

## MSABC WOMENS SHORT COURSE RECORDS AS OF OCTOBER 2021

AGES	18-24	25-29	30-34	35-39	40-44	45-49
Free 50m	F.VEJAR-RICHTEF UBC/NSM OCT21 28.41	V.NAESS BSC/Nat May0 27.35	N.DOUGHTY WIN/NAT MAY18 27.01	S.HINDMARCH SEMI/Prov APR16 27.84	S.MacDONALD VIC/PROV APR0 27.18	S.MacDONALD VIC/NAT MAY05 27.31
Free 100m	K.APOLZER NVM/UBC JAN99 1:03.50	V.NAESS BSC/Nat May0 59.41	V.NAESS BSC/NAT MAY08 59.24	S.HINDMARCH SEMI/Prov APR16 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 FU/VAN MAY8 2:08.91	V.NAESS BSC/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 FU/VAN MAY8 4:34.19	V.NAESS BSC/NAT MAY08 4:40.32	A.DIMITRESCU BSC/WIN MAR2 4:41.07	A.HARMER BSC/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 ISU/PENT Jun0 9:31.20	A.DIMITRESCU WIN/NAT May19 9:48.21	A.DIMITRESCU BSC/WIN MAR2 9:54.45	A.HARMER BSC/Nat May12 10:04:34	S.MacDONALD VIC/NAT MAY05 10:04:89
Free 1500	D.STOCKSTAD SMSC/Prov Apr16 19:48.11	A.LESLIE OWI/Prov Apr1 18:36.10	A.DIMITRESCU WIN/NAT May19 18:52.20	P.KALAS DSC/NAT MAY1 19:23.03	A.HARMER BSC/PROV Apr0 19:22.81	A.HARMER BSC/Nat May1 19:17.37
Back 50m	N.HIGGINS HYAC/NAN NOV98 32.49	L.LARIGNA DS/UBC NOV1 29.51	V.HADD BSC/NAT MAY08 31.67	C.MABEE VIC/COWI JAN08 29.91	C.MABEE VIC/PROV APR0 30.00	C.MABEE VIC/ProvApr14 30.28
Back 100	C.PFEIFFER RMSC/NAT May12 1:10.56	L/LARIGNA DSC/Nvan Oct1 1:02.58	V.HADD BSC/NAT MAY08 1:06.59	C.MABEE VIC/Prov APR08 1:04.61	C.MABEE VIC/PROV APR0 1:04.63	C.MABEE VIC/PROV Apr1 1:04.49
Back 200	A.SZAFLARSKI TMTS/UBC Nov05 2:29.89	L.LARIGNA DS/UBC NOV1 2:16.35	V.HADD BSC/NAT MAY08 2:21.41	C.MABEE VIC/COWI JAN08 2:22.08	C.MABEE VIC/PROV APR0 2:22.02	C.MABEE VIC/NAT May16 2:23.92
Brst 50m	L.KAM UBC/Prov APR18 36.84	S.LIGHT VIC/NAT MAY12 34.13	N.DOUGHTY WIN/VAC FEB19 36.03	J.JAY VMC/PROV Apr0 36.93	J.WOODWARD VIC/DUN APR99 36.47	S.MacDONALD VIC/Prov APR0 35.58
Brst 100m	L.KAM UBC/Prov APR18 1:18.74	K.McEVOY VIC/Prov APR18 1:14.40	N.DOUGHTY WIN/NAT MAY18 1:18.25	J.JAY VM/PROV APR0 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 BSC/ProvApr16 2:41.74	I.VonBECKMAN BSC/ProvAPR12 2:49.33	J.JAY VM/NAN NOV08 2:51.05	C.PENDERGASTS NAN/Prov Apr18 2:57.09	S.MacDONALD VIC/COWI JAN07 2:57.25
Fly 50m	H.JOHN NAVY/Nan Dec01 30.93	M.IKEHATA JBC/NAT MAY1 29.98	M.IKEHATA CDM/Apr15 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 FU/VAN MAY8 1:07.53	M.IKEHATA CDM/Apr15 1:06.10	C.GUIDI-SWAN KM/PROV APR1 1:07.54	C.GUDI-SWAN KM/PROV Apr1 1:07.50	C.MABEE VIC/Prov APR16 1:08.42
Fly 200m	K.WORMWORTH VANY/TSA APR91 2:52.16	S.MELODY FU/VAN MAY8 2:26.29	M.IKEHATA CDM/Apr15 2:35.36	C.GUIDI-SWAN JMSC/Prov Apr07 2:31.59	C.GUDI-SWAN KM/PROV Apr1 2:33.01	C.GUDI-SWAN KM/Prov Apr17 2:34.56
IM 100m	N.HIGGINS HYAC/UBC JAN99 1:12.17	K.McEVOY VIC/Prov Apr18 1:07.41	V.HADD BSC/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 BSC/NAT May0 2:26.21	V.HADD BSC/NAT MAY08 2:25.68	J.JAY VM/NAN NOV08 2:34.80	S.MacDONALD VIC/PROV APR0 2:34.96	C.MABEE VIC/NAT May16 2:30.79
IM 400m	D.STOCKSTAD SEMI/Prov APR16 5:46.81	E.ADAMCZYK BSC/Prov APR1 5:16.67	V.HADD BSC/PROV APR0 5:14.68	J.JAY VM/DUN JAN09 5:30.85	A.HARMER BSC/NAN DEC1 5:18.89	C.MABEE VIC/Prov APR16 5:30.35

## MSABC WOMEN'S SHORT COURSE RECORDS AS OF OCTOBER 2021

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	S.MacDONALD VIC/EBSC Mar2 29.21	H.VERSFELD ERN/Prov Apr1 34.00	G.LOPEZ NSM/Prov Apr17 36.14	G.LOPEZ NSM/Prov Apr19 36.18
Free 100m	S.MacDONALD VIC/PROV APR1 1:01.81	S.MacDONALD VIC/Nat May15 1:01.84	A.RHODES VIC/NAT May16 1:10.13	H.VERSFELD ERN/NAN Apr1 1:14.20	G.LOPEZ NSM/Prov Apr14 1:24.23	G.LOPEZ NSM/Prov Apr19 1:25.92
Free 200	S.MacDONALD VIC/WA JAN12 2:19.78	S.MacDONALD VIC/EBSC FEB1 2:19.65	A.RHODES VIC/NAT May18 2:37.76	H.VERSFELD ERN/Prov Apr1 2:41.00	L.MacPHERSON SARM/ProvApr1 3:03.28	L.MacPHERSON RMSM/NAN JAN14 3:08.94
Free 400	D.FOSTER TYE/DUN APR9 5:02.03	S.MacDONALD VIC/EBSC FEB1 4:57.59	A.RHODES VIC/Cwack Mar1 5:33.29	H.VERSFELD ERN/NAN Apr1 5:50.28	L.MacPHERSON SARM/Prov Apr1 6:31.04	L.MacPHERSON RMSM/PROV APR1 6:42.00
Free 800	C.MABEE VIC/PROV APR1 10:15.56	S.MacDONALD VIC/NAT May18 10:31:91	H.VERSFELD OKM/ProvApr1 11:52:26	H.VERSFELD ERN/NAN Apr1 12:13:97	L.MacPHERSON SARM/Sarm Apr0 13:33.96	L.MacPHERSON RMSM/PROV APR1 14:00:66
Free 1500	M.MYERS UNAT/Prov Apr0 20:55.94	S.MacDONALD VIC/NAT May18 20:39.56	H.VERSFELD OKM/ProvApr1 22:26.18	H.VERSFELD ERN/NAN Apr1 23:15.65	A.FABRE VIC/Prov APR1 25:58.55	L.MacPHERSON RMSM/PROV APR1 26:20.36
Back 50m	C.MABEE VIC/PROV APR1 31.40	C.SHEEHAN K/M/NAN APR1 33.99	K.GRAHAM VIC/NAT May1 36.30	B.PRONK RGW/Cow Jan0 39.11	B.PRONK RGW/NatMay1 43.02	J.PARNELL NVR/PROV APR0 45.28
Back 100	C.MABEE VIC/PROV APR1 1:07.28	C.SHEEHAN K/M/NAN APR1 1:12.89	K.GRAHAM VIC/NAT May1 1:21.41	B.PRONK RGW/WAN Feb 1:25.00	B.PRONK RGW/Nat May1 1:32.28	J.PARNELL NVR/EBSC MAR0 1:43.73
Back 200	C.SHEEHAN PENT/ProvApr1 2:35.86	C.SHEEHAN K/M/NAN APR1 2:40.82	B.PRONK SS/AUS MAR0 2:56.06	B.PRONK RGW/Cow Jan0 3:01.88	B.PRONK RGW/Com Apr1 3:17.71	J.PARNELL NVR/NAT MAY0 3:46.88
Brst 50m	S.MacDONALD VIC/NAT MAY1 35.88	S.MacDONALD VIC/EBSC FEB1 37.11	A.RHODES VIC/TO MAY16 38.63	B.PRONK RGW/Nat May0 41.40	B.PRONK RGW/NatMay1 45.95	G.LOPEZ NSM/Prov Apr19 49.43
Brst 100m	S.MacDONALD VIC/NAT MAY1 1:19.45	S.MacDONALD VIC/Nat May15 1:21.15	S.MacDONALD VIC/EBSC Mar2 1:25.09	B.PRONK RGW/Cow Jan0 1:31.87	B.PRONK RGW/NatMay1 1:43.55	J.PARNELL NVR/PROV APR0 2:04.76
Brst 200m	A.RHODES VIC/PROV APR0 3:02.41	A.RHODES VIC/Prov Apr14 3:06.14	B.PRONK SS/AUS MAR0 3:06.48	B.PRONK RGW/WAN Feb 3:23.72	B.PRONK RGW/ProvApr1 3:53.73	E.VARTY COWI/NAT MAY0 4:22.90
Fly 50m	C.MABEE VIC/PROV Apr1 30.73	S.MacDONALD VIC/Nat May15 31.23	S.MacDONALD VIC/EBSC Mar2 33.10	C.NELSON VIC/NAT MAY14 39.87	G.LOPEZ NSM/PROV Apr1 45.76	G.LOPEZ NSM/Prov Apr19 46.32
Fly 100m	A.HARMER DOL/Prov APR1 1:16.65	S.MacDONALD VIC/NAT May18 1:17.49	K.GRAHAM VIC/NAT May1 1:24.81	B.PRONK RGW/US OCT0 1:35.71	A.FABRE VIC/NAT May18 1:40.89	E.VARTY OWI/PROV APR0 2:22.93
Fly 200m	A.HARMER DOL/Prov APR1 2:55.60	A.RHODES VIC/ANAC JAN1 3:18.67	A.RHODES VIC/NSM OCT1 3:15.14	B.PRONK RGW/UBC NOV 3:38.27	L.MacPHERSON GARM/ProvApr1 3:49.52	L.MacPHERSON SHUM/Prov Apr13 3:58.98
IM 100m	S.MacDONALD VIC/Prov Apr1 1:09.97	S.MacDONALD VIC/Nat May15 1:11.95	S.MacDONALD VIC/EBSC Mar2 1:14.23	H.VERSFELD ERN/Prov Apr1 1:26.50	J.PARNELL NVR/NVANAPR9 1:41.51	J.PARNELL NVR/PROV APR0 1:49.54
IM 200m	C.MABEE VIC/PROV Apr1 2:32.32	S.MacDONALD VIC/EBSC FEB1 2:40.49	B.PRONK SS/AUS Mar0 2:55.72	B.PRONK RGW/WAN Feb 3:10.83	A.FABRE VIC/Prov APR1 3:49.80	E.VARTY COWI/NAT MAY0 4:24.68
IM 400m	S.MacDONALD VIC/EBSC FEB1 6:02.26	S.MacDONALD VIC/NAT May18 5:55.48	B.PRONK SS/COWI Jan0 6:25.24	B.PRONK RGW/US OCT0 6:49.48	A.FABRE VIC/Prov APR1 8:08.21	E.VARTY COWI/NAT MAY0 9:17.54

## MSABC WOMEN'S SHORT COURSE RECORDS AS OF OCTOBER 2021

AGES	80-84	85-89	90-94	95-99	100-104
Free 50m	L.MacPherson NAN/Prov Apr19	E.DeLEEuw EBSC Feb	E.DeLEEuw VRW/VAN FEB1	B.BRUSSEL WRW/Prov Apr19	
	41.63	50.05	59.20	1:06.82	
Free 100m	L.MacPherson NAN/Prov Apr19	E.DeLEEuw UBC NOV1	E.DeLEEuw VRW/VAN FEB1	B.BRUSSEL WRW/Prov Apr19	
	1:33.15	1:59.46	2:10.77	2:25.65	
Free 200	L.MacPherson NAN/Prov Apr19	E.DeLEEuw EBSC Feb	E.DeLEEuw VRW/VAN FEB0	B.BRUSSEL WRW/Prov Apr19	
	3:22.05	4:23.25	4:52.63	5:09.24	
Free 400	L.MacPherson NAN/Prov Apr19	E.DeLEEuw EBSC Feb	B.BRUSSEL OKM/Prov APR1	B.BRUSSEL WRW/CHILL Mar19	
	7:06.88	9:06.62	10:33.61	10:51.23	
Free 800	L.MacPherson NAN/Prov Apr19	E.DeLEEuw EBSC Feb	B.BRUSSEL OKM/Prov APR1	B.BRUSSEL WRW/Prov Apr19	
	14:39:56	18:14:96	22:12.20	21:29.69	
Free 1500	L.MacPHERSON NAN/PROV Apr19				
	28:05:55				
Back 50m	J.PARNELL NSM/NAT May0	N.MORROW IC/PROV APR0	N.MORROW RW/PROV Apr0	B.BRUSSEL WRW/VAC FEB19	
	49.36	58.02	1:08.16	1:19.27	
Back 100	J.PARNELL NSM/Prov Apr0	N.MORROW IC/PROV APR0	N.MORROW RW/PROV Apr0	B.BRUSSEL WRW/Prov Apr19	
	1:49.83	2:13.95	2:33.82	2:50.50	
Back 200	J.PARNELL NSM/Prov Apr0	C. STAMHUIS OKM/Prov APR1	M.DEVITT SS/PROV APR09		
	4:08.87	4:42.64	7:22.59		
Brst 50m	J.PARNELL NSM/Prov Apr0	E.DeLEEuw rw/EBSC Feb0	E.DeLEEuw VRW/VAN FEB1	B.BRUSSEL WRW/CHILL Mar19	
	54.63	1:11.19	1:25.38	1:36.37	
Brst 100m	M.GRYPINK WCM/PEN Mar1	E.DeLEEuw VRW/EBSC Feb	B.BRUSSEL OKM/Prov APR1	B.BRUSSEL WRW/Prov Apr19	
	2:12.79	2:35.43	3:27.17	3:52.50	
Brst 200m	E.DeLEEuw WRW/UBC NOV	E.DeLEEuw VRW/EBSC Feb	B.BRUSSEL OKM/Prov APR1	B.BRUSSEL WRW/Prov Apr19	
	5:04.87	5:29.71	7:20.23	8:27.91	
Fly 50m	E.DeLEEuw Wave/Prov Apr04				
	1:08.28				
Fly 100m					
Fly 200m					
IM 100m	J.PARNELL NSM/NAT May0	E.DeLEEuw VRW/EBSC Feb9			
	1:56.27	2:26.21			
IM 200m	E.DeLEEuw Wave/Prov Apr04				
	4:44.14				
IM 400m	E.VARTY VIC/Prov APR16				
	10:39:41				