
RECORDS
LC Meters-Female

10 & U	50 Free	30.86	11-Jun-10	SJL	Hannah Albrechtsons @ June 11th time Trial		
	100 Free	1:11.00	1-Jan-92	NAAC	Laurie Green		
	200 Free	2:32.53	1-Jan-84	NAAC	Louise Copeman		
	400 Free	5:17.89	1-Jan-84	NAAC	Louise Copeman		
	800 Free	12:00.00	1-Jan-01	SJL	None		
	1500 Free	23:45.19	30-May-08	SJL	Meg Mackay @ LC Champs		
	50 Back	39.44	25-Jun-09	SJL	Catherine Silotch @ SPEEDO International Age Group Invitational		
	100 Back	1:21.48	9-Nov-12	SJL	Erica Mckinnon @ 2012 Hickman Motors Fall Classic		
	200 Back	2:55.83	1-Jan-01	SJL	Ingrid Antonsen		
	50 Breast	39.45	1-Jan-92	NAAC	Laurie Green		
	100 Breast	1:27.14	1-Jan-92	NAAC	Laurie Green		
	200 Breast	3:07.35	1-Jan-92	NAAC	Laurie Green		
	50 Fly	35.16	1-Jan-92	NAAC	Laurie Green		
	100 Fly	1:20.08	6-Jun-87	NAAC	Jennifer Tummonds		
	200 Fly	3:13.55	30-May-08	SJL	Emma Dornan @ LC Champs		
	200 IM	2:54.19	1-Jan-91	NAAC	Laurie Green		
	400 IM	6:37.83	3-Jun-16	SJL	Jordan Micucci at 2016 NL Long Course Championships		
	200 Free Relay	2:13.79	1-Jan-83	NAAC	NAAC	Phelan, Stack, Squires, Copeman	
	400 Free Relay	5:23.78	17-Mar-12	SJL	St. John's Legends	E. Mckinnon, N. Smart, A. Jeon, M. Henley	
	800 Free Relay	12:45.97	13-Nov-11	SJL	St. John's Legends	N. Smart, M. Henley, M. Whelan, A. Simms	
	200 Medley Relay	2:56.68	1-Jan-89	NAAC	NAAC Conway, Legge, Drover, Dodge		
	400 Medley Relay	6:30.95	1-Jan-08	SJL	St John's Legends Swim Club Dornan,Whelan,Silotch,MacKay		
	11-12	50 Free	27.96	27-Jul-11	SJL	Catherine Silotch @ 2011 Canadian Age Group Championships	
		100 Free	1:02.65	27-Jul-11	SJL	Catherine Silotch @ 2011 Canadian Age Group Championships	
200 Free		2:15.79	1-Jan-02	SJL	Laura Murray		
400 Free		4:47.56	1-Jan-86	NAAC	Louise Copeman		
800 Free		9:46.40	1-Jan-86	NAAC	Louise Copeman		
1500 Free		19:02.48	1-Jan-87	NAAC	Paula Crutcher		
50 Back		33.33	21-Jul-10	SJL	Catherine Silotch @ 2010 Canadian Age Group Championships		
100 Back		1:10.51	27-Jul-11	SJL	Catherine Silotch @ 2011 Canadian Age Group Championships		
200 Back		2:32.31	27-Jul-11	SJL	CATHERINE SILOTCH at 2011 Canadian Age Group Championship		
50 Breast		37.23	21-Apr-16	NL	Peyton Mallowney at MAC April Invitational April 21-24,2016		
100 Breast		1:19.74	6-Dec-93	NAAC	Laurie Green		
200 Breast		2:51.40	1-Jan-93	NAAC	Laurie Green		
50 Fly		31.04	7-Aug-17	NL	Abby Williams at 2017 Canada Games Swimming		
100 Fly		1:12.74	3-May-86	NAAC	Louise Copeman		
200 Fly		2:35.14	1-Jan-85	NAAC	Louise Copeman		
200 IM		2:40.15	30-May-14	SJL	Natalie Smart @ NL Long Course Championships 2014		
400 IM		5:32.10	30-May-14	SJL	Natalie Smart @ NL Long Course Championships 2014		
200 Free Relay		2:01.66	4-Mar-10	SJL	St John's Legends		
400 Free Relay		4:37.21	4-Mar-10	SJL	St John's Legends		
800 Free Relay		9:21.43	1-Mar-14	SJL	St John's Legends Swim Club		
200 Medley Relay		2:14.84	12-Mar-10	SJL	St John's Legends		
400 Medley Relay		5:28.10	1-Mar-14	SJL	St John's Legends		
13-14		50 Free	27.31	25-Jul-19	SJL	Abby Williams at 2019 Far Western LC Championships	
		100 Free	58.47	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships	
	200 Free	2:07.82	1-Jan-04	SJL	Laura Murray		
	400 Free	4:31.60	1-Jan-04	SJL	Laura Murray		

RECORDS

13-14	800 Free	9:19.20	1-Jan-95	NAAC	Suzanne Drodge
	1500 Free	18:31.63	1-Jan-04	SJL	Laura Murray
	50 Back	31.91	25-May-12	SJL	Maggie Whelan @ 2012 Mel Zajac Jr International
	100 Back	1:07.37	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	200 Back	2:23.65	5-Mar-20	SJL	Abby Andrews at 2020 David Fry NS Provincial Championships
	50 Breast	33.90	7-Aug-17	NL	Emily Ricketts at 2017 Canada Games Swimming
	100 Breast	1:14.98	20-Apr-17	SJL	Emily Ricketts at 2017 Canadian Eastern Swimming Championships
	200 Breast	2:43.96	1-Jan-79	NAAC	Paula Kelly
	50 Fly	29.08	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
	100 Fly	1:05.40	2-Jul-04	SJL	Laura Murray
	200 Fly	2:27.68	1-Jan-79	NAAC	Francine Hickey
	200 IM	2:27.16	15-Apr-18	SJL	Emily Ricketts @ 2018 Speedo Eastern Canadian
	400 IM	5:13.80	1-Jan-79	NAAC	Paula Kelly
	200 Free Relay	1:53.00	4-Mar-12	SJL	St John's Legends
	400 Free Relay	4:10.22	6-Mar-15	SJL	St John's Legends A. Simms, K. Stokes, K. Nixon, N. Smart
	800 Free Relay	9:08.30	5-Mar-15	SJL	St John's Legends A. Simms, K. Stokes, S. Karlsson, N. Smart
	200 Medley Relay	2:06.80	3-Mar-12	SJL	St John's Legends
	400 Medley Relay	4:46.60	18-Dec-11	SJL	St John's Legends
15-17	50 Free	27.06	5-Jul-18	SJL	Abby Simms at 2018 Ken Dunn NS Provincial Championships
	100 Free	59.03	25-Jul-18	SJL- NL	Kate Williams at 2018 Canadian Junior Swimming Championships
	200 Free	2:08.01	5-Jul-12	SJL	Rebecca MacPherson @ East Coast Championship
	400 Free	4:25.77	1-Jan-96	NAAC	Suzanne Drodge
	800 Free	9:07.82	1-Jan-97	NAAC	Suzanne Drodge
	1500 Free	17:57.92	1-Jan-96	NAAC	Suzanne Drodge
	50 Back	31.48	4-Jul-13	SJL	Maggie Whelan @ 2013 East Coast Long Course Championships
	100 Back	1:06.46	5-Jul-18	SJL	Kate Williams at 2018 Ken Dunn NS Provincial Championships
	200 Back	2:21.33	4-Jul-19	SJL	Kate Williams at 2019 Ken Dunn NS Provincial Championships
	50 Breast	34.09	5-Jul-18	SJL	Emily Ricketts at 2018 Ken Dunn NS Provincial Championships
	100 Breast	1:13.89	1-Jan-80	NAAC	Paula Kelly
	200 Breast	2:37.33	1-Jan-80	NAAC	Paula Kelly
	50 Fly	29.34	5-Mar-20	SJL	Abby Williams at 2020 David Fry NS Provincial Championships
	100 Fly	1:04.87	1-Jan-80	NAAC	Paula Kelly
	200 Fly	2:24.26	1-Jan-83	NAAC	Tracey Hogan
	200 IM	2:27.16	12-Apr-18	SJL	Emily Ricketts at 2018 Speedo Eastern Canadian Championships
	400 IM	5:09.02	1-Jan-96	NAAC	Suzanne Drodge
	200 Free Relay	1:52.85	1-Mar-14	SJL	St John's Legends
	400 Free Relay	4:14.77	1-Mar-14	SJL	St John's Legends
	800 Free Relay	9:13.36	13-Dec-13	SJL	St John's Legends
	200 Medley Relay	2:06.15	1-Mar-14	SJL	St John's Legends
	400 Medley Relay	4:32.02	14-Apr-18	SJL	St John's Legends K. Williams, E. Ricketts, A. Williams, A.
	50 Free	26.66	4-Jul-19	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	100 Free	58.22	4-Jul-19	SJL	Abby Simms at 2019 Ken Dunn NS Provincial Championships
	200 Free	2:08.01	5-Jul-12	SJL	Rebecca MacPherson @ East Coast Championship
	400 Free	4:25.19	1-Jan-96	NAAC	Suzanne Drodge
	800 Free	9:07.82	1-Jan-97	NAAC	Suzanne Drodge
	1500 Free	17:57.92	1-Jan-96	NAAC	Suzanne Drodge
	50 Back	30.14	4-Aug-17	SJL	Charli LeBlanc at 2017 Canadian Swimming Champio
	100 Back	1:05.42	4-Aug-17	SJL	Charli LeBlanc at 2017 Canadian Swimming Champio
	200 Back	2:21.33	4-Jul-19	SJL	Kate Williams at 2019 Ken Dunn NS Provincial Championships
	50 Breast	33.90	7-Aug-17	NL	Emily Ricketts at 2017 Canada Games Swimming

RECORDS

100 Breast	1:13.89	1-Jan-80	NAAC	Paula Kelly
200 Breast	2:37.33	1-Jan-80	NAAC	Paula Kelly
50 Fly	29.08	4-Jul-19	SJL	Abby Williams at 2019 Ken Dunn NS Provincial Championships
100 Fly	1:04.87	1-Jan-80	NAAC	Paula Kelly
200 Fly	2:24.26	1-Jan-83	NAAC	Tracey Hogan
200 IM	2:24.26	1-Jan-80	NAAC	Paula Kelly
400 IM	5:09.02	1-Jan-96	NAAC	Suzanne Drodge
200 Free Relay	1:50.56	24-Aug-09	SJL	St John's Legends C. Silotch, C. Hickman, J. Greening, M. Whelan
400 Free Relay	3:58.34	14-Dec-13	SJL	St John's Legends C. Silotch, M. Whelan, C. Hickman, M. Mackay
800 Free Relay	8:59.49	13-Dec-13	SJL	St John's Legends Swim Club
200 Medley Relay	2:03.15	24-Aug-09	SJL	St John's Legends Swim Club M. WHELAN, R. Karlsson, C.
400 Medley Relay	4:29.71	24-Aug-09	SJL	St John's Legends Swim Club M. WHELAN, R. Karlsson, C.

RECORDS
LC Meters-Male

10 & U	50 Free	33.09	7-Apr-06	SJL	Owen Daly @ Spring Splash 2006
	100 Free	1:12.41	26-May-06	SJL	Owen Daly @ 2006 LC Championships
	200 Free	2:42.86	1-Jun-18	SJL	Sawyer LeBlanc at 2018 Summer Classic
	400 Free	5:48.87	5-Jul-18	SJL	Sawyer LeBlanc at 2018 Ken Dunn NS Provincial Championships
	800 Free	11:41.22	2-Jun-18	SJL	Sawyer LeBlanc 2018 Summer Classic
	1500 Free	23:39.43	8-Feb-20	SJL	Matthew Earle at 2020 Winter LCM Invitational
	50 Back	38.78	5-Jul-18	SJL	Sawyer LeBlanc at 2018 Ken Dunn NS Provincial Championships
	100 Back	1:23.47	7-Jul-18	SJL	Sawyer LeBlanc 2018 Ken Dunn Nova Scotia Provincial
	200 Back	3:00.32	25-May-18	SJL	Sawyer LeBlanc at Audi Midtown Toronto Pan Am Invitational
	50 Breast	46.72	5-Jul-18	SJL	Sawyer LeBlanc at 2018 Ken Dunn NS Provincial Championships
	100 Breast	1:40.14	26-May-06	SJL	Roy Leake @ 2006 LC Championships
	200 Breast	3:33.28	25-May-18	SJL	Sawyer LeBlanc at Audi Midtown Toronto Pan Am Invitational
	50 Fly	35.83	11-Apr-03	SJL	Aaron Buckingham @ Spring Splash 2003
	100 Fly	1:26.35	26-May-06	SJL	Owen Daly @ 2006 LC Championships
	200 Fly	3:26.51	1-Jan-00	SJL	Brandon Butler
	200 IM	3:05.32	25-May-18	SJL	Sawyer LeBlanc at Audi Midtown Toronto Pan Am Invitational
	400 IM	6:26.16	5-Jul-18	SJL	Sawyer LeBlanc at 2018 Ken Dunn NS Provincial Championships
	200 Free Relay	2:22.66	1-Jan-89	NAAC	NAAC Howell, Tennent, Howell, Herder
	400 Free Relay	5:26.40	12-Nov-88	NAAC	NAAC Herder, Howell, Howell, Tennent
	800 Free Relay	12:54.63	1-Jan-08	SJL	St John's Legends O'Leary, Daly, Twells, Slade
	200 Medley Relay	2:45.74	1-Jan-89	NAAC	NAAC Howel, Howell, Herder, Tennent
	400 Medley Relay	10:00.00	1-Jan-01	SJL	St John's Legends Swim Club None
	11-12	50 Free	28.09	21-Jul-10	SJL
100 Free		1:03.05	21-Jul-10	SJL	Logan Slade @ 2010 Canadian Age Group Championships
200 Free		2:15.90	7-Dec-85	NAAC	Iain Tennent
400 Free		4:40.50	1-Jan-85	NAAC	Iain Tennent
800 Free		9:54.20	1-Jan-85	NAAC	Iain Tennent
1500 Free		18:29.60	1-Jan-85	NAAC	Iain Tennent
50 Back		33.27	3-Feb-17	SJL	James Drover at 2017 Winter Tune Up
100 Back		1:11.09	13-Dec-16	SJL	James Drover at St. John's Legends Dec13, 2016 Time Trial
200 Back		2:32.84	28-May-10	SJL	Logan Slade @ 2010 SNL LC Championships
50 Breast		37.38	3-Jul-14	SJL	Max Kelly at 2014 Long Course East Coast Championships
100 Breast		1:21.84	3-Jul-14	SJL	Max Kelly at 2014 Long Course East Coast Championships
200 Breast		2:56.24	3-Jul-14	SJL	Max Kelly @ 2014 Long Course East Coast Championships
50 Fly		32.06	31-May-13	SJL	Noah Cumby @ NL Long Course Championships 2013
100 Fly		1:09.71	1-Jan-85	NAAC	Iain Tennent
200 Fly		2:36.62	1-Jan-85	NAAC	Iain Tennent
200 IM		2:38.86	30-May-08	SJL	Owen Daly @ LC Champs
400 IM		5:31.20	1-Jan-87	NAAC	Jeff Flemming
200 Free Relay		2:02.94	26-Feb-88	NAAC	NAAC Costello, Nagpurkar, Hatcher, Squires
400 Free Relay		4:53.66	1-Jan-83	SJL	St John's Legends Drover, O'Brien, O'Brien, Flemming
800 Free Relay		11:05.08	1-Mar-13	SJL	St John's Legends Swim Club
200 Medley Relay		2:23.94	1-Jan-85	NAAC	NAAC Weiser, McComiskey, Flemming, Tennent
400 Medley Relay		5:33.11	1-Jan-07	SJL	St John's Legends Whelan, Leake, Daly, Froude
13-14		50 Free	25.36	1-Jan-87	NAAC
	100 Free	54.09	1-Jan-91	NAAC	Iain Tennent
	200 Free	2:00.74	28-May-10	SJL	Owen Daly @ 2010 Mel Zajac Jr International
	400 Free	4:22.40	21-May-10	SJL	Owen Daly @ Hyack Festival Youth Cup 2010

RECORDS

13-14	800 Free	9:13.52	15-Jul-09	SJL	Owen Daly @ Championnats canadiens groupe
	1500 Free	17:33.20	1-Jan-90	NAAC	Iain Tennent
	50 Back	29.27	29-May-15	SJL	Noah Cumby @ 2015 NL Long Course Champs
	100 Back	1:03.07	2-Jul-15	SJL	Noah Cumby @ East Coast Long Course Championships 2015
	200 Back	2:21.02	5-Mar-20	SJL	Jaxson Row at 2020 David Fry NS Provincial Championships
	50 Breast	32.46	22-Mar-19	SJL- NL	Arjan O'Brien at 2019 SNL Provincial Championships
	100 Breast	1:10.48	1-Jan-79	SJL	Mike Tuck
	200 Breast	2:30.63	11-Apr-19	SJL- NL	Arjan O'Brien at 2019 SPEEDO Eastern Canadian C
	50 Fly	27.39	21-May-10	SJL	Owen Daly @ Hyack Festival Youth Cup 2010
	100 Fly	58.10	1-Jan-90	NAAC	Iain Tennent
	200 Fly	2:23.16	21-May-10	SJL	Owen Daly @ Hyack Festival Youth Cup 2010
	200 IM	2:20.23	23-Mar-18	SJL	Cormac Bull @ Swim NL Provincial Championships
	400 IM	5:05.32	11-Apr-19	SJL- NL	Mostafa Zein at 2019 SPEEDO Eastern Canadian C
	200 Free Relay	1:50.36	8-Jan-87	NAAC	NAAC Kiruluta, Krizan, Flemming, Tennent
	400 Free Relay	4:06.16	1-Jan-87	NAAC	NAAC Tennent, Howell, Drodge, Hurley
	800 Free Relay	9:19.23	1-Jan-09	SJL	St John's Legends Mather, Froude, Daly, Newhook
	200 Medley Relay	2:02.08	2-Mar-12	SJL	St John's Legends C. Hickman, M. Kelly, N. Cumby, D. MacKay
	400 Medley Relay	4:37.20	1-Jan-87	NAAC	NAAC Tennent, Hurley, Drodge, Howell
15-17	50 Free	23.86	27-Jul-11	SJL	Owen Daly @ 2011 Canadian Age Group Championship
	100 Free	51.47	20-Apr-17	SJL	Noah Cumby at 2017 Canadian Eastern Swimming Championships
	200 Free	1:56.42	1-Jun-18	CANJR- ZZ	Noah Cumby at 2018 Mel Zajac Jr. International
	400 Free	4:17.06	6-Jul-17	SJL	Thomas Chafe at 2017 Ken Dunn LC Championships
	1500 Free	16:34.96	1-Jan-89	NAAC	Iain Tennent
	50 Back	27.73	6-Jul-17	SJL	Noah Cumby at 2017 Ken Dunn LC Championships
	100 Back	58.67	20-Apr-17	SJL	Noah Cumby at 2017 Canadian Eastern Swimming Championships
	200 Back	2:10.88	20-Apr-17	SJL	Noah Cumby at 2017 Canadian Eastern Swimming Championships
	50 Breast	30.61	4-Jul-19	SJL	Max Kelly at 2019 Ken Dunn NS Provincial Championships
	100 Breast	1:07.30	25-Jul-19	SJL	Max Kelly at 2019 Far Western LC Championships
	200 Breast	2:27.80	1-Jan-93	NAAC	Adrian Costello
	50 Fly	25.25	16-Feb-12	SJL	Owen DALY @ 2012 Eastern Canadian Championships
	100 Fly	55.87	27-Jul-11	SJL	Owen Daly @ 2011 Canadian Age Group Championship
	200 Fly	2:15.14	22-Mar-19	SJL- NL	Josh Dancey at 2019 SNL Provincial Championships
	200 IM	2:14.18	31-May-13	SJL	Owen DALY @ NL Long Course Championships 2013
	400 IM	4:53.87	6-Dec-19	SJL	Matty Whelan at Invitation provinciale Noël CA
	200 Free Relay	1:43.35	1-Jan-90	NAAC	NAAC Kiruluta, MacPherson, Weiser, Tennent
	400 Free Relay	3:47.80	1-Jan-90	NAAC	NAAC Sheppard, Hogan, Hurley, Tennent
	200 Medley Relay	1:54.42	1-Jan-93	SJL	NAAC Granter, Costello, Wortman, Hatcher
	400 Medley Relay	4:12.61	1-Jan-93	NAAC	NAAC Granter, Costello, Wortman, Tennent
	50 Free	23.44	15-Feb-13	SJL	Owen Daly @ 2013 Eastern Canadian Champs
	100 Free	50.70	8-Aug-19	SJL	Noah Cumby at 2019 Canadian Swimming Championships
	200 Free	1:52.24	8-Aug-19	SJL	Noah Cumby at 2019 Canadian Swimming Championships
	400 Free	4:10.68	5-Jul-18	SJL	Thomas Chafe at 2018 Ken Dunn NS Provincial Championships
	800 Free	8:39.57	5-Jul-18	SJL	Thomas Chafe at 2018 Ken Dunn NS Provincial Championships
	1500 Free	16:34.96	1-Jan-89	NAAC	Iain Tennent
	50 Back	27.73	6-Jul-17	SJL	Noah Cumby at 2017 Ken Dunn LC Championships
	100 Back	58.67	20-Apr-17	SJL	Noah Cumby at 2017 Canadian Eastern Swimming Championships
	200 Back	2:10.88	20-Apr-17	SJL	Noah Cumby at 2017 Canadian Eastern Swimming Championships
	50 Breast	30.61	4-Jul-19	SJL	Max Kelly at 2019 Ken Dunn NS Provincial Championships
	100 Breast	1:07.30	25-Jul-19	SJL	Max Kelly at 2019 Far Western LC Championships
	200 Breast	2:27.80	1-Jan-93	NAAC	Adrian Costello

RECORDS

50 Fly	24.95	15-Feb-12	SJL	Owen Daly @ 2012 Eastern Canadian Champs
100 Fly	55.23	4-Apr-14	SJL	Owen Daly @ Trials
200 Fly	2:15.14	22-Mar-19	SJL- NL	Josh Dancey at 2019 SNL Provincial Championships
200 IM	2:13.97	4-Jul-13	SJL	Owen DALY @ 2013 East Coast Long Course Championships
400 IM	4:53.87	6-Dec-19	SJL	Matty Whelan at Invitation provinciale Noël CA
200 Free Relay	1:38.11	24-Aug-09	SJL	St John's Legends O. Daly, A. Buckingham, B. Mckay, T. Goosey
400 Free Relay	3:38.14	20-Nov-10	SJL	St John's Legends O. Daly, A. Buckingham, B. Mckay, T. Goosey
800 Free Relay	7:57.70	1-Mar-83	NAAC	NAAC
200 Medley Relay	1:50.41	10-Mar-02	SJL	St. John's Legends Gibbons, Thornhill, Kennedy, Mowbray
400 Medley Relay	4:12.61	1-Jan-93	NAAC	NAAC Granter, Costello, Wortman, Hatcher