



Langley Olympians Long Course Club Records Female



July 22 2009	8& under girls	10&under girls	11-12 girls	13-14 girls	15-17 girls	open girls
50 free	H.Metcalf 38.04 '07	T.Tetreault 31.20 '09 '09	R.Salli 29.70 '02	R.Salli 28.24 '03	K.Rawlings 27.74 '05	C.Landsiedel 27.33 '06
100 free	H.Metcalf 1:24.58 '07	D.Mark 1:09.32 '09	R.Salli 1:04.47 '02	M.Mark 59.79 '09	O.Montgomery 59.04 '08	C.Landsiedel 58.02 '07
200 free	H.Metcalf 3:02.14 '07	T.Tetreault 2:35.62 '09	R.Salli 2:20.53 '02	R.Salli 2:11.83 '04	O.Montgomery 2:05.26 '08	O.Montgomery 2:03.39 '09
400 free	H.Metcalf 6:27.38 '07	H.Metcalf 5:26.23 '09	K.Thomson 4:58.72 '08	R.Salli 4:39.17 '04	O.Montgomery 4:26.18 '08	O.Montgomery 4:23.93 '09
800 free		H.Metcalf 11:19.53 '09	H.Jones 10:16.09 '03	R.Salli 9:27.76 '04	O.Montgomery 9:14.58 '08	S.Garrett 9:06.37 '07
1500 free			K.Thomson 20:22.35 '08			S.Garrett 17:34.31 '07
50 back	H.Metcalf 51.01 '06	H.Metcalf 40.19 '08	R.Salli 35.80 '02	R.Salli 32.63 '04	K.Kotowski 30.59 '05	K.Kotowski 30.59 '05
100 back	H.Metcalf 1:40.51 '07	T.Tetreault 1:22.99 '09	K.Thomson 1:15.86 '08	R.Salli 1:08.51 '04	C.Salli 1:04.62 '09	C.Salli 1:04.62 '09
200 back	H.Metcalf 3:18.85 '07	H.Metcalf 2:51.53 '09	R.Salli 2:39.63 '02	C.Salli 2:24.17 '06	K.Kotowski 2:17.64 '05	K.Kotowski 2:17.64 '05
50 breast	H.Metcalf 55.76 '06	H.Metcalf 39.30 '08	C.Salli 36.40 '04	C.Salli 34.32 '06	C.Salli 32.24 '09	C.Salli 32.24 '09
100 breast	H.Metcalf 1:58.01 '06	H.Metcalf 1:27.19 '09	C.Salli 1:19.73 '04	C.Salli 1:11.49 '06	C.Salli 1:10.27 '09	C.Salli 1:10.27 '09
200 breast	H.Metcalf 4:12.14 '07	H.Metcalf 3:07.98 '09	K.Thomson 2:49.95 '08	C.Salli 2:31.57 '06	C.Salli 2:29.35 '07	C.Salli 2:29.35 '07
50 fly	H.Metcalf 51.94 '06	D.Mark 36.40 '09	R.Worthington 33.38 '09	R.Salli 29.56 '04	R.Salli 28.96 '05	K.Rawlings 28.84 '05
100 fly	H.Metcalf 2:04.05 '07	D.Mark 1:23.42 '09	H.Jones 1:12.33 '03	M.Mark 1:04.34 '09	R.Salli 1:03.20 '05	K.Rawlings 1:02.49 '07
200 fly		D.Mark 3:00.92 '09	H.Jones 2:40.01 '03	R.Salli 2:21.16 '04	M.Dodds 2:16.57 '06	K.Rawlings 2:13.56 '06
100 im						
200 im	H.Metcalf 3:38.10 '07	T.Tetreault 2:51.93 '09	K.Thomson 2:38.11 '08	C.Salli 2:25.22 '06	C.Salli 2:17.74 '09	M.Dodds 2:16.59 '08
400 im	H.Metcalf 7:47.90 '07	T.Tetreault 6:05.70 '09	C.Salli 5:33.20 '04	R.Salli 5:04.30 '04	M.Dodds 4:51.74 '05	M.Dodds 4:50.15 '08