



Langley & Abbotsford Olympians Female Relay Records



| <u>Short Course Women</u> | | | <u>Long Course Women</u> | | |
|---------------------------|---|-------------|--------------------------|--|-------------|
| 10 & U 200 Medley | J.Gibson, H. Metcalfe, D. Mark, T. Tetreault <i>LOSC Invite (as LAOSC)</i> | 2:38.71 '08 | 10 & U 200 Medley | H. Metcalfe, D. Mark, S. Board, A. Blair <i>Kamloops June Classic (as LAOSC)</i> | 2:44.79 '08 |
| 10 & U 200 Free | H. Metcalfe, D. Mark, I. Urquidi, T. Tetreault <i>LOSC Invite (as LAOSC)</i> | 2:18.35 '08 | 10 & U 200 Free | H. Metcalfe, D. Mark, S. Board, A. Blair <i>Kamloops June Classic (as LAOSC)</i> | 2:27.10 '08 |
| 12 & U 200 Medley | S.Board, H.Metcalfe, D.Mark, T.Tetreault <i>TAS BC Short Course AAA Championships (as LOSC)</i> | 2:12.40 '10 | 12 & U 200 Medley | S. Board, H. Metcalfe, J. Gibson, T. Tetreault <i>TAS BC Long Course AAA Championships (as LOSC)</i> | 2:13.63 '10 |
| 12 & U 200 Free | R.Bedard, R. Blunden, S. Parr, M.Goretic <i>PCS Christmas Cracker (as LOSC)</i> | 2:00.82 '15 | 12 & U 200 Free | H. Metcalfe, H. Weinkauf, S. Board, T.Tetreault <i>TAS BC Long Course AAA Championships (as LOSC)</i> | 2:00.32 '10 |
| 12 & U 400 Medley | R.Nakano, C.Borrowdale, G.Szalkai, A.Franklin <i>TAS BC Short Course AAA Championships (as LAOSC)</i> | 4:49.95 '12 | 12 & U 400 Medley | S. Board, H. Metcalfe, J. Gibson, T. Tetreault <i>TAS BC Long Course AAA Championships (as LOSC)</i> | 4:55.80 '10 |
| 12 & U 400 Free | H.Metcalfe, S.Board, T.Tetreault, D.Mark <i>TAS BC Short Course AAA Championships (as LOSC)</i> | 4:22.46 '10 | 12 & U 400 Free | S. Parr, M. Goretic, D. Bedard, S. Schmelcher <i>Swim BC AAA LC Championships (as LOSC)</i> | 4:27.85 '16 |
| 12 & U 800 Free | H.Metcalfe, H. Weinkauf, C. Borrowdale, K.Douglas <i>TAS BC Short Course AAA Championships (as LOSC)</i> | 9:42.16 '11 | 12 & U 800 Free | L. Grier, E. Lansing, M. Dong, J. Hillman <i>Swim BC AAA LC Championships (as LOSC)</i> | 9:39.88 '13 |
| 14 & U 200 Medley | E.Belgica, S.Harder, L.Fack, M.Larson <i>LOSC Time Trial - Non Sanctioned (as LOSC)</i> | 2:02.79 '21 | 14 & U 200 Medley | K. Schroeder, S. Harder, G. Maryschak, E. Belgica <i>BC Provincial Championships (as LOSC)</i> | 2:05.81 '20 |
| 14 & U 200 Free | A.Franklin, R.Nakano, R.Ledoux, C. Borrowdale <i>Swim BC AAA Short Course Championships (as LAOSC)</i> | 1:53.29 '14 | 14 & U 200 Free | J. Field, R. Bedard, S. Parr, B. Herbert <i>Swim BC LC AAA Championships (as LOSC)</i> | 1:55.52 '16 |
| 14 & U 400 Medley | R.Blunden, B.Herbert. J.Field, R.Bedard <i>Swim BC AAA Short Course Championships (as LOSC)</i> | 4:33.02 '16 | 14 & U 400 Medley | S. Jense, C. Salli, D. Szalkai, T. Kiss <i>TAS BC LC Championships (as LOSC)</i> | 4:35.84 '06 |
| 14 & U 400 Free | H.Metcalfe, R.Nakano, A.Franklin, C.Borrowdale <i>Swim BC AAA Short Course Championships (as LAOSC)</i> | 4:10.73 '13 | 14 & U 400 Free | J. Field, R. Bedard, S. Parr, B. Herbert <i>Swim BC LC AAA Championships (as LOSC)</i> | 4:12.27 '16 |
| 14 & U 800 Free | C.Borrowdale, A.Franklin, R.Nakano, R. Ledoux <i>Swim BC AAA Short Course Championships (as LAOSC)</i> | 8:49.77 '14 | 14 & U 800 Free | J. Hillman, J. Field, M. Dong, B. Herbert <i>TAS BC LC Championships (as LOSC)</i> | 9:09.49 '15 |
| 17 & U 200 Medley | K.Kotlowski, C.Salli, M.Dodds, R.Salli <i>Westerns SC Championships (as LOSC)</i> | 1:59.95 '06 | 17 & U 200 Medley | K. Schroeder, B. Herbert, I. Brunoro, S. Parr <i>Winter Provincial Championships (as LOSC)</i> | 2:00.38 '20 |
| 17 & U 200 Free | K.Rawlings, R.Salli, M.Dodds, K.Kotlowski <i>Westerns SC Championships (as LOSC)</i> | 1:49.27 '05 | 17 & U 200 Free | B. Herbert, S. Parr, K. Schroeder, I. Brunoro <i>Winter Provincial Championships (as LOSC)</i> | 1:50.30 '20 |
| 17 & U 400 Medley | K.Rawlings, R.Salli, M.Dodds, K.Kotlowski <i>Westerns SC Championships (as LOSC)</i> | 4:19.38 '05 | 17 & U 400 Medley | K. Kotlowski, C. Salli, R. Salli, K. Rawlings <i>Canadian Club Championships (as LOSC)</i> | 4:24.58 '05 |
| 17 & U 400 Free | K.Rawlings, R.Salli, M.Dodds, K.Kotlowski <i>Westerns SC Championships (as LOSC)</i> | 3:56.82 '05 | 17 & U 400 Free | K. Rawlings, K. Kotlowski, R. Salli, M. Dodds <i>Canadian Club Championships (as LOSC)</i> | 4:00.73 '05 |
| 17 & U 800 Free | M.Dodds, A.Hait, K.Kotlowksi, R.Salli <i>TAS BC AAA Provincial Championships (as LOSC)</i> | 8:27.63 '06 | 17 & U 800 Free | K. Rawlings, R. Salli, K. Kotlowski, M. Dodds <i>Canadian Club Championships (as LOSC)</i> | 8:41.21 '05 |
| Senior/Open 200 Medley | K. Schroeder, B. Herbert, L. Fack, S.Parr <i>LOSC Time Trial - Non Sanctioned</i> | 1:55.99 '21 | Senior/Open 200 Medley | K. Schroeder, B. Herbert, I. Brunoro, S. Parr <i>Winter Provincial Championships (as LOSC)</i> | 2:00.38 '20 |
| Senior/Open 200 Free | B.Herbert, L.Fack, K.Schroeder, D.Sicoli <i>LOSC Time Trial - Non Sanctioned</i> | 1:47.50 '21 | Senior/Open 200 Free | L.Fack, B. Herbert, K. Schroeder, S. Parr, <i>LOSC Time Trial - Non Sanctioned</i> | 1:49.69 '21 |
| Senior/Open 400 Medley | R.Salli, C.Salli, C.Landsiedel, M.Dodds <i>Western SC Championships (as LOSC)</i> | 4:17.96 '07 | Senior/Open 400 Medley | R.Salli, C.Salli, K.Rawlings, C.Landsiedel <i>Olympic Trials (as LOSC)</i> | 4:16.28 '08 |
| Senior/Open 400 Free | C.Landsiedel, A Hait, O.Montgomery,C.Salli <i>Speedo Western SC Championships (as LOSC)</i> | 3:53.54 '08 | Senior/Open 400 Free | C.Landsiedel, K.Rawlings, O. Montgomery, M.Dodds <i>Olympic Trials (as LOSC)</i> | 3:54.01 '08 |
| Senior/Open 800 Free | C.Landsiedel, M.Dodds, R.Salli, S.Garrett <i>Speedo Western SC Championships (as LOSC)</i> | 8:19.30 '07 | Senior/Open 800 Free | C.Landsiedel, O.Montgomery, K.Rawlings, M.Dodds <i>Summer Nationals (as LOSC)</i> | 8:31.95 '08 |