

1979 - 2007	Duncan Swim Team Record Board: LONG COURSE METRES					
2007 - 2008	FEMALE					
2008 - 2012						
2012 - 2016						
2016 - 2020						
2020 - 2024						
2024 - 2028						
EVENT	10&Under	11/12	13/14	15-17	Senior/Open	
50m Freestyle	Haley John :32.66 1988	Bridget Burton :28.82 06july2018	Bridget Burton :27.40 28jul2019	Tamara Garriock :27.73 09july2010	Alison Sheppard :24.68 31mar2003	50m Freestyle
100m Freestyle	Leanne Wilkinson 1:11.96 1986	Bridget Burton 1:03.74 07july2018	Bridget Burton :59.96 25jul2019	Natalia Garriock :59.83 06july2013	Alison Sheppard :55.38 31mar2003	100m Freestyle
200m Freestyle	Leanne Wilkinson 2:32.51 1986	Leanne Wilkinson 2:14.84 1988	Leanne Wilkinson 2:11.06 1989	Tamara Garriock 2:09.89 10july2010	Tamara Garriock 2:09.89 10july2010	200m Freestyle
400m Freestyle	Stephanie Ridenour 5:33.84 23may2003	Leanne Wilkinson 4:41.79 1988	Leanne Wilkinson 4:34.80 1989	Tamara Garriock 4:29.59 11july2010	Tamara Garriock 4:29.59 11july2010	400m Freestyle
800m Freestyle	Stephanie Ridenour 11:15.71 18apr2003	Leanne Wilkinson 9:37.02 1988	Leanne Wilkinson 9:19.34 1989	Amanda Leslie 9:27.28 19july2001	Leanne Wilkinson 9:19.34 1989	800m Freestyle
1500m Freestyle	nil	Brielle Woodruff 19:51.77 03jun2016	Laura Kissack 19:00.11 12july2012	Laura Kissack 18:45.28 06jun2014	Laura Kissack 18:45.28 06jun2014	1500m Freestyle
50m Backstroke	Haley John :37.91 1987	Bridget Burton :33.24 08july2018	Chelsea Ruiter :31.69 17july2026	McKinley Thomas-Perry :30.29 05mar2020	McKinley Thomas-Perry :30.29 05mar2020	50m Backstroke
100m Backstroke	Leanne Wilkinson 1:25.68 1986	Bridget Burton 1:11.81 02jun2018	Bridget Burton 1:07.83 08mar2020	McKinley Thomas-Perry :1:05.94 25jul2019	Alison Sheppard 1:04.95 31may2002	100m Backstroke
200m Backstroke	Leanne Wilkinson 2:55.81 1986	Chelsea Ruiter 2:33.90 09mar2025	Kelsey Rush 2:25.75 19july2001	Amanda Leslie 2:21.81 19july2001	Amanda Leslie 2:21.81 19july2001	200m Backstroke
50m Breaststroke	Jessica King :45.02 1990	Veronica Reid :36.43 21july05	Veronica Reid :35.84 20july2006	Veronica Reid :33.72 21july2010	Veronica Reid :33.72 21july2010	50m Breaststroke
100m Breaststroke	Rachelle Ferguson 1:32.90 1993	Veronica Reid 1:22.33 07july05	McKinley Thomas - Perry 1:17.65 02jun2018	Veronica Reid 1:14.57 28may2010	Alison Sheppard 1:13.94 05nov2002	100m Breaststroke
200m Breaststroke	Malia Prystupa 3:36.86 26may2012	Veronica Reid 2:55.96 07july05	Nina Lempinen 2:50.08 24apr2026	Savanah VanNieuwkerk 2:45.50 07july2016	Tamara Garriock 2:45.43 04july2013	200m Breaststroke
50m Butterfly	Leanne Wilkinson :36.14 1986	Bridget Burton :31.41 01jun2018	Samantha Jory :30.63 19july2009	Natalia Garriock :28.62 28july2013	Alison Sheppard :27.05 10apr2001	50m Butterfly
100m Butterfly	Leanne Wilkinson 1:18.50 1986	Leanne Wilkinson 1:09.64 1988	Bridget Burton 1:06.38 07july2019	Natalia Garriock 1:04.87 07july2013	Natalia Garriock 1:02.80 27may2017	100m Butterfly
200m Butterfly	Meghan Griffiths 3:19.05 1996	Leanne Wilkinson 2:28.70 1988	Leanne Wilkinson 2:21.35 1989	Laura Kissack 2:32.81 04july2014	Leanne Wilkinson 2:21.35 1989	200m Butterfly
100m Individual Medley	N/A	N/A	N/A	N/A	N/A	100m Individual Medley
200m Individual Medley	Leanne Wilkinson 2:54.60 1986	Leanne Wilkinson 2:31.40 1988	Leanne Wilkinson 2:27.96 1989	Tamara Garriock 2:23.64 03july2009	Tamara Garriock 2:23.64 03july2009	200m Individual Medley
400m Individual Medley	Stephanie Ridenour 6:36.70 10july2003	Leanne Wilkinson 5:21.89 1988	Leanne Wilkinson 5:04.25 1989	Tamara Garriock 5:15.84 12jun2010	Leanne Wilkinson 5:04.25 1989	400m Individual Medley
4 x 50m Freestyle Relay	A Leslie, C Smirl K Harris, R Ferguson 2:31.02 1993	K Rush, M Rush E Watson, A Govenlock 2:06.74 1994	C Ridenour, K Hayward T Garriock, V Reid 1:56.91 10jun2007	S Jory, N Garriock T Garriock, V Reid 1:55.75 02july2009	E Watson, A Sheppard A Leslie, K Martin 1:51.70 16apr1999	4 x 50m Freestyle Relay
4 x 100m Freestyle Relay	nil	K Rush, M Rush L Amour, M Kowark 4:52.55 1999	T Garriock, C Ridenour K Hayward, V Reid 4:20.60 21apr2007	R Zinkan, S Paridaen Van Veen M Paridaen Van Veen, M Thomas-Perry 4:13.95 12apr2018	C Pimlott, K Martin E Watson, A Sheppard 4:03.24 1999	4 x 100m Freestyle Relay
4 x 200m Freestyle Relay	C Ruiter, N Lempinen T Dunaway, Nella S 12:36.66 02apr2023	S Ridenour, S Willow C Ridenour, T Garriock 10:38.85 15july2004	L Kissack, R Reed D Ridenour, R Lee 10:55.79 03july2011	R Zinkan, S Paridaen Van Veen M Paridaen Van Veen, M Thomas-Perry 9:25.86 12apr2018	V Reid, T Garriock A Leslie, C Ridenour 9:11.91 23may2008	4 x 200m Freestyle Relay
4 x 50m Medley Relay	A Leslie, C Smirl R Ferguson, A Bauman 2:38.53 1993	C Pimlott, R Ferguson A Govenlock, E Watson 2:22.48 1994	B Burton, M Thomas-Perry M Paridaen Van Veen, C Battie 2:11.41 07july2018	Mal Prystupa, M Thomas-Perry J Kremer, S Paridaen Van Veen 2:08.07 01jun2018	M Thomas-Perry, A Charles B Burton, S Paridaen Van Veen 2:04.71 05jul2019	4 x 50m Medley Relay
4 x 100m Medley Relay	N Lempinen, C Ruiter T Dunaway, Nella S 6:34.88 02apr2023	N Lempinen, T Dunaway C Ruiter, N Stiwich 5:47.81 24apr2024	K Hayward, V Reid T Garriock, C Ridenour 4:54.43 22apr2007	Mal Prystupa, S VanNieuwkerk R Zinkan, B Woodruff 4:44.17 10july2016	M Thomas-Perry, A Charles M Paridaen van Veen, S Paridaen van Veen 4:43.20 22may2019	4 x 100m Medley Relay
EVENT	10&Under	11/12	13/14	15-17	Senior/Open	EVENT

