

Canadian Dolphin Swim Club Records
Girls LC

Event	10 & U	11 – 12	13 – 14	15 – 17	OPEN
50 Free	Julia Strojnowska 32.26 2017 (Hyack Festival Youth Cup)	Julia Strojnowska 28.72 2019 (Tiger Aquatics Pacific Meet)	Olivia Zhou 26.32 2025 (BC Winter Prov. Champs)	Olivia Zhou 26.37 2025 (BC Summer Prov. Champs)	Olivia Zhou 26.32 2025 (BC Winter Prov. Champs)
100 Free	Caitlin Quon 1:07.64 2005 (Summer Solstice Invite)	Lauren Day 1:01.83 2022 (SKSC Spring Invitational)	Emma Liu 58.24 2023 (BC Summer Prov. Champs)	Julia Strojnowska 57.44 2022 (BC Winter Prov. Champs)	Julia Strojnowska 57.44 2022 (BC Winter Prov. Champs)
200 Free	Caitlin Quon 2:26.69 2005 (Mies Schootman Invite)	Natalie Chan 2:11.79 2001	Donna Wu 2:05.51 1992	Tamee Ebert 2:03.08 2000 	Tamee Ebert 2:03.08 2000 
400 Free	Caitlin Quon 4:57.12 2005 (Hyack Festival Invite)	Melissa Knox 4:36.76 1991	Elissa Purvis 4:20.17 1986	Tamee Ebert 4:16.48 2000 	Tamee Ebert 4:16.48 2000 
800 Free	Caitlin Quon 10:24.42 2005 (Mies Schootman Invite)	Melissa Knox 9:18.77 1991	Michelle Sallee 8:44.45 1988	Elissa Purvis 8:43.34 1986	Elissa Purvis 8:43.34 1986
1500 Free	Everly Hursh 20:40.48 2025 (OS May LC Invite)	Audrey Chow 18:11.98 2023 (VPSC Winter Invite)	Audrey Chow 17:54.38 2025 (BC Winter Prov. Champs)	Taryn Lencoe 16:25.64 2003 (WC & Pan Pacs Trials)	Taryn Lencoe 16:25.64 2003 (WC & Pan Pacs Trials)
50 Back	Caitlin Quon 36.24 2005 (Hyack Festival Invite)	Emma Lu 32.85 2025 (BC Summer Prov. Champs)	Olivia Zhou 30.35 2025 (Speedo CAN Open)	Olivia Zhou 30.07 2025 (BC Summer Prov. Champs)	Olivia Zhou 30.07 2025 (BC Summer Prov. Champs)
100 Back	Caitlin Quon 1:16.84 2005 (Hyack Festival Invite)	Lauren Day 1:11.23 2022 (SKSC Spring Invitational)	Emma Liu 1:06.24 2023 (CAN Swimming Champs)	Wendy Hogg 1:04.78 1974 	Wendy Hogg 1:03.93 1976 
200 Back	Caitlin Quon 2:42.98 2005 (Hyack Festival Invite)	Jamie Lavoie 2:34.17 2015 (Western Canadian Champs)	Emma Liu 2:21.82 2023 (CAN Swimming Champs)	Cheryl Gibson 2:18.04 1977 	Cheryl Gibson 2:18.04 1977 
50 Breast	Everly Hursh 39.09 2025 (Hyack May LC Invite)	Audrey Chow 36.04 2023 (BC Winter Prov. Champs)	Olivia Zhou 33.85 2025 (Mel Zajac Jr. Int'l)	Eva Nagy 33.11 2013 (LEN European Jr. Champs)	Eva Nagy 33.11 2013 (LEN European Jr. Champs)
100 Breast	Bora Lee 1:24.68 2002 (AAA Age Group Champs)	Eva Nagy 1:15.02 2010 (Senior Champs)	Lisa Borsholt 1:13.90 1977 	Eva Nagy 1:10.67 2013 (LEN European Jr. Champs)	Eva Nagy 1:10.67 2013 (LEN European Jr. Champs)
200 Breast	Everly Hursh 3:02.85 2025 (Hyack May LC Invite)	Eva Nagy 2:41.70 2010 (Senior Champs)	Eva Nagy 2:37.79 2010 (Hungarian Champs)	Michelle Mange 2:31.61 2004	Michelle Mange 2:31.61 2004
50 Fly	Everly Hursh 34.68 2025 (Hyack May LC Invite)	Lucy Liu 31.68 2022 (Hyack May LC Invite)	Olivia Zhou 27.91 2025 (Speedo CAN Open)	Olivia Zhou 27.45 2025 (Canada Games)	Olivia Zhou 27.45 2025 (Canada Games)
100 Fly	Caitlin Quon 1:19.06 2005 (Mies Schootman Invite)	Lea Mahood 1:06.93 1983	Lucy Liu 1:03.33 2024 (CAN Swimming Champs)	Sue Sloan 1:02.41 1976 	Sue Sloan 1:02.41 1976 
200 Fly	Alexia Morgans 2:54.50 2019 (Hyack Festival Youth Cup)	Lea Mahood 2:24.19 1983	Emma Liu 2:19.40 2023 (CAN Swimming Champs)	Cheryl Gibson 2:13.91 1976 	Cheryl Gibson 2:13.91 1976 
100 I.M.	(N/A)				
200 I.M.	Caitlin Quon 2:44.32 2005 (Hyack Festival Invite)	Natalie Chan 2:31.87 2001	Emma Liu 2:21.22 2023 (CAN Swimming Champs)	Michelle Zeng 2:20.03 2026 (PSW Winter LC Invite)	Michelle Zeng 2:20.03 2026 (PSW Winter LC Invite)
400 I.M.	Caitlin Quon 5:40.33 2005 (Mies Schootman Invite)	Lea Mahood 5:18.02 1983	Emma Liu 4:59.38 2023 (BC Summer Prov. Champs)	Cheryl Gibson 4:48.10 1976 	Cheryl Gibson 4:48.10 1976 

Published Feb 3rd, 2026

Name = New Record



= Provincial Record



= National Record

 = Olympian

