



Duncan Swim Team Records: Female SCM

2007/08 & 2008/09	2015/16
2009/10 & 2010/11	2016/17
2011/12 & 2012/13	2017/18
2013/14 & 2014/15	2018 / 19 TBD

EVENT	8&Under	10&Under	11/12	13/14	15-17	Senior/Open	EVENT
50m Freestyle	Malia Prystupa :37.92 02mar11	Desirae Ridenour :32.57 03dec10	Veronica Reid :28.59 02dec05	C Ridenour / S Jory :27.68 04mar07 / 17jan10	Natalia Garriock :26.78 02dec12	Alison Sheppard :24.26 03apr02	50m Freestyle
100m Freestyle	Malia Prystupa 1:24.93 26feb11	Malia Prystupa 1:12.50 19jan13	Samantha Jory 1:02.46 29feb08	Samantha Jory :59.08 17jan10	Natalia Garriock :58.31 03mar12	Alison Sheppard :53.91 03apr02	100m Freestyle
200m Freestyle	Malia Prystupa 3:11.11 25feb11	Leanne Wilkinson 2:33.80 1986	Leanne Wilkinson 2:15.58 1988	Tamara Garriock 2:08.58 04mar07	Tamara Garriock 2:06.96 11dec09	Alison Sheppard 2:01.72 04aug01	200m Freestyle
400m Freestyle	Malia Prystupa 6:40.73 25feb11	Leanne Wilkinson 5:17.90 1986	Leanne Wilkinson 4:38.36 1988	Kelsey Rush 4:28.52 01mar01	Tamara Garriock 4:20.14 07mar10	Tamara Garriock 4:20.14 07mar10	400m Freestyle
800m Freestyle	Ryca Stiwich 14:18.56 06jun16	Leanne Wilkinson 11:04.10 1986	Leanne Wilkinson 9:35.66 1988	Leanne Wilkinson 9:13.90 1989	Amanda Leslie 9:17.55 03jan01	Leanne Wilkinson 9:13.90 1989	800m Freestyle
1500m Freestyle		Leanne Wilkinson 21:11.01 1986	Leanne Wilkinson 18:18.33 1988	Leanne Wilkinson 17:36.56 1989	Tamara Garriock 17:29.46 06jan10	Tamara Garriock 17:29.46 06jan10	1500m Freestyle
50m Backstroke	Elle Nakonechny :44.95 23feb2018	Haley John :37.91 1987	Bridget Burton :32.59 28jan2018	Samantha Jory :31.47 16jan10	Natalia Garriock :30.97 08mar12	Alison Sheppard :29.30 23nov01	50m Backstroke
100m Backstroke	Malia Prystupa 1:34.15 05mar11	Malia Prystupa 1:21.53 30nov12	Bridget Burton 1:07.94 11mar2018	Kelsey Rush 1:05.79 22feb01	Amanda Leslie 1:05.91 30nov01	Alison Sheppard 1:01.60 30nov01	100m Backstroke
200m Backstroke		Malia Prystupa 2:48.35 03mar13	Katelyn Hayward 2:31.87 02dec07	Kelsey Rush 2:18.51 22feb01	Amanda Leslie 2:18.60 02feb00	Alison Sheppard 2:16.42 03feb01	200m Backstroke
50m Breaststroke	Robyn Zinkan :51.20 01jun09	Rachelle Ferguson :41.29 1993	Veronica Reid :36.32 02dec05	Veronica Reid :34.83 14feb07	Veronica Reid :33.08 20feb10	Alison Sheppard :31.43 2002	50m Breaststroke
100m Breaststroke	Robyn Zinkan 1:52.70 29may09	Chantal Lauzon 1:30.30 1984	Veronica Reid 1:20.07 11nov05	McKinley Thomas - Perry 1:15.91 21jul2018	Tamara Garriock 1:12.56 06mar10	Alison Sheppard 1:10.55 08nov02	100m Breaststroke
200m Breaststroke		Malia Prystupa 3:21.24 08mar13	Veronica Reid 2:52.26 02dec05	Tamara Garriock 2:43.82 03mar07	Savanah VanNieuwerck 2:35.62 12july16	Savanah VanNieuwerck 2:35.62 12july16	200m Breaststroke
50m Butterfly	Leanne Wilkinson :43.10 1983	Mary Paridaen Van Veen :35.50 05mar16	Haley John :30.53 1990	Natalia Garriock :30.09 05dec10	Natalia Garriock :28.54 17feb12	Alison Sheppard :27.98 23nov01	50m Butterfly
100m Butterfly	Leanne Wilkinson 1:45.40 1983	Mary Paridaen Van Veen 1:18.51 06mar16	Mary Paridaen Van Veen 1:08.79 11mar2018	Kelsey Rush 1:06.57 02mar00	Natalia Garriock 1:03.53 18feb13	Alison Sheppard 1:02.50 30nov01	100m Butterfly
200m Butterfly		Leanne Wilkinson 3:00.40 1986	Leanne Wilkinson 2:26.21 1988	Leanne Wilkinson 2:21.51 1989	Tamara Garriock 2:27.73 06mar10	Leanne Wilkinson 2:21.51 1989	200m Butterfly
100m Individual Medley	Leanne Wilkinson 1:40.00 1983	Leanne Wilkinson 1:21.60 1986	Alanna Govenlock 1:14.54 1994	Veronica Reid 1:09.72 01apr07	Natalia Garriock 1:07.88 07mar12	Alison Sheppard 1:00.88 03apr02	100m Individual Medley
200m Individual Medley	Leanne Wilkinson 3:41.80 1983	Leanne Wilkinson 2:53.30 1986	Leanne Wilkinson 2:31.98 1988	Kelsey Rush 2:23.66 01mar01	Tamara Garriock 2:17.97 05mar10	Tamara Garriock 2:17.97 05mar10	200m Individual Medley
400m Individual Medley		Leanne Wilkinson 6:09.10 1986	Leanne Wilkinson 5:15.20 1988	Leanne Wilkinson 5:01.60 1989	Tamara Garriock 5:05.96 01dec07	Leanne Wilkinson 5:01.60 1989	400m Individual Medley
4 x 50m Freestyle Relay		S Munzar, A Macintosh D Schmidt, N Garriock 2:23.09 21jan07	C Higgins, K Rush B Gibbons, L Muller 2:00.00 04mar99	C Ridenour, K Hayward T Garriock, V Reid 1:54.01 02mar07	K Rush, A Leslie S Cleary, B Gibbons 1:52.66 03jan01	A Sheppard, A Kowark C Pimlott, E Watson 1:51.08 nov98	4 x 50m Freestyle Relay
4 x 100m Freestyle Relay		A Macintosh, D Schmidt S Munzar, N Garriock 5:31.97 15dec06	C Johnson, D Ridenour R Zinkan, L Gower 4:45.93 14nov11	T Garriock, C Ridenour K Hayward, V Reid 4:09.45 01mar07	R Zinkan, Mo Prystupa S VanNieuwerck, D Ridenour 4:14.10 07mar15	A Leslie, C Ridenour T Garriock, V Reid 4:01.20 14feb08	4 x 100m Freestyle Relay
4 x 200m Freestyle Relay		A Macintosh, S Munzar D Schmidt, N Garriock 12:07.61 15dec06	C Johnson, D Ridenour L Gower, R Zinkan 10:52.57 14nov11	V Reid, C Ridenour T Garriock, S Ridenour 9:22.77 02feb06	T Garriock, S Jory V Reid, K Hayward 8:59.65 28feb08	V Reid, T Garriock A Leslie, C Ridenour 8:45.56 16feb08	4 x 200m Freestyle Relay
4 x 50m Medley Relay		J King, E Watson A Govenlock, M Mazeppa 2:38.28 1992	L Muller, A Bell K Rush, C Higgins 2:16.27 04mar99	K Hayward, V Reid T Garriock, C Ridenour 2:08.43 03mar07	K Hayward, V Reid S Jory, T Garriock 2:05.02 27feb09	E Watson, A Sheppard C Pimlott, A Kowark 2:04.75 nov98	4 x 50m Medley Relay
4 x 100m Medley Relay		D Schmidt, D Hobday N Garriock, A Macintosh 6:07.67 01apr07	L Muller, A Bell K Rush, B Gibbons 5:01.60 04mar99	K Hayward, T Garriock V Reid, C Ridenour 4:45.77 01apr07	A Leslie, A Bauman C Pimlott, A Kowark 4:42.60 1998	A Leslie, V Reid T Garriock, C Ridenour 4:32.12 17feb08	4 x 100m Medley Relay
EVENT	8&Under	10&Under	11/12	13/14	15-17	Senior/Open	EVENT