

MSABC WOMENS SHORT COURSE RECORDS AS OF MAR 2023							MSABC WOMENS SHORT COURSE RECORDS AS OF MAR 2023							MSABC WOMENS SHORT COURSE RECORDS AS OF MAR 2023						
AGES	18-24	25-29	30-34	35-39	40-44	45-49	AGES	50-54	55-59	60-64	65-69	70-74	75-79	AGES	80-84	85-89	90-94	95-99	100-104	
Free 50m	G.MacDONALD PCS/VAN MAR23 27.24	V.NAESSE EBSC/Nat May05 27.35	N.DOUGHTY WIN/NAT MAY18 27.01	S.HINDMARCH SEM/Prov APR16 27.84	S.MacDONALD VIC/PROV APR04 27.18	S.MacDONALD VIC/NAT MAY05 27.31	Free 50m	S.MacDONALD VIC/PROV APR11 27.81	S.MacDONALD VIC/Nat May15 27.91	S.MacDONALD VIC/EBSC Mar20 29.21	K.GRAHAM DOG/W/VAN Mar23 33.92	G.LOPEZ NSM/Prov Apr17 36.14	G.LOPEZ NSM/Prov Apr19 36.18	Free 50m	L.MacPherson NAN/Prov Apr18 41.63	E.DeLEEUEW Feb9/WRW/VAN FEB14 50.05	E.DeLEEUEW 59.20	B.BRUSSEL WRW/Prov Apr19 1.06.82		
Free 100m	K.APOLZER NM/UBC JAN99 1:03.50	V.NAESSE EBSC/Nat May05 59.41	V.NAESSE EBSC/NAT MAY08 59.24	S.HINDMARCH SEM/Prov APR16 1:01.36	S.MacDONALD VIC/NAT MAY03 59.77	S.MacDONALD VIC/NAT MAY05 59.58	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.VERSFFELD VER/NAN Apr15 1:14.20	H.VERSFFELD VER/NAN Apr15 1:18.12	G.LOPEZ NSM/Prov Apr19 1:25.92	Free 100m	L.MacPherson NAN/Prov Apr18 1:33.15	E.DeLEEUEW NOV1/WRW/VAN FEB14 1:59.46	E.DeLEEUEW 2:10.77	B.BRUSSEL WRW/Prov Apr19 2:25.65		
Free 200	A.LESLIE COWI/Prov Apr07 2:16.04	S.MELODY SFU/VAN MAY88 2:08.91	V.NAESSE EBSC/NAT MAY08 2:09.49	S.HINDMARCH SEM/CHILL MAR16 2:14.20	S.MacDONALD VIC/NAT MAY03 2:13.05	C.MABEE VIC/NAT MAY16 2:14.63	Free 200	S.MacDONALD VIC/WA JAN12 2:19.78	S.MacDONALD VIC/EBSC FEB15 2:19.65	A.RHODES VIC/NAT May18 2:37.76	H.VERSFFELD VER/NAN Apr18 2:41.00	H.VERSFFELD VER/NAN Apr18 2:41.00	L.MacPHERSON RMS/C/NAN JAN14 3:08.94	Free 200	L.MacPherson NAN/Prov Apr18 3:22.05	E.DeLEEUEW Feb9/WRW/VAN FEB02 4:23.25	E.DeLEEUEW 5:52.63	B.BRUSSEL WRW/Prov Apr19 5:09.24		
Free 400	A.LESLIE COWI/Prov Apr16 4:48.68	S.MELODY SFU/VAN MAY88 4:34.19	V.NAESSE EBSC/NAT MAY08 4:40.32	A.DIMITRESCU EBSC/WIN MAR20 4:41.07	K.GEISEHEIMER Hyack/Van Mar2023 4:48.06	C.MABEE VIC/PROV APR16 4:47.16	Free 400	D.FOSTER TYP/DUN APR99 5:02.03	S.MacDONALD VIC/EBSC FEB15 4:57.59	J.BROWN OMSC/Nat May22 5:30.38	H.VERSFFELD VER/NAN Apr15 5:50.28	H.VERSFFELD VER/NAN Apr15 6:07.95	L.MacPHERSON SSM/PROV APR13 6:42.00	Free 400	L.MacPherson NAN/Prov Apr18 7:06.88	E.DeLEEUEW Feb9/WRW/VAN FEB14 9:06.62	B.BRUSSEL WRW/Prov APR16 10:33.61	B.BRUSSEL WRW/CHILL Mar19 10:51.23		
Free 800	S.HOWES WIN/TA APR91 10:12.74	J.SAVALGE KISU/PENT Jun02 9:31.20	A.DIMITRESCU WIN/NAT May19 9:48.21	A.DIMITRESCU PROV/WIN APR22 9:41.23	A.HARMER EBSC/NAT May12 10:04.34	S.MacDONALD VIC/NAT MAY05 10:04.89	Free 800	C.MABEE VIC/PROV APR19 10:15.56	S.MacDONALD VIC/NAT May18 10:31.91	J.BROWN OMSC/Nat May22 11:25.48	H.VERSFFELD VER/NAN Apr15 12:13.97	H.VERSFFELD VER/NAN Dec22 13:05.56	L.MacPHERSON SSM/PROV APR13 14:00.66	Free 800	L.MacPherson NAN/Prov Apr18 14:39.56	E.DeLEEUEW Feb9/WRW/VAN FEB14 18:14.96	B.BRUSSEL WRW/Prov APR17 22:12.20	B.BRUSSEL WRW/Prov Apr19 21:29.69		
Free 1500	D.STOCKSTAD SM/SC/Prov Apr16 19:48.11	A.LESLIE COWI/Prov Apr12 18:36.10	A.DIMITRESCU WIN/NAT May19 18:52.20	A.DIMITRESCU PROV/WIN APR22 18:17.81	A.HARMER EBSC/PROV APR09 19:22.81	A.HARMER EBSC/NAT May15 19:17.37	Free 1500	M.MYERS UNAT/Prov Apr09 20:55.94	S.MacDONALD VIC/NAT May18 20:39.56	H.VERSFFELD VIC/NAT May18 22:26.18	H.VERSFFELD VER/NAN Apr15 23:15.65	A.FABRE VIC/PROV APR18 25:58.55	L.MacPHERSON SSM/PROV APR13 26:20.36	Free 1500	L.MacPherson NAN/PROV Apr19 28:05.55					
Back 50m	G.MacDONALD PCS/VAN MAR23 30.89	L.LARIGNA CDS/UBC NOV14 29.51	V.HADD EBSC/NAT MAY08 31.67	C.MABEE VIC/COWI JAN08 30.28	C.MABEE VIC/PROV APR09 30.00	C.MABEE VIC/PROV APR14 30.28	Back 50m	C.MABEE VIC/PROV APR19 31.40	C.SHEEHAN APR15/KISU/NAT 33.99	K.GRAHAM APR15/WAN MAY18 36.30	K.GRAHAM APR15/WAN MAY18 37.81	H.VERSFFELD VER/NAN Apr15 42.16	J.PARNELL NVR/PROV APR04 45.28	Back 50m	J.PARNELL NSM/NAT May08 49.36	N.MORROW VIC/PROV APR04 58.02	N.MORROW WRW/PROV APR05 1:08.16	B.BRUSSEL WRW/CHILL Mar19 1:19.27		
Back 100	C.PFEIFFER RM/SC/NAT May12 1:10.56	L.LARIGNA CDS/NAN 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 100	C.MABEE VIC/PROV APR19 1:07.28	C.SHEEHAN APR15/PENT/NAT 1:12.89	K.GRAHAM APR15/WAN FEB19 1:21.41	B.PRONK VIC/WAN FEB20 1:25.00	H.VERSFFELD DOGW/PROV APR22 1:30.48	J.PARNELL NVR/EBSC MAR03 1:43.73	Back 100	J.PARNELL NSM/Prov Apr08 1:49.83	N.MORROW VIC/PROV APR04 2:13.95	N.MORROW WRW/PROV APR05 2:33.82	B.BRUSSEL WRW/Prov Apr19 2:50.50		
Back 200	A.SZAFIARSKI 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	Back 200	C.SHEEHAN PENT/PROV APR10 2:35.86	C.SHEEHAN OKM/NAN APR15 2:40.82	J.BROWN OMSC/Nat May22 2:55.51	B.PRONK VIC/WAN FEB20 3:01.88	H.VERSFFELD VER/NAN Apr15 3:13.31	J.PARNELL NVR/NAT MAY03 3:46.88	Back 200	J.PARNELL NSM/Prov Apr08 4:08.87	C.STAMHUIS OKM/PROV APR17 4:42.64	C.STAMHUIS VIC/PROV APR22 5:45.16			
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 CVMC/PROV APR09 36.93	J.WOODWARD VIC/DUN APR99 36.47	S.MacDONALD VIC/PROV APR09 35.58	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/Nat May12 45.95	G.LOPEZ NSM/PROV Apr19 49.43	Brst 50m	J.PARNELL NSM/Prov Apr08 54.63	E.DeLEEUEW Feb9/WRW/VAN FEB14 1:11.19	E.DeLEEUEW WRW/PROV APR05 1:25.38	B.BRUSSEL WRW/CHILL Mar19 1:36.37		
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 CVM/PROV APR09 1:19.57	J.WOODWARD VIC/NAN APR98 1:18.85	S.MacDONALD VIC/NAN DEC05 1:18.91	Brst 100m	S.MacDONALD VIC/NAT MAY13 1:19.45	S.MacDONALD VIC/Nat May15 1:21.15	S.MacDONALD VIC/EBSC Mar20 1:25.09	A.RHODES VIC/PROV APR22 1:31.45	B.PRONK CRGW/Nat May12 1:43.55	J.PARNELL NVR/PROV APR03 2:07.76	Brst 100m	M.GRYPINK WCM/PEN Mar13 2:12.79	E.DeLEEUEW Feb9/WRW/VAN FEB14 2:35.43	B.BRUSSEL WRW/PROV APR16 3:27.17	B.BRUSSEL WRW/PROV Apr19 3:52.50		
Brst 200m	S.FLYNN UBC/UBC NOV10 2:56.55	E.ADAMCZYK EBSC/PROV APR16 2:41.74	I.VonBECKMAN EBSC/PROV APR12 2:49.33	J.JAY CVM/NAN NOV08 2:51.05	C.PENDERGAST NAN/PROV Apr18 2:57.09	S.MacDONALD VIC/COWI JAN07 2:57.25	Brst 200m	A.RHODES VIC/PROV APR07 3:02.41	A.RHODES VIC/PROV Apr14 3:06.14	B.PRONK CSS/AUS MAR02 3:08.48	B.PRONK VIC/WAN FEB20 3:23.72	B.PRONK VIC/WAN FEB20 3:53.73	E.VARTY COWI/NAT MAY09 4:22.90	Brst 200m	E.DeLEEUEW WRW/UBC NOV08 5:04.87	E.DeLEEUEW Feb9/WRW/VAN FEB14 5:29.71	B.BRUSSEL WRW/PROV APR16 7:20.23	B.BRUSSEL WRW/PROV Apr19 8:27.91		
Fly 50m	G.MacDONALD PCS/VAN MAR23 30.38	M.IKEHATA UBC/NAT MAY12 29.98	M.IKEHATA CDM/APR15 29.62	S.HINDMARCH SEM/PROV APR17 30.08	S.MacDONALD VIC/NAT MAY03 30.45	C.MABEE VIC/PROV APR16 30.26	Fly 50m	C.MABEE VIC/PROV APR19 30.73	S.MacDONALD VIC/Nat May15 31.23	S.MacDONALD VIC/EBSC Mar20 33.10	K.GRAHAM DOG/W/Van Mar23 36.41	H.VERSFFELD VER/NAN Apr15 41.08	G.LOPEZ NSM/PROV Apr19 46.32	Fly 50m	E.DeLEEUEW Wave/PROV Apr04 1:08.28					
Fly 100m	K.DOUGLAS EBSC/Van May22 1:04.02	S.MELODY SFU/VAN MAY88 1:07.53	M.IKEHATA CDM/APR15 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 100m	C.MABEE VIC/PROV APR22 1:10.01	S.MacDONALD VIC/NAT May18 1:17.49	K.GRAHAM KISU/NAT MAY18 1:24.81	B.PRONK CRGW/US OCT07 1:35.71	A.FABRE VIC/NAT MAY18 1:40.89	E.VARTY COWI/PROV APR09 2:22.93	Fly 100m						
Fly 200m	K.WORMWORTH VANY/TA APR91 2:52.16	S.MELODY SFU/VAN MAY88 2:26.29	M.IKEHATA CDM/APR15 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	Fly 200m	A.HARMER DOL/PROV APR18 2:55.60	A.RHODES VIC/ANAC JAN13 3:18.67	A.RHODES VIC/NSM OCT16 3:15.14	B.PRONK RGW/UBC NOV01 3:38.27	L.MacPHERSON SARM/PROV APR10 3:49.52	L.MacPHERSON SHUM/PROV APR13 3:58.98	Fly 200m						
IM 100m	G.MacDONALD PCS/VAN MAR23 1:07.94	K.McEVOY VIC/PROV Apr18 1:07.41	V.HADD EBSC/NAT MAY08 1:07.99	L.DORRINGTON VIC/VAN MAR23 1:09.88	S.MacDONALD VIC/NAT MAY03 1:08.82	S.MacDONALD VIC/NAT MAY09 1:08.81	IM 100m	S.MacDONALD VIC/PROV Apr11 1:09.97	S.MacDONALD VIC/Nat May15 1:11.95	S.MacDONALD VIC/EBSC Mar20 1:14.23	K.GRAHAM DOG/W/Van Mar23 1:25.25	H.VERSFFELD DOGW/PROV Apr22 1:30.56	J.PARNELL NVR/PROV APR04 1:49.54	IM 100m	J.PARNELL NSM/NAT May08 1:56.27	E.DeLEEUEW Feb9/WRW/VAN FEB14 2:26.21				
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 200m	C.MABEE VIC/PROV Apr19 2:32.32	S.MacDONALD VIC/EBSC FEB15 2:40.49	J.BROWN OMSC/Nat May22 2:55.13	A.RHODES VIC/PROV APR22 3:10.38	H.VERSFFELD DOGW/PROV Apr22 3:25.22	E.VARTY COWI/NAT MAY09 4:24.68	IM 200m	E.DeLEEUEW Wave/PROV Apr04 4:44.14					
IM 400m	D.STOCKSTAD SEMI/PROV APR16 5:46.81	E.ADAMCZYK EBSC/PROV APR16 5:16.67	V.HADD VIC/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	IM 400m	S.MacDONALD VIC/EBSC FEB13 6:02.26	S.MacDONALD VIC/NAT May18 5:55.48	B.PRONK CSS/COWI Jan02 6:25.24	B.PRONK CRGW/US OCT07 6:49.48	A.FABRE VIC/PROV APR18 8:08.21	E.VARTY COWI/NAT MAY09 9:17.54	IM 400m	E.VARTY VIC/PROV APR16 10:39.41					