



Langley Olympians Long Course Club Records Female



<u>Aug 22 2010</u>	<u>8& under girls</u>	<u>10&under girls</u>	<u>11-12 girls</u>	<u>13-14 girls</u>	<u>15-17 girls</u>	<u>open girls</u>
50 free	H.Metcalf 38.04 '07	T.Tetreault 31.20 '09 '09	H.Metcalf 28.79 '10	R.Salli 28.24 '03	K.Rawlings 27.74 '05	C.Landsiedel 27.33 '06
100 free	H.Metcalf 1:24.58 '07	D.Mark 1:09.32 '09	H.Metcalf/R.Salli 1:04.40'10'02	M.Mark 59.79 '09	O.Montgomery 59.04 '08	C.Landsiedel 58.02 '07
200 free	H.Metcalf 3:02.14 '07	T.Tetreault 2:35.62 '09	H.Metcalf 2:19.05 '10	R.Salli 2:11.83 '04	O.Montgomery 2:05.26 '08	O.Montgomery 2:03.39 '09
400 free	H.Metcalf 6:27.38 '07	H.Metcalf 5:26.23 '09	H.Metcalf 4:57.98 '10	R.Salli 4:39.17 '04	O.Montgomery 4:26.18 '08	O.Montgomery 4:23.93 '09
800 free		H.Metcalf 11:19.53 '09	H.Jones 10:16.09 '03	R.Salli 9:27.76 '04	O.Montgomery 9:14.58 '08	S.Garrett 9:06.37 '07
1500 free			K.Thomson 20:22.35 '08	R.Worthington 18:56.33 '10	R.Kichton 18:48.17 '10	S.Garrett 17:34.31 '07
50 back	H.Metcalf 51.01 '06	H.Metcalf 40.19 '08	R.Salli 35.80 '02	R.Salli 32.63 '04	K.Kotowski 30.59 '05	K.Kotowski 30.59 '05
100 back	H.Metcalf 1:40.51 '07	T.Tetreault 1:22.99 '09	K.Thomson 1:15.86 '08	R.Salli 1:08.51 '04	C.Salli 1:04.62 '09	C.Salli 1:04.62 '09
200 back	H.Metcalf 3:18.85 '07	H.Metcalf 2:51.53 '09	R.Salli 2:39.63 '02	C.Salli 2:24.17 '06	K.Kotowski 2:17.64 '05	K.Kotowski 2:17.64 '05
50 breast	H.Metcalf 55.76 '06	H.Metcalf 39.30 '08	H.Metcalf 35:00 '10	C.Salli 34.32 '06	C.Salli 32.24 '09	C.Salli 31.27 '10
100 breast	H.Metcalf 1:58.01 '06	H.Metcalf 1:27.19 '09	H.Metcalf 1:18.82 '10	C.Salli 1:11.49 '06	C.Salli 1:10.27 '09	C.Salli 1:08.15 '10
200 breast	H.Metcalf 4:12.14 '07	H.Metcalf 3:07.98 '09	H.Metcalf 2:49.03 '10	C.Salli 2:31.57 '06	C.Salli 2:29.35 '07	C.Salli 2:28.83 '10
50 fly	H.Metcalf 51.94 '06	D.Mark 36.40 '09	R.Worthington 33.38 '09	R.Salli 29.56 '04	M.Mark 28.26 '10	K.Rawlings 28.84 '05
100 fly	H.Metcalf 2:04.05 '07	D.Mark 1:23.42 '09	J.Gibson 1:10.97 '10	M.Mark 1:04.34 '09	M.Mark 1:02.87 '10	K.Rawlings 1:02.49 '07
200 fly		D.Mark 3:00.92 '09	J.Gibson 2:36.66 '10	R.Salli 2:21.16 '04	M.Dodds 2:16.57 '06	K.Rawlings 2:13.56 '06
100 im						
200 im	H.Metcalf 3:38.10 '07	T.Tetreault 2:51.93 '09	H.Metcalf 2:32.80 '10	C.Salli 2:25.22 '06	C.Salli 2:16.70 '09 BC rec	M.Dodds 2:16.59 '08
400 im	H.Metcalf 7:47.90 '07	T.Tetreault 6:05.70 '09	H.Metcalf 5:27.12 '10	R.Salli 5:04.30 '04	M.Dodds 4:51.74 '05	M.Dodds 4:45.97 '10