

**Club Records : Girls Short Course**  
**Updated: November 27, 2023**

|            | 10&U                    | 11                       | 12                     | 13                   | 14                     | 15                       | 16                   | 17                       | 18&O                   | Open                   |            |
|------------|-------------------------|--------------------------|------------------------|----------------------|------------------------|--------------------------|----------------------|--------------------------|------------------------|------------------------|------------|
| 50 Free    | <b>28.60</b>            | <b>27.70</b>             | <b>27.44</b>           | <b>26.49</b>         | <b>26.29</b>           | <b>25.43</b>             | <b>25.43</b>         | <b>25.71</b>             | <b>25.03</b>           | <b>25.03</b>           | 50 Free    |
|            | Kristen Pomerleau (98)  | Maxine Clark (20)        | Teagan McKenzie (17)   | Maxine Clark (22)    | Eliza Housman (19)     | Kamryn Cannings (21)     | Kamryn Cannings (22) | Elizabeth Ling (19)      | Rebecca Smith (23)     | Rebecca Smith (23)     |            |
| 100 Free   | <b>1:02.31</b>          | <b>1:00.24</b>           | <b>59.95</b>           | <b>56.44</b>         | <b>56.32</b>           | <b>54.53</b>             | <b>54.40</b>         | <b>55.51</b>             | <b>52.68</b>           | <b>52.68</b>           | 100 Free   |
|            | Maxine Clark (19)       | Maxine Clark (19)        | Teagan McKenzie (17)   | Maxine Clark (21)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Lindsay Delmar (10)      | Rebecca Smith (22)     | Rebecca Smith (22)     |            |
| 200 Free   | <b>2:22.56</b>          | <b>2:11.08</b>           | <b>2:10.94</b>         | <b>2:01.73</b>       | <b>1:59.59</b>         | <b>1:57.52</b>           | <b>1:57.14</b>       | <b>1:58.20</b>           | <b>1:52.15</b>         | <b>1:52.15</b>         | 200 Free   |
|            | Kristen Pomerleau (98)  | Maxine Clark (19)        | XinYao Peng (21)       | Maxine Clark (21)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Lindsay Delmar (10)      | Rebecca Smith (22)     | Rebecca Smith (22)     |            |
| 400 Free   | <b>5:03.77</b>          | <b>4:44.28</b>           | <b>4:37.00</b>         | <b>4:21.15</b>       | <b>4:16.50</b>         | <b>4:11.64</b>           | <b>4:14.55</b>       | <b>4:11.87</b>           | <b>4:05.91</b>         | <b>4:05.91</b>         | 400 Free   |
|            | Maxine Clark (18)       | Maxine Clark (19)        | Teagan McKenzie (17)   | Maxine Clark (21)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Lindsay Delmar (09)  | Lindsay Delmar (10)      | Rebecca Smith (21)     | Rebecca Smith (21)     |            |
| 800 Free   | <b>11:14.95</b>         | <b>9:38.83</b>           | <b>9:37.89</b>         | <b>9:08.98</b>       | <b>8:49.00</b>         | <b>8:34.32</b>           | <b>8:43.99</b>       | <b>8:34.32</b>           | <b>8:27.48</b>         | <b>8:27.48</b>         | 800 Free   |
|            | Maxine Clark (18)       | Maxine Clark (19)        | XinYao Peng (21)       | Kamryn Cannings (19) | Maxine Clark (22)      | Erin Holland (88)        | Kamryn Cannings (22) | Erin Holland (89)        | Danica Ludlow (18)     | Danica Ludlow (18)     |            |
| 1500 Free  | <b>21:05.10</b>         | <b>19:34.83</b>          | <b>18:36.31</b>        | <b>17:29.82</b>      | <b>17:16.07</b>        | <b>17:01.43</b>          | <b>17:06.05</b>      | <b>16:31.56</b>          | <b>16:27.96</b>        | <b>16:27.96</b>        | 1500 Free  |
|            | Jennifer Misurelli (03) | Kate Rendall (12)        | Kate Rendall (13)      | Maxine Clark (21)    | Mandy Bell (02)        | Mandy Bell (03)          | Kealeigh McLeod (22) | Erin Holland (89)        | Erin Holland (89)      | Erin Holland (89)      |            |
| 50 Back    | <b>33.58</b>            | <b>32.34</b>             | <b>30.60</b>           | <b>29.93</b>         | <b>28.82</b>           | <b>28.19</b>             | <b>27.78</b>         | <b>28.35</b>             | <b>27.35</b>           | <b>27.35</b>           | 50 Back    |
|            | Maxine Clark (19)       | Alexis Yuan (23)         | Teagan McKenzie (17)   | Sienna Rodgers (21)  | Sienna Rodgers (22)    | Sienna Rodgers (23)      | Kamryn Cannings (22) | Elizabeth Ling (19)      | Hanna Kubas (09)       | Hanna Kubas (09)       |            |
| 100 Back   | <b>1:11.50</b>          | <b>1:08.22</b>           | <b>1:05.59</b>         | <b>1:03.66</b>       | <b>1:02.05</b>         | <b>1:00.02</b>           | <b>59.82</b>         | <b>59.60</b>             | <b>56.88</b>           | <b>56.88</b>           | 100 Back   |
|            | Kirsten Pomerleau (98)  | Alexis Yuan (23)         | Teagan McKenzie (17)   | Sienna Rodgers (21)  | Sienna Rodgers (22)    | Sienna Rodgers (23)      | Kamryn Cannings (22) | Ella Varga (21)          | Katy Murdoch (09)      | Katy Murdoch (09)      |            |
| 200 Back   | <b>2:33.00</b>          | <b>2:26.17</b>           | <b>2:20.69</b>         | <b>2:17.19</b>       | <b>2:16.14</b>         | <b>2:12.83</b>           | <b>2:14.19</b>       | <b>2:06.79</b>           | <b>2:03.31</b>         | <b>2:03.31</b>         | 200 Back   |
|            | Kirsten Pomerleau (98)  | Courtney Zatylny (07)    | Teagan McKenzie (17)   | Teagan McKenzie (18) | Kamryn Leslie (18)     | Teagan McKenzie (19)     | Kamryn Leslie (21)   | Ella Varga (21)          | Katy Murdoch (09)      | Katy Murdoch (09)      |            |
| 50 Breast  | <b>38.33</b>            | <b>36.99</b>             | <b>34.98</b>           | <b>33.83</b>         | <b>33.19</b>           | <b>32.99</b>             | <b>32.21</b>         | <b>31.49</b>             | <b>30.26</b>           | <b>30.26</b>           | 50 Breast  |
|            | Cate McCord (03)        | Jordan Lloyd (18)        | Meghan Sutherland (23) | Allison Long (04)    | Hayleigh Haines (23)   | Alicia L'Archeveque (15) | Katie Graboski (22)  | Allison Long (09)        | Rachel Nicol (17)      | Rachel Nicol (17)      |            |
| 100 Breast | <b>1:24.96</b>          | <b>1:20.06</b>           | <b>1:14.91</b>         | <b>1:12.39</b>       | <b>1:12.40</b>         | <b>1:11.03</b>           | <b>1:10.40</b>       | <b>1:08.00</b>           | <b>1:05.61</b>         | <b>1:05.61</b>         | 100 Breast |
|            | Cate McCord (03)        | Evangeline Blais (97)    | Michelle Hastings (84) | Hayleigh Haines (22) | Michelle Hastings (85) | Alicia L'Archeveque (19) | Tara Sloan (96)      | Tara Sloan (97)          | Fiona Doyle (16)       | Fiona Doyle (16)       |            |
| 200 Breast | <b>3:05.97</b>          | <b>2:55.51</b>           | <b>2:41.30</b>         | <b>2:40.68</b>       | <b>2:38.32</b>         | <b>2:34.97</b>           | <b>2:30.70</b>       | <b>2:27.10</b>           | <b>2:23.40</b>         | <b>2:23.40</b>         | 200 Breast |
|            | Cate McCord (03)        | Alicia L'Archeveque (16) | Michelle Hastings (84) | Allison Long (04)    | Allison long (05)      | Kelsey Crocker (12)      | Tara Sloan (96)      | Tara Sloan (97)          | Tianna Rissling (17)   | Tianna Rissling (17)   |            |
| 50 Fly     | <b>31.12</b>            | <b>29.61</b>             | <b>29.43</b>           | <b>28.00</b>         | <b>28.10</b>           | <b>27.09</b>             | <b>26.64</b>         | <b>27.22</b>             | <b>25.79</b>           | <b>25.79</b>           | 50 Fly     |
|            | Maxine Clark (19)       | Maxine Clark (19)        | Kamryn Cannings (18)   | Maxine Clark (22)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Lindsay Delmar (10)      | Rebecca Smith (21)     | Rebecca Smith (21)     |            |
| 100 Fly    | <b>1:08.67</b>          | <b>1:06.13</b>           | <b>1:05.46</b>         | <b>1:01.23</b>       | <b>1:00.72</b>         | <b>58.97</b>             | <b>58.73</b>         | <b>59.42</b>             | <b>57.14</b>           | <b>57.14</b>           | 100 Fly    |
|            | Maxine Clark (19)       | Maxine Clark (19)        | Kamryn Cannings (18)   | Maxine Clark (21)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Lindsay Delmar (10)      | Rebecca Smith (21)     | Rebecca Smith (21)     |            |
| 200 Fly    | <b>2:46.75</b>          | <b>2:27.82</b>           | <b>2:27.67</b>         | <b>2:15.89</b>       | <b>2:13.59</b>         | <b>2:10.14</b>           | <b>2:10.07</b>       | <b>2:10.74</b>           | <b>2:10.74</b>         | <b>2:10.07</b>         | 200 Fly    |
|            | Maxine Clark (18)       | Maxine Clark (18)        | Michelle Hastings (84) | Kamryn Cannings (19) | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Lindsay Delmar (10)      | Lindsay Delmar (10)    | Kamryn Cannings (21)   |            |
| 100 IM     | <b>1:12.69</b>          | <b>1:11.34</b>           | <b>1:09.62</b>         | <b>1:04.44</b>       | <b>1:05.11</b>         | <b>1:05.00</b>           | <b>1:03.17</b>       | <b>1:03.24</b>           | <b>59.37</b>           | <b>59.37</b>           | 100 IM     |
|            | Maxine Clark (19)       | Alexis Yuan (23)         | Mya Harrington (23)    | Maxine Clark (22)    | Maxine Clark (22)      | Kimberly Song (18)       | Kamryn Cannings (22) | Alicia L'Archeveque (21) | Erica Morningstar (11) | Erica Morningstar (11) |            |
| 200 IM     | <b>2:41.34</b>          | <b>2:30.45</b>           | <b>2:26.78</b>         | <b>2:19.69</b>       | <b>2:14.70</b>         | <b>2:17.44</b>           | <b>2:15.67</b>       | <b>2:16.75</b>           | <b>2:06.97</b>         | <b>2:06.97</b>         | 200 IM     |
|            | Maxine Clark (18)       | Alexis Yuan (23)         | Alexandra Lys (98)     | Maxine Clark (21)    | Maxine Clark (22)      | Kamryn Cannings (21)     | Kamryn Cannings (22) | Hannah Bennett (19)      | Erica Morningstar (11) | Erica Morningstar (11) |            |
| 400 IM     | <b>6:10.10</b>          | <b>5:23.61</b>           | <b>5:16.19</b>         | <b>4:58.74</b>       | <b>5:00.30</b>         | <b>4:50.65</b>           | <b>4:48.21</b>       | <b>4:49.17</b>           | <b>4:34.90</b>         | <b>4:34.90</b>         | 400 IM     |
|            | Haley Strange (08)      | Maxine Clark (19)        | Kelly Kaye (87)        | Maxine Clark (21)    | Nikki MacLeod (10)     | Rachel Wigginton (22)    | Allison McCloy (15)  | Lindsay Delmar (10)      | Joanne Malar (99)      | Joanne Malar (99)      |            |
|            | 10&U                    | 11                       | 12                     | 13                   | 14                     | 15                       | 16                   | 17                       | 18&O                   | Open                   |            |



**2023-2024  
Records**



**Alberta  
record**



**Canadian  
Record**