

Canadian Dolphin Swim Club Records
Girls Relays

Event		10 & U	11 – 12	13 – 14	15 – 17
200 Free	SC	G Ang, M Porter, 2:12.97 A Morgans, L Day 2019 <i>(Summer Age Group Champs)</i>	L Liu, D Lambke, 1:57.23 A Chow, L Day 2022 <i>(BC Winter Provincials)</i>	A Tang, L Day, 1:47.47 L Liu, E Liu 2023 <i>(Time Trials)</i>	J Strojnowska, M S-R, 1:48.37 N Day, Abby Skinder 2022 <i>(BC Winter Provincials)</i>
	LC		A Chow, D Lambke, 1:59.76 H Ahmed, L Liu 2022 <i>(BC Summer Provincials)</i>	L Day, L Liu, 1:50.11 D Lambke, E Liu 2023 <i>(BC Summer Provincial Champs)</i>	E Liu, N Day 1:48.98 L Liu, L Day 2024 <i>(BC Winter Provincials)</i>
400 Free	SC	R Zhai, S Kim, 5:44.81 A Kerr, C Lee 2023 <i>(Time Trials)</i>	L Liu, D Lambke, 4:28.03 L Day, M Porter 2021 <i>(Time Trials)</i>	A Tang, L Liu, 3:55.47 L Day, E Liu 2023 <i>(Time Trials)</i>	N Day, E Liu, 3:56.00 M S-R, J Strojnowska 2022 <i>(BC Winter Provincials)</i>
	LC		J Strojnowska, S Forest, 4:31.56 R Jenkins, N Day 2019 <i>(Hyack Festival Youth Cup)</i>	E. Liu, L. Liu, 4:00.32 J Plata, L Day 2023 <i>(Canadian Swimming Champs)</i>	J Strojnowska, M S-R, 3:55.61 N Day, E Liu 2022 <i>(Canadian Jr & Sr Champs)</i>
800 Free	SC			V Wu, A Dawson, 9:41.25 E Black, E Turner 2013 <i>(SBC AAA SC Champs)</i>	M S-R, E Liu, 8:35.94 N Day, J Strojnowska 2022 <i>(BC Winter Provincials)</i>
	LC			H Black, L Gu, 9:17.91 L Babich, J Lavoie 2015 <i>(BC AAA LC Champs)</i>	M S-R, E Liu, 8:38.80 R Jenkins, J Strojnowska 2022 <i>(Canadian Jr & Sr Champs)</i>
200 Medley	SC	M Porter, G Ang, 2:30.15 A Morgans, L Day 2019 <i>(Summer Age Group Champs)</i>	N Day, R Jenkins, 2:10.64 S Forest, J Strojnowska 2019 <i>(Summer Age Group Champs)</i>	J Lavoie, H Zhou, 2:02.67 H Black, C Luis 2016 <i>(BC AAA SC Champs)</i>	P Shatunova, E Nagy, 1:57.94 A Chung, D Howell 2013 <i>(BC Age Group Champs)</i>
	LC		H Ahmed, A Chow, 2:16.93 L Liu, D Lambke 2022 <i>(BC Summer Provincials)</i>	E Liu, J Plata, 2:03.00 L Liu, L Day 2023 <i>(BC Summer Provincial Champs)</i>	C Bell, N Day, 2:02.17 M S-R, J Strojnowska 2022 <i>(BC Summer Provincials)</i>
400 Medley	SC	C Bonn, R Zhai, 6:23.72 S Kim, Z Zhou 2023 <i>(Time Trials)</i>	A Tjoa, A Nagy, 5:03.09 I Theodore, A Bus 2012 <i>(BC Summer Provincials)</i>	J Lavoie, H Zhou, 4:26.69 H Black, C Luis 2016 <i>(BC AAA SC Champs)</i>	Z Liu, N Day, 4:23.00 J Strojnowska, M S-R 2021 <i>(VPSC Winter Invite)</i>
	LC		H Ahmed, A Chow, 5:00.98 L Liu, D Lambke 2022 <i>(BC Summer Provincial Champs)</i>	L Liu, L Cheung, 4:31.46 E Liu, L Day 2023 <i>(BC Summer Provincial Champs)</i>	C Bell, N Day, 4:27.77 M S-R, E Liu 2022 <i>(BC Summer Provincial Champs)</i>

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Name = New Record



= Provincial Record



= National Record

