



Langley Olympians

Short Course Club Records

Female



<u>March 10 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 38.03 '07	H.Metcalf 30.27 '09	H.Metcalf 29.17 '10	M.Mark 27.33 '09	M.Mark 26.95 '10	M.Mark 26.95 '10
100 free	H.Metcalf 1:24.68 '06	H.Metcalf 1:09.39 '09	H.Metcalf 1:02.94 '10	M.Mark 58.78 '09	O.Montgomery 57.52 '08	C.Landsiedel 57.18 '07
200 free	H.Metcalf 2:55.47 '07	H.Metcalf 2:27.11 '09	H.Metcalf 2:16.20 '10	R.Salli 2:07.73 '04	O.Montgomery 2:01.49 '08	O.Montgomery 1:58.72 '09
400 free	H.Metcalf 6:11.83 '07	H.Metcalf 5:16.29 '09	R.Salli 4:45.99 '02	R.Salli 4:33.20 '04	O.Montgomery 4:16.93 '09	O.Montgomery 4:11.60 '09
800 free		H.Metcalf 11:05.70 '09	K.Thomson 9:45.44 '08	C.Salli 9:19.52 '06	O.Montgomery 8:56.49 '08	O.Montgomery 8:55.14 '09
1500 free		H.Metcalf 22:49.31 '08		K.Thomson 18:40.91 '08	S.Garrett 17:22.77 '06	S.Garrett 17:07.88 '06
50 back	H.Metcalf 45.54 '06	H.Metcalf 36.97 '08	H.Metcalf 34.56 '10	K.Kotowski 31.41 '02	K. Kotowski 29.54 '04	K.Kotowski 29.54 '05
100 back	H.Metcalf 1:39.44 '07	H.Metcalf 1:16.83 '09	R.Salli 1:13.65 '02	R.Salli 1:06.85 '04	C.Salli 1:02.89 '09	C.Salli 1:02.89 '09
200 back	H. Metcalf 3:14.38 '07	H.Metcalf 2:48.20 '09	C.Salli 2:34.07 '04	R.Salli 2:18.56 '04	C.Salli 2:12.08 '09	C.Salli 2:12.08 '09
50 breast	H.Metcalf 50.02 '06	H.Metcalf 38.71 '09	C.Salli 35.08 '04	C.Salli 34.06 '06	C.Salli 32.02 '09	C.Salli 32.02 '09
100 breast	H.Metcalf 1:46.34 '07	H.Metcalf 1:28.08 '08	C.Salli 1:14.35 '04	C.Salli 1:12.53 '06	C.Salli 1:08.04 '09	C.Salli 1:08.04 '09
200 breast	H.Metcalf 3:56.95 '07	H.Metcalf 2:58.51 '09	C.Salli 2:41.37 '04	C.Salli 2:31.33 '06	C.Salli 2:25.94 '09	C.Salli 2:25.94 '09
50 fly	H.Metcalf 48.90 '06	H.Metcalf 35.32 '09	R.Worthington 33.38 '09	M.Mark 30.06 '08	R.Salli 28.63 '05	R.Salli 28.55 '07
100 fly	H.Metcalf 1:55.46 '07	T.Kavolinas 1:22.27 '01	S.Blankstein 1:10.56 '08	R.Salli 1:04.49 '04	R.Salli 1:02.42 '07	K.Rawlings 1:01.80 '06
200 fly	H.Metcalf 4:19.00 '07	R.Worthington 3:06.15 '07	S.Blankstein 2:35.70 '08	S.Jense 2:22.86 '06	D.Szalaki 2:13.99 '10	K.Rawlings 2:12.94 '06
100 im	H.Metcalf 1:41.58 '06	T.Tetreault 1:17.60 '09	K.Thomson 1:13.99 '07	M.Mark 1:09.52 '09	C.Salli 1:04.06 '09	C.Salli 1:04.06 '09
200 im	H.Metcalf 3:27.96 '07	H.Metcalf 2:48.74 '09	C.Salli 2:29.62 '04	C.Salli 2:22.20 '06	C.Salli 2:12.94 '09	C.Salli 2:12.94 '09
400 im	M.Van Noordenne 7:12.32 '04	H.Metcalf 6:01.98 '09	C.Salli 5:20.98 '04	R.Salli 4:56.81 '04	C.Salli 4:41.35 '09	C.Salli 4:41.35 '09
Bolded Records Indicate BC Provincial Records.						