

MSABC WOMEN'S LONG COURSE RECORDS AS OF NOV 2016

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 JAN15 29.65
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	J.WOODWARD VIC/VIC MAR97 1:04.48	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/WIN NOV16 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	M.MYERS WGB/NAN MAY10 2:44.74
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	A.HARMER EBSC/NAN May10 5:06.87	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	A.HARMER EBSC/NAN May10 10:40.80	D.FOSTER ISM/VAN APR95 10:36.74	D.FOSTER UNAT/VIC MAR98 10:36.52	M.MYERS WGB/NAN MAY10 11:15.90
Free 1500m	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 REV/L/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 JULY05 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	S.FLYNN UBC/NAN MAY10 39.60	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/VIC MAR03 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	I.BOHLMANN EBSC/VIC Mar03 2:55.99	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	R.CAMPBELL HYAC/VIC MAR02 31.80	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 VIC/RICH APR00 2:43.26	V.HADD NVM/EDM JULY05 2:31.22	V.HADD EBSC/NAN May10 2:28.01	P.GILMORE SEY/BRI OCT88 2:37.26	S.MacDONALD VIC/NAT MAY04 2:39.45	C.MABEE VIC/ORE AUG16 2:33.72	A.RHODES VIC/NAT MAY10 2:58.26	B.PRONK CSS/USNat Aug01 3:02.26
IM 400m	H.BEYNON VIC/RICH APR00 5:50.60	V.HADD NVM/WORLDS 06 5:25.70	V.HADD EBSC/VIC MAR09 5:32.51	K.THIBODEAU MRT/VIC JAN15 5:33.51	S.GOSKI WIN/VIC MAR06 6:11.64	S.MacDONALD VIC/COQ JUN05 6:04.24	S.GOSKI VIC/VIC JAN 15 6:24.57	A.RHODES VIC/WIN NOV14 6:39.30

MSABC WOMEN'S LONG COURSE RECORDS AS OF NOV 2016

AGE	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
Free 50m	A.RHODES VIC/ORE AUG16 32.00	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.VERSFELD 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 NOV11 2:45.27	H.VERSFELD 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	M.MYERS WGB/VIC JAN15 5:48.80	H.VERSFELD 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	B.BRUSSEL GF/WORLDS OCT09 5:41.08		
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	M.DEVITT CSS/VIC MAR05 1:15.12	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 CSS/NZ MAR02 3:00.52	B.PRONK CRGW/ORE AUG08 3:17.26	J.PARNELL NVR/HAW NOV98 4:03.36	E.VARTY COWI/ORE JUN09 4:27.62	E.DeLEEuw WRW/NAT MAY04 4:40.75			
IM 400m	A.RHODES VIC/WIN NOV16 6:35.64	B.PRONK CRGW/ORE JUN08 7:13.77	E.VARTY COWI/TEX AUG07 9:26.04	E.VARTY COWI/ORE JUL09 9:38.07	E.VARTY VIC/Worlds AUG14 10:53.25			