



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	A.Franklin, R.Ledoux, R.Nakano, C.Borrowdale <i>Swim BC AAA Short Course Championships (as LAOSC)</i>	2:04.77 '14	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.Kotlowski, C.Salli, M.Dodds, R.Salli <i>Western SC Championships (as LOSC)</i>	1:59.95 '06	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	C.Landsiedel, A.Hait, R.Salli, M.Dodds <i>Western SC Championships (as LOSC)</i>	1:49.21 '06	Senior/Open 200 Free	B. Herbert, S. Parr, K. Schroeder, I. Brunoro <i>Winter Provincial Championships (as LOSC)</i>	1:50.30 '20
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