

**Swimming Newfoundland and Labrador
CBS Bluefins Swim Club**

Individual Records Report for CBS-S

Penguin Plunge 31-Jan-25 to 02-Feb-25 SC Meters
CBS Bluefins [CBSB] Coach: Jason Warford

Female 10 & Under 400 Free

5:49.94		Chelsea RIDEOUT at 2024 Provincial Championships	5/31/2024	CBSB
5:37.04	**	Chelsea RIDEOUT at Penguin Plunge	1/31/2025	CBSB

Female 10 & Under 200 IM

3:05.08		Chelsea RIDEOUT at MPM Sink or Swim - November 2024	11/15/2024	CBSB
3:04.17	**	Chelsea RIDEOUT at Penguin Plunge	1/31/2025	CBSB

Female 10 & Under 400 IM

7:54.87		Amy Stoodley	1/27/1996	CBS
6:33.37	**	Chelsea RIDEOUT at Penguin Plunge	1/31/2025	CBSB

Female 15-17 1500 Free

19:28.08		Emily Ennis	11/23/2017	CBSB
18:33.50	**	Elly STAFFORD at Penguin Plunge	1/31/2025	CBSB

Female Open 800 Free

10:05.27		Emily ENNIS at AA-AAA Invitation Pointe-Claire	12/6/2018	CBSB
9:49.46	**	Elly STAFFORD at Penguin Plunge	1/31/2025	CBSB