC Championships)</i>	H.Metcalf 2:11.89 '11 <i>(BC AAA SC Championships)</i>	L. Fack 2:00.44 '21 <i>(Hyack Year End SC / LC)</i>	B. Herbert 2:01.47 '18 <i>(PCS Christmas Cracker)</i>	O.Montgomery 1:58.72 '09 <i>(Canada Games)</i>
<b>400 Free</b>	H.Metcalf 6:11.83 '07 <i>(Haney Spring Splash Classic)</i>	H.Metcalf 5:16.29 '09 <i>(BC AAA SC Championships)</i>	H.Metcalf 4:36.47 '11 <i>(BC AAA SC Championships)</i>	L. Fack 4:23.08 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>	O. Montgomery 4:16.93 '09 <i>(BC Sr Championships)</i>	O.Montgomery 4:11.60 '09 <i>(Canada Games)</i>
<b>800 Free</b>	J.Lavoie 15:42.37 '11	I.McNeill 10:53.37 '17 <i>(BC AAA SC Championships)</i>	H.Metcalf 9:29.69 '11 <i>(BC AAA SC Championships)</i>	H.Metcalf 9:05.53 '13 <i>(BC AAA SC Championships)</i>	O. Montgomery 8:56.49 '08 <i>(BC Provincials)</i>	O.Montgomery 8:55.14 '09 <i>(Canadian Spring Nationals)</i>
<b>1500 Free</b>	I.McNeill 29:51.78 '14	H.Metcalf 22:49.31 '08	Samantha Burwell 19:19.00 '20 <i>(LMR East Champs)</i>	Chelsea Borrowdale 18:21.51 '14 <i>(CDSC Invitational)</i>	S.Garrett 17:22.77 '06 <i>(Bell Grand Prix)</i>	S.Garrett 17:07.88 '06 <i>(Western Canadian Champs)</i>
<b>50 Back</b>	M.Belgica 43.26 '15 <i>(L/A OSC Intra Club Meet)</i>	I.McNeill 36.58 '17 <i>(BC AAA SC Championships)</i>	B.Herbert 32.80 '15 <i>(VPSC Invitational)</i>	K.Schroeder 29.30 '20 <i>(LOSC Time Trial - Non Sanctioned)</i>	K.Schroeder 28:12 '21 <i>(Odlum Brown Colleges Cup)</i>	K.Schroeder 28:12 '21 <i>(Odlum Brown Colleges Cup)</i>
<b>100 Back</b>	M.Belgica 1:35.50 '15 <i>(LMR Champs)</i>	H.Metcalf 1:16.83 '09 <i>(BC AAA SC Championships)</i>	K. Schroeder 1:08.23 '18 <i>(BC Summer Games)</i>	K.Schroeder 1:02.17 '20 <i>(LOSC Time Trial - Non Sanctioned)</i>	K.Schroeder 1:00.17 '21 <i>(Odlum Brown Colleges Cup)</i>	K.Schroeder 1:00.17 <i>(Odlum Brown Colleges Cup)</i>
<b>200 Back</b>	I.McNeill 3:13.62 '15 <i>(Winskill Dolphins LMR)</i>	I. McNeill 2:38.04 '17 <i>(BC AAA SC Championships)</i>	K. Schroeder 2:26.45 '18 <i>(BC Summer Games)</i>	K.Schroeder 2:16.64 '19 <i>(PCS Christmas Cracker)</i>	K.Schroeder 2:08.22 '21 <i>(Odlum Brown Colleges Cup)</i>	K.Schroeder 2:08.22 '21 <i>(Odlum Brown Colleges Cup)</i>
<b>50 Breast</b>	H.Metcalf 50.02 '06 <i>(Pacific Cup 12&amp;U Jamboree)</i>	H.Metcalf 38.71 '09 <i>(BC AAA SC Championships)</i>	H.Metcalf 33.96 '11 <i>(Western Canadian Champs)</i>	H.Metcalf 32.83 '13 <i>(Western Canadian Champs)</i>	C.Salli 32.02 '09 <i>(Canadian Spring Nationals)</i>	H. Metcalf 31.53 '18 <i>(U Sports Championships)</i>
<b>100 Breast</b>	H.Metcalf 1:46.34 '07 <i>(LMR Championships)</i>	B.Herbert 1:27.92 '13 <i>(VPSC Invitational)</i>	B.Herbert 1:13.76 '15 <i>(VPSC Invitational)</i>	B.Herbert 1:11.43 '16 <i>(BC AAA SC Championships)</i>	B. Herbert 1:07.46 '18 <i>(PCS Christmas Cracker)</i>	B. Herbert 1:07.46 '18 <i>(PCS Christmas Cracker)</i>
<b>200 Breast</b>	I.McNeill 3:43.98 '15 <i>(LMR Championships)</i>	H.Metcalf 2:58.51 '09 <i>(BC AAA SC Championships)</i>	H.Metcalf 2:39.54 '11 <i>(BC AAA SC Championships)</i>	C.Salli 2:31.33 '06 <i>(BC AAA SC Championships)</i>	C.Salli 2:25.94 '09 <i>(Canadian Spring Nationals)</i>	C.Salli 2:25.94 '09 <i>(Canadian Spring Nationals)</i>
<b>50 Fly</b>	M.Belgica 43.26 '15 <i>(L&amp;A OSC Intra Club Meet)</i>	B.Herbert 35.08 '13 <i>(VPSC Invitational)</i>	B.Herbert 30.72 '15 <i>(VPSC Invitational)</i>	L.Fack 27.31 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>	K.Schroeder 27.96 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>	L.Fack 27.31 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>
<b>100 Fly</b>	J.Lavoie 1:45.23 '11	T.Kavolinas 1:22.27 '01 <i>(BC Championship Trials)</i>	R.Nakano 1:08.03 '12 <i>(BC AAA SC Championships)</i>	L.Fack 1:00.26 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>	J.Field 1:02.01 '19 <i>(Odlum Brown Cup)</i>	L.Fack 1:00.26 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>
<b>200 Fly</b>	J.Lavoie 3:50.35 '11	E.Belgica 3:04.35 '17 <i>(BC AAA SC Championships)</i>	R.Nakano 2:30.89 '12 <i>(BC AAA SC Championships)</i>	L.Fack 2:18.66 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>	B. Herbert 2:13.70 '18 <i>(PCS Christmas Cracker)</i>	B.Herbert 2:11.90 '21 <i>(LOSC Time Trial - Non Sanctioned)</i>
<b>100 IM</b>	I.McNeill 1:34.39 '15 <i>(L/A OSC Novice Meet)</i>	T.Tetreault 1:17.60 '09 <i>(L&amp;AOSC Intra Club Meet)</i>	B.Herbert 1:08.74 '15 <i>(VPSC Invitational)</i>	B.Herbert 1:05.57 '16 <i>(VPSC Invitational)</i>	B. Herbert 1:03.87 '19 <i>(L&amp;A OSC Intra Club Meet)</i>	B. Herbert 1:03.87 '19 <i>(L&amp;A OSC Intra Club Meet)</i>
<b>200 IM</b>	I.McNeill 3:22.19 '15 <i>(Winskill Dolphins LMR)</i>	T.Tetreault 2:46.32 '09 <i>(Year End Time Trial)</i>	H.Metcalf 2:27.30 '11 <i>(BC AAA SC Championships)</i>	H.Metcalf 2:18.60 '13 <i>(BC AAA SC Championships)</i>	B.Herbert 2:13.79 '19 <i>(PCS Christmas Cracker)</i>	C.Salli 2:12.94 '09 <i>(British Gas Grand Prix)</i>
<b>400 IM</b>	M. Van Noordenne 7:12.32 '04 <i>(Hyack SC Invitational)</i>	I.McNeill 5:48.83 '17 <i>(BC AAA SC Championships)</i>	B.Herbert 5:14.40 '15 <i>(L/A OSC Intra Club Meet)</i>	B.Herbert 4:53.50 '16 <i>(BC AAA SC Championships)</i>	B.Herbert 4:44.09 '19 <i>(PCS Christmas Cracker)</i>	C.Salli 4:41.35 '09 <i>(British Gas Grand Prix)</i>

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