

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 Open 1500 Free				
19:28.08		Emily Ennis	11/23/2017	CBSB
18:33.50	**	Elly STAFFORD at Penguin Plunge	1/31/2025	CBSB

\*\*Indicates Best Record for Each Event