

## MSABC WOMENS SHORT COURSE RECORDS AS OF APRIL 2017

AGES	18-24	25-29	30-34	35-39	40-44	45-49
Free 50m	S.MAH Hyac/NAN DEC12 28.89	V.NAESS EBSC/Nat May05 27.35	M.IKEHATA CDM/Prov 2015 27.18	S.HINDMARCH SEMI/Prov APR16 27.84	S.MacDONALD VIC/PROV APR04 27.18	S.MacDONALD VIC/NAT MAY05 27.31
Free 100m	K.APOLZER NVM/UBC JAN99 1:03.50	V.NAESS EBSC/Nat May05 59.41	V.NAESS EBSC/NAT MAY08 59.24	S.HINDMARCH SEMI/Prov APR1'6 1:01.36	S.MacDONALD VIC/NAT MAY03 59.77	S.MacDONALD VIC/NAT MAY05 59.58
Free 200	A.LESLIE COWI/Prov Apr07 2:16.04	S. MELODY SFU/VAN MAY88 2:08.91	V.NAESS EBSC/NAT MAY08 2:09.49	S.HINDMARCH SEMI/Chilli MAR16 2:14.20	S.MacDONALD VIC/NAT MAY03 2:13.05	C.MABEE VIC/NAT May16 2:14.63
Free 400	A.LESLIE COWI/Prov Apr07 4:48.68	S. MELODY SFU/VAN MAY88 4:34.19	V.NAESS EBSC/NAT MAY08 4:40.32	J.JAY CVM/NAN NOV08 4:48.91	A.HARMER EBSC/Nat May11 4:54.55	C.MABEE VIC/Prov Apr16 4:47.16
Free 800	S. HOWES WIN/TSA APR91 10:12:74	J.SAVAGE KISU/PENT Jun02 9:31.20	V.NAESS EBSC/NAT MAY08 9:49.53	P.KALAS CDSC/NAT MAY11 10:09:07	A.HARMER EBSC/Nat May 12 10:04:34	S.MacDONALD VIC/NAT MAY05 10:04:89
Free 1500	D.STOCKSTAD SMSC/Prov Apr16 19:48.11	A.LESLIE COWI/Prov Apr12 18:36.10	J.KOBI SARM/Prov Apr04 18:58.15	P.KALAS CDSC/NAT MAY11 19:23.03	A.HARMER EBSC/PROV Apr09 19:22.81	A.HARMER EBSC/Nat May15 19:17.37
Back 50m	N.HIGGINS HYAC/NAN NOV98 32.49	L.LARIGNA CDS/UBC NOV14 29.51	V.HADD EBSC/NAT MAY08 31.67	C.MABEE VIC/COWI JAN08 29.91	C.MABEE VIC/PROV APR09 30.00	C.MABEE VIC/ProvApr14 30.28
Back 100	C.PFEIFFER RMSC/NAT May12 1:10.56	L.LARIGNA CDSC/Nvan Oct14 1:02.58	V.HADD EBSC/NAT MAY09 1:06.59	C.MABEE VIC/Prov APR08 1:04.61	C.MABEE VIC/PROV APR09 1:04.63	C.MABEE VIC/PROV Apr14 1:04.49
Back 200	A.SZAFLARSKI TMTS/UBC Nov05 2:29.89	L.LARIGNA CDS/UBC NOV14 2:16.35	V.HADD EBSC/NAT MAY09 2:21.41	C.MABEE VIC/COWI JAN08 2:22.08	C.MABEE VIC/PROV APR09 2:22.02	C.MABEE VIC/NAT May16 2:23.92
Brst 50m	S.LIGHT VIC/NAN DEC11 37.31	S.LIGHT VIC/NAT MAY12 34.13	I.VonBECKMAN EBSC/Prov APR12 36.58	J.JAY CVMC/PROV Apr09 36.93	J.WOODWARD VIC/DUN APR99 36.47	S.MacDONALD VIC/Prov APR09 35.58
Brst 100m	G.RICHARDSON UBC/DUN JAN97 1:19.95	S.LIGHT VIC/PROV APR12 1:14.83	I.VonBECKMAN EBSC/ProvAPR12 1:18.66	J.JAY CVM/PROV APR09 1:19.57	J.WOODWARD VIC/NVANAPR98 1:18.85	S.MacDONALD VIC/NAN DEC05 1:18.91
Brst 200m	S.FLYNN UBC/UBC NOV10 2:56.55	E.ADAMCZYK EBSC/ProvApr16 2:41.74	I.VonBECKMAN EBSC/ProvAPR12 2:49.33	J.JAY CVM/NAN NOV08 2:51.05	A. RHODES VIC/SFU APR96 2:57.93	S.MacDONALD VIC/COWI JAN07 2:57.25
Fly 50m	H.JOHN NAVY/Nan Dec01 30.93	M.IKEHATA UBC/NAT MAY12 29.98	M.IKEHATA CDM/Prov 2015 29.62	S.HINDMARCH SEMI/Prov Apr17 30.08	S.MacDONALD VIC/NAT MAY03 30.45	C.MABEE VIC/Prov APR16 30.26
Fly 100m	D.IMADA WIN/PROV APR03 1:13.90	S. MELODY SFU/VAN MAY88 1:07.53	M.IKEHATA CDM/Prov 2015 1:06.10	C.GUIDI-SWAN OKM/PROV APR11 1:07.54	C.GUDI-SWAN OKM/PROV Apr12 1:07.50	C.MABEE VIC/Prov APR16 1:08.42
Fly 200m	K. WORMWORTH VANY/TSA APR91 2:52.16	S. MELODY SFU/VAN MAY88 2:26.29	M.IKEHATA CDM/Prov 2015 2:35.36	C.GUIDI-SWAN OMSC/Prov Apr07 2:31.59	C.GUDI-SWAN OKM/PROV Apr14 2:33.01	C.GUDI-SWAN OKM/Prov Apr17 2:34.56
IM 100m	N.HIGGINS HYAC/UBC JAN99 1:12.17	L.LARIGNA CDSC/Nvan Oct14 1:07.63	V.HADD EBSC/NAT MAY08 1:07.99	C.MABEE VIC/UBC NOV08 1:10.41	S.MacDONALD VIC/NAT MAY03 1:08.82	S.MacDONALD VIC/NAT MAY09 1:08.81
IM 200m	H.JOHN NAVY/Nan Dec01 2:37.75	V.HADD EBSC/NAT May06 2:26.21	V.HADD EBSC/NAT MAY08 2:25.68	J.JAY CVM/NAN NOV08 2:34.80	S.MacDONALD VIC/PROV APR03 2:34.96	C.MABEE VIC/NAT May16 2:30.79
IM 400m	D.STOCKSTAD SEMI/Prov APR16 5:46.81	E.ADAMCZYK EBSC/Prov APR16 5:16.67	V.HADD EBSC/PROV APR09 5:14.68	J.JAY CVM/DUN JAN09 5:30.85	A.HARMER EBSC/NAN DEC11 5:18.89	C.MABEE VIC/Prov APR16 5:30.35



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AGES	50-54	55-59	60-64	65-69	70-74	75-79
Free 50m	S.MacDONALD VIC/Prov APR11 27.81	S.MacDONALD VIC/Nat May15 27.91	A.RHODES VIC/Prov APR17 31.23	H.VERSFELD VERN/Prov Apr16 34.00	G.LOPEZ NSM/Prov Apr17 36.14	L.MacPHERSON RMSC/NAN JAN14 39.77
Free 100m	S.MacDONALD VIC/PROV APR11 1:01.81	S.MacDONALD VIC/Nat May15 1:01.84	A.RHODES VIC/NAT May16 1:10.13	H.VERSFELD VERN/NAN Apr15 1:14.20	G.LOPEZ NSM/Prov Apr14 1:24.23	J.PARNELL NVR/PROV APR04 1:32.49
Free 200	S.MacDONALD VIC/WA JAN12 2:19.78	S.MacDONALD VIC/EBSC FEB15 2:19.65	A.RHODES VIC/Prov APR17 2:38.70	H.VERSFELD VERN/NAN Apr15 2:43.30	L.MacPHERSON SARM/ProvApr10 3:03.28	L.MacPHERSON RMSC/NAN JAN14 3:08.94
Free 400	D.FOSTER TYE/DUN APR99 5:02.03	S.MacDONALD VIC/EBSC FEB15 4:57.59	A.RHODES VIC/Cwack Mar16 5:33.29	H.VERSFELD VERN/NAN Apr15 5:50.28	L.MacPHERSON SARM/Prov Apr10 6:31.04	L.MacPHERSON SSM/PROV APR13 6:42.00
Free 800	D.FOSTER TYE/DUN APR99 10:23.48	M.MYERS WGB/PROV Apr12 11:01:51	H.VERSFELD OKM/ProvApr11 11:52:26	H.VERSFELD VERN/NAN Apr15 12:13:97	L.MacPHERSON SARM/Sarm Apr08 13:33.96	L.MacPHERSON SSM/PROV APR13 14:00:66
Free 1500	M.MYERS UNAT/Prov Apr09 20:55.94	M.MYERS WGB/PROV Apr10 20:45.03	H.VERSFELD OKM/ProvApr11 22:26.18	H.VERSFELD VERN/NAN Apr15 23:15.65	L.MacPHERSON SSM/ProvApr11 26:05.53	L.MacPHERSON SSM/PROV APR13 26:20.36
Back 50m	S.MacDONALD VIC/NAT MAY11 33.27	C.SHEEHAN OKM/NAN APR15 33.99	B.PRONK CSS/NAN NOV02 38.92	B.PRONK CRGW/Cowi Jan07 39.11	B.PRONK CRGW/NatMay12 43.02	J.PARNELL NVR/PROV APR04 45.28
Back 100	C.SHEEHAN OKM/Prov Apr11 1:12.51	C.SHEEHAN OKM/NAN APR15 1:12.89	L.SMITH WIN/PNA Feb08 1:24.56	B.PRONK CRGW/WAN Feb7 1:25.00	B.PRONK CRGW/Nat May12 1:32.28	J.PARNELL NVR/EBSC MAR03 1:43.73
Back 200	C.SHEEHAN PENT/ProvApr10 2:35.86	C.SHEEHAN OKM/NAN APR15 2:40.82	B.PRONK CSS/AUS MAR02 2:56.06	B.PRONK CRGW/Cowi Jan07 3:01.88	B.PRONK CRGW/Com Apr12 3:17.71	J.PARNELL NVR/NAT MAY03 3:46.88
Brst 50m	S.MacDONALD VIC/NAT MAY11 35.88	S.MacDONALD VIC/EBSC FEB15 37.11	A.RHODES VIC/TO MAY16 38.63	B.PRONK CRGW/Nat May09 41.40	B.PRONK CRGW/NatMay12 45.95	J.PARNELL NVR/EBSC MAR03 51.69
Brst 100m	S.MacDONALD VIC/NAT MAY13 1:19.45	S.MacDONALD VIC/Nat May15 1:21.15	A.RHODES VIC/TO MAY16 1:26.26	B.PRONK CRGW/Cowi Jan07 1:31.87	B.PRONK CRGW/NatMay12 1:43.55	J.PARNELL NVR/PROV APR03 2:04.76
Brst 200m	A.RHODES VIC/PROV APR07 3:02.41	A.RHODES VIC/Prov Apr14 3:06.14	B.PRONK CSS/AUS MAR02 3:06.48	B.PRONK CRGW/WAN Feb07 3:23.72	B.PRONK CRGW/ProvApr14 3:53.73	E.VARTY COWI/NAT MAY09 4:22.90
Fly 50m	S.MacDONALD VIC/VAC Jan10 30.85	S.MacDONALD VIC/Nat May15 31.23	A.RHODES VIC/NSM OCT16 37.10	C.NELSON VIC/NAT MAY14 39.87	G.LOPEZ NSM/PROVApr14 45.76	E.VARTY COWI/SR SEPT09 1:02.34
Fly 100m	D.FOSTER TYE/NAN NOV98 1:16.85	K.WHITAKER VIC/COURT Apr12 1:23.87	A.RHODES VIC/Prov APR16 1:25.45	B.PRONK CRGW/US OCT07 1:35.71	V.NEVILE Carter VCSS 2:08.99	E.VARTY COWI/PROV APR09 2:22.93
Fly 200m	S.SIMMONS VIC/NATS MAY16 3:05.13	A.RHODES VIC/ANAC JAN13 3:18.67	A.RHODES VIC/NSM OCT16 3:15.14	B.PRONK CRGW/UBC NOV07 3:38.27	L.MacPHERSON SARM/ProvApr10 3:49.52	L.MacPHERSON SHUM/Prov Apr13 3:58.98
IM 100m	S.MacDONALD VIC/Prov Apr11 1:09.97	S.MacDONALD VIC/Nat May15 1:11.95	A.RHODES VIC/Prov APR16 1:20.44	H.VERSFELD VERN/Prov Apr16 1:26.50	J.PARNELL NVR/NVANAPR98 1:41.51	J.PARNELL NVR/PROV APR04 1:49.54
IM 200m	S.MacDONALD VIC/NSM OCT12 2:46.56	S.MacDONALD VIC/EBSC FEB15 2:40.49	B.PRONK CSS/AUS Mar02 2:55.72	B.PRONK CRGW/WAN Feb07 3:10.83	N.POWELL CSS/DUN JAN03 3:53.24	E.VARTY COWI/NAT MAY09 4:24.68
IM 400m	S.MacDONALD VIC/EBSC FEB13 6:02.26	M.MYERS WGB/NAT MAY11 6:20.80	B.PRONK CSS/COWI Jan02 6:25.24	B.PRONK CRGW/US OCT07 6:49.48	E.NICHOLSON DRM/UBC MAR02 9:01.71	E.VARTY COWI/NAT MAY09 9:17.54



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AGES	80-84	85-89	90-94	95-99	100-104
Free 50m	J.PARNELL NSM/NAT May08 44.21	E.DeLEEuw WRW/EBSC Feb9 50.05	E.DeLEEuw WRW/VAN FEB14 59.20	M.ANDERSON UNAT/VAN OCT98 2:02.29	
Free 100m	E.DeLEEuw Wave/Prov Apr04 1:39.76	E.DeLEEuw VRW/UBC NOV11 1:59.46	E.DeLEEuw WRW/VAN FEB14 2:10.77	M.ANDERSON UNAT/VAN OCT98 4:35.98	
Free 200	E.DeLEEuw Wave/Prov Apr04 3:44.72	E.DeLEEuw VRW/EBSC Feb0 4:23.25	E.DeLEEuw WRW/VAN FEB02 4:52.63		
Free 400	E.DeLEEuw Wave/Hyac Feb04 7:59.87	E.DeLEEuw VRW/EBSC Feb0 9:06.62	B.BRUSSEL OKM/Prov APR16 10:33.61		
Free 800	E.DeLEEuw WRW/Wash FEB03 17:13:96	E.DeLEEuw VRW/EBSC Feb0 18:14:96	B.BRUSSEL OKM/Prov APR17 22:12:20		
Free 1500	E.DeLEEuw WRW/Prov Apr07 32:47:75				
Back 50m	J.PARNELL NSM/NAT May08 49.36	N.MORROW VIC/PROV APR04 58.02	N.MORROW NRW/PROV Apr05 1:08.16	M.ANDERSON UNAT/VAN Oct98 2:05.36	
Back 100	J.PARNELL NSM/Prov Apr08 1:49.83	N.MORROW VIC/PROV APR04 2:13.95	N.MORROW NRW/PROV Apr09 2:33.82		
Back 200	J.PARNELL NSM/Prov Apr08 4:08.87	C. STAMHUIS OKM/Prov APR17 4:42.43	M.DEVITT CSS/PROV APR09 7:22.59		
Brst 50m	J.PARNELL NSM/Prov Apr08 54.63	E.DeLEEuw Wrw/EBSC Feb05 1:11.19	E.DeLEEuw WRW/VAN FEB14 1:25.38		
Brst 100m	M.GRYPINK WCM/PEN Mar13 2:12.79	E.DeLEEuw WRW/EBSC Feb9 2:35.43	B.BRUSSEL OKM/Prov APR16 3:27.17		
Brst 200m	E.DeLEEuw WRW/UBC NOV07 5:04.87	E.DeLEEuw WRW/EBSC Feb9 5:29.71	B.BRUSSEL OKM/Prov APR16 7:20.23		
Fly 50m	E.DeLEEuw Wave/Prov Apr04 1:08.28				
Fly 100m					
Fly 200m					
IM 100m	J.PARNELL NSM/NAT May08 1:56.27	E.DeLEEuw WRW/EBSC Feb9 2:26.21			
IM 200m	E.DeLEEuw Wave/Prov Apr04 4:44.14				
IM 400m	E.VARTY VIC/Prov APR16 10:39:41				

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