

MSABC WOMEN'S LONG COURSE RECORDS AS OF NOV 2017

AGE	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59
Free 50m	H.JOHN Navy/USNat Aug01 29.12	V.NAESS EBSC/COQ Jun05 28.20	V.NAESS EBSC/Worlds 06 27.61	R.CAMPBELL HYAC/SK MAY02 29.31	S.MacDONALD VIC/VIC MAR03 28.02	S.MacDONALD VIC/EDM JULY05 28.20	S.MacDONALD VIC/VIC FEB10 28.41	S.MacDONALD VIC/VIC JAN17 29.24
Free 100m	H.JOHN Navy/USNat Aug01 1:04.62	V.NAESS EBSC/NAN Apr05 1:00.92	V.NAESS EBSC/Worlds 06 1:00.61	S.HINDMARCH SEMI/WIN NOV17 1:04.47	S.MacDONALD VIC/NAT MAY04 1:01.17	S.MacDONALD VIC/EDM JULY05 1:01.39	S.MacDONALD VIC/NAN MAY10 1:02.95	S.MacDONALD VIC/VIC JAN17 1:08.92
Free 200m	C.ROBINSON WRW/VIC MAR08 2:23.40	V.NAESS EBSC/Coq JUN05 2:15.03	V.NAESS EBSC/Worlds 06 2:12.16	I.BOOTH NAN/World Aug14 2:20.03	S.MacDONALD VIC/NAT MAY04 2:18.77	S.MacDONALD VIC/COQ JUN05 2:23.48	S.MacDONALD VIC/VIC MAR11 2:24.92	S.MacDONALD VIC/WIN NOV17 2:27.64
Free 400m	L.GROVES TYEE/VIC MAR04 5:00.09	V.NAESS EBSC/Coq JUN05 4:56.10	V.HADD EBSC/NAN May10 4:51.58	P.KALAS UBC/WorldAug14 5:00.89	P.KALAS UBC/WorldAug17 5:00.53	S.MacDONALD VIC/COQ JUN05 4:58.40	D.FOSTER TYEE/VIC FEB99 5:10.57	M.MYERS WGB/NAN MAY10 5:31.83
Free 800m	G.RICHARDSON UBC/VIC MAR97 10:37.49	P.KALAS UBC/NAN AOR05 10:21.08	P.KALAS UBC/Worlds 06 10:16.85	P.KALAS UBC/WorldAug14 10:20.25	P.KALAS UBC/WorldAug17 10:21.78	A.HARMER CDSC/World Aug17 10:25.40	D.FOSTER UNAT/VIC MAR98 10:36.52	M.MYERS WGB/NAN MAY10 11:15.90
Free 1500	C.ROBINSON WRW/VIC MAR08 20:08.01	E.VanOOSTEN UBC/NAN APR05 20:01.22	J.REID VIC/VIC JAN15 19:58.82	K.C.EMERSON PNWM/Van Apr95 19:48.55	A.HARMER EBSC/NAN May10 19:51.68	A.HARMER EBSC/WIN Nov14 20:39.22	R.KELSALL REVL/US Nat Jul12 22:20.62	M.MYERS WGB/NAN MAY10 21:30.24
Back 50m	H.JOHN Navy/USNat Aug01 34.16	J.SLINN HYAC/NAT May04 33.02	M.IKEHATA VIC/World Aug14 32.31	C.MABEE VIC/VIC MAR08 31.28	C.MABEE VIC/VIC MAR09 31.49	C.MABEE VIC/ORE AUG16 31.02	C.SHEEHAN PENT/NAN MAY10 33.62	C.SHEEHAN OKM/VIC JAN15 34.91
Back 100m	H.JOHN Navy/USNat Aug01 1:12.01	J.SLINN HYAC/EDM JULY08 1:10.46	V.HADD EBSC/NAN May10 1:10.21	C.MABEE VIC/VIC MAR 08 1:07.94	C.MABEE VIC/VIC MAR09 1:07.06	C.MABEE VIC/ORE AUG16 1:07.31	C.SHEEHAN PENT/NAN MAY10 1:13.89	C.SHEEHAN OKM/VIC JAN15 1:16.78
Back 200m	H.BEYNON VIC/RICH APR00 2:43.52	V.HADD EBSC/Worlds06 2:29.01	V.HADD EBSC/NAN May10 2:31.20	C.MABEE VIC/VIC MAR08 2:29.42	L.YEARWOOD VIC/NAN May10 2:49.80	C.SHEEHAN PENT/EDM JULY05 2:40.99	C.SHEEHAN PENT/NANA MAY10 2:41.59	B.PRONK CSS/USNat Aug01 3:00.79
Brst 50m	D.MAGEAU DGM/WIN NOV16 38.68	S.LIGHT VIC/VIC JAN13 35.94	I.VonBECKMANN Ebsc/World Jun12 36.86	I.BOOTH NAN/World Aug14 36.85	J.WOODWARD VIC/VIC MAR00 37.37	J.WOODWARD VIC/ORE AUG16 36.67	S.MacDONALD VIC/Worlds Aug14 37.17	S.MacDOANLD VIC/VIC JAN15 38.33
Brst 100m	G.RICHARDSON UBC/VIC MAR97 1:24.32	S.LIGHT VIC/VIC JAN13 1:18.87	I.VonBECKMANN Ebsc/World Jun12 1:21.63	I.BOOTH NAN/World Aug14 1:21.19	J.WOODWARD VIC/EDM MAY98 1:21.51	S.MacDONALD VIC/Worlds Aug06 1:22.46	A.RHODES VIC/WORLDS 06 1:23.67	A.RHODES VIC/World's 1:27.12
Brst 200m	S.FLYNN UBC/NAN MAY10 3:07.98	E.ADAMCZYK EBSC/VIC JAN17 2:55.62	I.VonBECKMANN Ebsc/World Jun12 2:54.04	I.BOOTH NAN/World Aug14 2:58.29	A.RHODES VIC/Munich 00 3:03.76	A.RHODES VIC/NAT MAY04 3:06.28	A.RHODES VIC/WORLDS 3:04.47	A.RHODES VIC/World's 3:07.76
Fly 50m	H.JOHN Navy/USNat Aug01 31.56	H.JOHN Navy/Sask May02 30.95	M.IKEHATA VIC/World Aug14 30.42	S.HINDMARCH SEMI/VIC JAN17 30.89	D.THOMPSON WIN/World Aug14 30.99	C.MABEE VIC/ORE AUG16 30.71	S.MacDONALD VIC/Worlds Aug14 31.61	S.MacDONALD VIC/VIC JAN15 32.73
Fly 100m	T.BELLCHAMBER EBSC/RICH Nov00 1:10.96	K.BENNETT Mabc/NAT MAY10 1:09.19	C.JAEGGI Ebsc/World Jun12 1:09.90	P.GILMORE SEY/BRI OCT88 1:11.21	C.GUIDI-SWAN omsc/WorldAug14 1:09.62	C.MABEE VIC/ORE AUG16 1:08.87	D.FOSTER UNAT/EDM MAY98 1:18.73	K.GRAHAM WIN/VIC JAN13 1:29.24
Fly 200m	C.LANGELO COW/VIC JAN13 2:54.92	L.DOHERTY Navy,Italy DEC03 2:46.95	C.JAEGGI Ebsc/World Jun12 2:37.03	M.BIRD VIC/VIC MAR03 2:55.80	C.GUIDI-SWAN omsc/WorldAug14 2:32.58	S.GOSKI WIN/NAN MAY10 2:54.00	S.GOSKI VIC/VIC APR16 3:12.14	L.MacPHERSON NEBB/VAN APR95 3:23.15
IM 200m	H.BEYNON	V.HADD	V.HADD	P.GILMORE	S.MacDONALD	C.MABEE	A.RHODES	S.MacDONALD

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AGE	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
Free 50m	A.RHODES VIC/VIC JAN17 30.66	G.LOPEZ NSM/NAT MAY10 34.56	G.LOPEZ NSM/World's AUG14 36.30	J.PARNELL NVR/NAT MAY04 41.07	E.DeLEEUW WRW/NAT MAY04 46.53	N.MORROW VIC/VIC MAR05 57.84	B.BRUSSEL VM/WORLDS AUG14 1:05.85	M.ANDERSON UNAT/EDM MAY98 1:55.57
Free 100m	A.RHODES VIC/ORE AUG16 1:13.35	H.VERSFLD VERN/VIC APR16 1:15.47	G.LOPEZ NSM/World's AUG14 1:24.05	J.PARNELL NVM/HAW NOV 06 1:38.86	E.DeLEEUW WRW/VIC MAR04 1:42.79	F.McWHIRTER CSS/VIC MAR01 2:24.82	B.BRUSSEL VM/WORLDS AUG14 2:28.81	M.ANDERSON UNAT/EDM MAY98 4:06.70
Free 200m	A.RHODES VIC/WIN NOV16 2:45.27	H.VERSFLD VERN/VIC APR16 2:48.60	L.MacPHERSON SARM/NAN MAY10 3:08.43	J.PARNELL NVR/NAT MAY04 3:36.42	E.DeLEEUW WRW/VIC MAR04 3:50.48	B.BRUSSEL GF/WORLDS OCT 09 4:55.80	B.BRUSSEL VM/WORLDS AUG14 5:12.24	
Free 400m	A.RHODES VIC/VIC JAN17 5:43.77	H.VERSFLD VERN/VIC APR16 6:01.69	L.MacPHERSON SARM/NAN MAY10 6:36.25	E.DeLEEUW POM/RICH APR00 8:19.67	E.DeLEEUW WRW/NAT MAY04 8:08.66	B.BRUSSEL GF/WORLDS OCT09 10:02.20	B.BRUSSEL VM/WORLDS AUG14 10:38.12	
Free 800m	M.MYERS WGB/VIC JAN15 11:47.81	B.PRONK CRGW/TEX AUG07 13:11.09	L.MacPHERSON SARM/NAN MAY10 13:47.38	E.DeLEEUW POM/RICH APR00 17:13.73	E.DeLEEUW WRW/NAT MAY04 17:07.77	B.BRUSSEL GF/WORLDS OCT09 21:21.32	B.BRUSSEL VM/WORLDS AUG14 22:27.49	
Free 1500	M.MYERS WGB/VIC JAN15 22:13.73	B.PRONK CRGW/TEX AUG07 24:38.81	L.MacPHERSON SARM/NAN MAY10 26:18.46	E.VARTY COWI/ORE JUL09 33:11.08	S.BALOGH CSS/VIC MAR08 34:37.95			
Back 50m	B.PRONK CSS/COQ JUN05 40.09	B.PRONK CRGW/ORE AUG 08 40.56	J.PARNELL NVR/EDM MAY98 44.18	J.PARNELL NVR/VIC MAR04 46.30	J.PARNELL NVR/VIC MAR08 52.93	N.MORROW VIC/VIC MAR05 59.85	B.BRUSSEL OKM/WIN NOV16 1:14.06	M.ANDERSON UNAT/EDM MAY98 1:57.79
Back 100m	B.PRONK CSS/OHIO AUG02 1:25.79	B.PRONK CRGW/AUSSI Apr08 1:26.61	J.PARNELL NVR/EDM MAY98 1:38.66	J.PARNELL NVR/VIC MAR03 1:42.81	J.PARNELL NVR/VIC MAR08 1:58.43	N.MORROW VIC/VIC MAR05 2:22.89	M.DEVITT CSS/VIC MAR09 3:51.34	M.ANDERSON UNAT/EDM MAY98 4:16.79
Back 200m	B.PRONK CSS/NZ MAR02 2:59.01	B.PRONK CRGW/AUSSI Apr08 3:06.41	J.PARNELL NVR/EDM MAY98 3:40.23	J.PARNELL NVR/VIC MAR03 3:49.73	J.PARNELL NVR/VIC MAR08 4:20.79	C.STAMHUIS OKM/VIC JAN17 4:52.88		
Brst 50m	B.PRONK CSS/NZ MAR02 39.16	B.PRONK CRGW/ORE MAY07 41.69	J.PARNELL NVR/EDM MAY98 50.29	J.PARNELL NVR/VIC MAR03 54.02	C.STAMHUIS World/OKM Aug13 59.61	C.STAMHUIS OKM/VIC JAN17 1:04.23	B.BRUSSEL OKM/WIN NOV16 1:32.41	
Brst 100m	A.RHODES VIC/VIC APR16 1:27.08	B.PRONK CRGW/ORE AUG08 1:34.53	J.PARNELL NVR/EDM MAY98 1:51.82	J.PARNELL NVR/NAT MAY04 2:02.29	J.PARNELL NSM/NAT MAY10 2:19.24	M.DEVITT CSS/VIC MAR05 2:47.42	B.BRUSSEL VM/WORLDS AUG14 3:30.39	
Brst 200m	A.RHODES VIC/VIC APR16 3:13.11	B.PRONK CRGW/ORE AUG08 3:28.49	J.PARNELL NVR/HAW NOV99 4:13.16	E.VARTY COWI/ORE JUN09 4:35.95	J.PARNELL NSM/NAN MAY10 5:04.10	B.BRUSSEL GF/WORLDS OCT09 6:18.01	B.BRUSSEL VM/WORLDS AUG14 7:10.69	
Fly 50m	B.PRONK CSS/AUS OCT02 38.16	B.PRONK CRGW/ORE MAY07 40.61	G.LOPEZ NSM/World's Aug14 43.77	E.VARTY COWI/ORE JUL09 1:03.32	E.DeLEEUW WRW/NAT MAY04 1:11.64			
Fly 100m	A.RHODES VIC/WIN NOV16 1:27.89	N.POWELL UNAT/ORE AUG98 1:42.85	E.VARTY COWI/Worlds 06 2:16.59	E.VARTY COWI/Aus Nov09 2:34.73	E.VARTY vic/usa Nats Aug14 2:50.67			
Fly 200m	L.MacPHERSON UNAT/EDM MAY98 3:37.78	L.SMITH WIN/VIC JAN13 4:15.49	E.VARTY COWI/TEX AUG07 5:13.97	E.VARTY COWI/ORE JUL09 6:02.19				
IM 200m	B.PRONK	B.PRONK	J.PARNELL	E.VARTY	E.DeLEEUW			

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AGE	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59
	VIC/RICH APR00	NVM/EDM JULY05	EBSC/NAN May10	SEY/BRI OCT88	VIC/NAT MAY04	VIC/ORE AUG16	VIC/NAT MAY10	VIC/WIN NOV17
	2:43.26	2:31.22	2:28.01	2:37.26	2:39.45	2:33.72	2:58.26	2:53.82
IM 400m	H.BEYNON	V.HADD	V.HADD	K.THIBODEAU	S.GOSKI	S.MacDONALD	S.GOSKI	A.RHODES
	VIC/RICH APR00	NVM/WORLDS 06	EBSC/VIC MAR09	MRT/VIC JAN15	WIN/VIC MAR06	VIC/COQ JUN05	VIC/VIC JAN 15	VIC/WIN NOV14
	5:50.60	5:25.70	5:32.51	5:33.51	6:11.64	6:04.24	6:24.57	6:39.30

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AGE	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
	CSS/NZ MAR02	CRGW/ORE AUG08	NVR/HAW NOV98	COWI/ORE JUN09	WRW/NAT MAY04			
	3:00.52	3:17.26	4:03.36	4:27.62	4:40.75			
IM 400m	A.RHODES	B.PRONK	E.VARTY	E.VARTY	E.VARTY			
	VIC/WIN NOV16	CRGW/ORE JUN08	COWI/TEX AUG07	COWI/ORE JUL09	VIC/Worlds AUG14			
	6:35.64	7:13.77	9:26.04	9:38.07	10:53.25			