
















## Canadian Dolphin Swim Club Records Girls LC

Event	10 & U	11 – 12	13 – 14	15 – 17	OPEN
<b>50 Free</b>	Julia Strojnowska 32.26 2017 <i>(Hyack Festival Youth Cup)</i>	Julia Strojnowska 28.72 2019 <i>(Tiger Aquatics Pacific Meet)</i>	Emma Liu 26.58 2023 <i>(BC Summer Prov. Champs)</i>	Emma Liu 26.37 2023 <i>(VPSC Winter Invite)</i>	Emma Liu 26.37 2023 <i>(VPSC Winter Invite)</i>
<b>100 Free</b>	Caitlin Quon 1:07.64 2005 <i>(Summer Solstice Invite)</i>	Lauren Day 1:01.83 2022 <i>(SKSC Spring Invitational)</i>	Emma Liu 58.24 2023 <i>(BC Summer Prov. Champs)</i>	Julia Strojnowska 57.44 2022 <i>(BC Winter Prov. Champs)</i>	Julia Strojnowska 57.44 2022 <i>(BC Winter Prov. Champs)</i>
<b>200 Free</b>	Caitlin Quon 2:26.69 2005 <i>(Mies Schootman Invite)</i>	Natalie Chan 2:11.79 2001	Donna Wu 2:05.51 1992	Tamee Ebert 2:03.08 2000 	Tamee Ebert 2:03.08 2000 
<b>400 Free</b>	Caitlin Quon 4:57.12 2005 <i>(Hyack Festival Invite)</i>	Melissa Knox 4:36.76 1991	Elissa Purvis 4:20.17 1986	Tamee Ebert 4:16.48 2000 	Tamee Ebert 4:16.48 2000 
<b>800 Free</b>	Caitlin Quon 10:24.42 2005 <i>(Mies Schootman Invite)</i>	Melissa Knox 9:18.77 1991	Michelle Sallee 8:44.45 1988	Elissa Purvis 8:43.34 1986	Elissa Purvis 8:43.34 1986
<b>1500 Free</b>	Alexia Morgans 22:10.57 2019 <i>(Time Trials)</i>	Audrey Chow 18:11.98 2023 <i>(VPSC Winter Invite)</i>	Emma Liu 17:57.87 2022 <i>(Canadian Jr. &amp; Sr. Champs)</i>	Taryn Lencoe 16:25.64 2003 <i>(WC &amp; Pan Pacs Trials)</i>	Taryn Lencoe 16:25.64 2003 <i>(WC &amp; Pan Pacs Trials)</i>
<b>50 Back</b>	Caitlin Quon 36.24 2005 <i>(Hyack Festival Invite)</i>	Lauren Day 33.35 2022 <i>(LOSC LC Invitational)</i>	Lucy Liu 30.62 2024 <i>(SKSC Springfest)</i>	Emma Liu 30.70 2023 <i>(VPSC Winter Invite)</i>	Lucy Liu 30.62 2024 <i>(SKSC Springfest)</i>
<b>100 Back</b>	Caitlin Quon 1:16.84 2005 <i>(Hyack Festival Invite)</i>	Lauren Day 1:11.23 2022 <i>(SKSC Spring Invitational)</i>	Emma Liu 1:06.24 2023 <i>(CAN Swimming Champs)</i>	Wendy Hogg 1:04.78 1974 	Wendy Hogg 1:03.93 1976 
<b>200 Back</b>	Caitlin Quon 2:42.98 2005 <i>(Hyack Festival Invite)</i>	Jamie Lavoie 2:34.17 2015 <i>(Western Canadian Champs)</i>	Emma Liu 2:21.82 2023 <i>(CAN Swimming Champs)</i>	Cheryl Gibson 2:18.04 1977 	Cheryl Gibson 2:18.04 1977 
<b>50 Breast</b>	Rachel Zhai 42.32 2024 <i>(SKSC Springfest)</i>	Audrey Chow 36.04 2023 <i>(BC Winter Prov. Champs)</i>	Helena Zhou 34.36 2016 <i>(CAN Age Group Champs)</i>	Eva Nagy 33.11 2013 <i>(LEN European Jr. Champs)</i>	Eva Nagy 33.11 2013 <i>(LEN European Jr. Champs)</i>
<b>100 Breast</b>	Bora Lee 1:24.68 2002 <i>(AAA Age Group Champs)</i>	Eva Nagy 1:15.02 2010 <i>(Senior Champs)</i>	Lisa Borsholt 1:13.90 1977 	Eva Nagy 1:10.67 2013 <i>(LEN European Jr. Champs)</i>	Eva Nagy 1:10.67 2013 <i>(LEN European Jr. Champs)</i>
<b>200 Breast</b>	Bora Lee 3:04.71 2002 <i>(AAA Age Group Champs)</i>	Eva Nagy 2:41.70 2010 <i>(Senior Champs)</i>	Eva Nagy 2:37.79 2010 <i>(Hungarian Champs)</i>	Michelle Mange 2:31.61 2004	Michelle Mange 2:31.61 2004
<b>50 Fly</b>	Helen Black 35.60 2012 <i>(Mies Schootman Invite)</i>	Lucy Liu 31.68 2022 <i>(Hyack May LC Invite)</i>	Lucy Liu 29.41 2024 <i>(SKSC Springfest)</i>	Nathalie Day 28.57 2023 <i>(BC Summer Prov. Champs)</i>	Nathalie Day 28.57 2023 <i>(BC Summer Prov. Champs)</i>
<b>100 Fly</b>	Caitlin Quon 1:19.06 2005 <i>(Mies Schootman Invite)</i>	Leah Mahood 1:06.93 1983	Emma Liu 1:03.89 2023 <i>(BC Summer Prov. Champs)</i>	Sue Sloan 1:02.41 1976 	Sue Sloan 1:02.41 1976 
<b>200 Fly</b>	Alexia Morgans 2:54.50 2019 <i>(Hyack Festival Youth Cup)</i>	Leah Mahood 2:24.19 1983	Emma Liu 2:19.40 2023 <i>(CAN Swimming Champs)</i>	Cheryl Gibson 2:13.91 1976 	Cheryl Gibson 2:13.91 1976 
<b>100 I.M.</b>	(N/A)				
<b>200 I.M.</b>	Caitlin Quon 2:44.32 2005 <i>(Hyack Festival Invite)</i>	Natalie Chan 2:31.87 2001	Emma Liu 2:21.22 2023 <i>(CAN Swimming Champs)</i>	Nancy Lovrinic 2:20.53 1988	Nancy Lovrinic 2:20.53 1988
<b>400 I.M.</b>	Caitlin Quon 5:40.33 2005 <i>(Mies Schootman Invite)</i>	Leah Mahood 5:18.02 1983	Emma Liu 4:59.38 2023 <i>(BC Summer Prov. Champs)</i>	Cheryl Gibson 4:48.10 1976 	Cheryl Gibson 4:48.10 1976 

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**Name** = New Record



= Provincial Record



= National Record

 = Olympian

