



Vancouver Pacific Swim Club



GIRLS SHORT COURSE CLUB RECORDS

	10 & Under Girls			11/12 Girls			13/14 Girls			15-17 Girls		
	NAME	TIME	DATE	NAME	TIME	DATE	NAME	TIME	DATE	NAME	TIME	DATE
50 Free	Clarissa TAN	32.65	Jun-08	Caitlin Quon	28.80	Mar-07	Jessica Deglau	27.45	Mar-95	Maya Beaudry	26.58	Feb-06
100 Free	Heather LAM	1:10.03	Feb-09	Caitlin Quon	1:00.96	Mar-07	Maya Beaudry	57.59	Feb-03	Maya Beaudry	56.13	Dec-04
200 Free	Heather LAM	2:33.55	Jan-09	Caitlin Quon	2:10.10	Mar-07	Maya Beaudry	2:02.26	Feb-03	Maya Beaudry	1:58.58	Dec-04
400 Free	Heather LAM	5:24.30	Feb-09	Caitlin Quon	4:30.77	Mar-07	Maya Beaudry	4:18.87	Feb-03	Maya Beaudry	4:11.64	Dec-04
800 Free	Lindsey Moore	12:06.76	Dec-03	Caitlin Quon	9:17.51	Mar-07	Maya Beaudry	8:53.66	Feb-03	Maya Beaudry	8:40.68	Feb-04
1500 Free	Katie Moore	24:05.99	Dec-04	Jenna Beaudry	18:52.70	Feb-06	Tiana Gale	18:06.25	Feb-05	Janeen Lee	17:59.21	Feb-06
50 Back	Heather LAM	36.95	Dec-08	Caitlin Quon	32.69	Mar-07	Caitlin QUON	30.65	Feb-08	Eleanora Dalling	30.42	Feb-06
100 Back	Heather LAM	1:18.50	Feb-09	Caitlin Quon	1:08.97	Mar-07	Caitlin QUON	1:06.21	Dec-07	Eleanora Dalling	1:04.62	Mar-07
200 Back	Heather LAM	2:47.98	Jan-09	Jennifer Self	2:31.11	Mar-01	Tiana Gale	2:20.47	Feb-05	Tiana Gale	2:19.23	Dec-05
50 Breast	Clarissa TAN	44.10	Jun-08	Caitlin Quon	37.27	Mar-07	Vivian Tsang	36.67	Jan-07	Vivian TSANG	33.79	Feb-08
100 Breast	Clarissa TAN	1:29.66	Jun-08	Caitlin Quon	1:17.59	Mar-07	Vivian Tsang	1:18.21	Jan-07	Vivian TSANG	1:12.66	Feb-09
200 Breast	Clarissa TAN	3:07.43	Jun-08	Caitlin Quon	2:58.70	Jan-07	Caitlin QUON	2:47.67	Jan-08	Vivian TSANG	2:39.17	Feb-08
50 Fly	Angela LO	35.22	Feb-08	Mercedes FOGARASSY	32.49	Jan-08	Laura SZE	30.42	Feb-08	Robyn Thom	29.57	Dec-04
100 Fly	Clarissa TAN	1:20.73	Jun-08	Meghan Brown	1:09.24	Feb-97	Jessica Deglau	1:04.91	Mar-95	Jessica Deglau	1:02.42	Jul-97
200 Fly	Angela LO	3:11.83	Feb-08	Caitlin Quon	2:28.62	Mar-07	Jessica Deglau	2:15.21	Mar-95	Jessica Deglau	2:09.47	Jul-97
100 IM	Scarlett Smith	1:27.45	Dec-01	Caitlin Quon	1:11.40	Jan-07	Laura SZE	1:11.05	Oct-07	Eleanora Dalling	1:13.14	Oct-06
200 IM	Heather LAM	2:53.40	Dec-08	Caitlin Quon	2:28.21	Mar-07	Jessica Deglau	2:24.81	Mar-95	Laura SZE	2:24.60	Feb-09
400 IM	Heather LAM	6:25.33	May-08	Alicia CHUNG	5:31.83	Feb-09	Jessica Deglau	5:05.28	Mar-95	Jessica Deglau	5:03.31	May-97

GIRLS LONG COURSE CLUB RECORDS

	10 & Under Girls			11/12 Girls			13/14 Girls			15-17 Girls		
	NAME	TIME	DATE	NAME	TIME	DATE	NAME	TIME	DATE	NAME	TIME	DATE
50 Free	Alicia Chung	31.94	Jul-07	Caitlin Quon	29.94	Jul-07	Sarah Icke	27.63	Jul-06	Maya Beaudry	27.05	Mar-05
100 Free	Heather LAM	1:12.40	Mar-09	Caitlin Quon	1:02.27	Jul-07	Maya Beaudry	59.63	Jul-02	Maya Beaudry	57.08	Jul-05
200 Free	Alicia Chung	2:35.92	Apr-07	Caitlin Quon	2:12.66	Jun-07	Maya Beaudry	2:07.27	Jul-02	Jessica Deglau	2:01.62	Jul-97
400 Free	Heather LAM	5:30.81	Mar-09	Caitlin Quon	4:32.67	Jul-07	Laura Sze	4:32.11	Jul-07	Maya Beaudry	4:16.92	May-05
800 Free	Katie Moore	12:54.53	Mar-05	Caitlin Quon	9:21.53	Jul-07	Laura Sze	9:25.22	Jul-07	Maya Beaudry	8:57.41	Jan-05
1500 Free	???			Caitlin Quon	17:56.49	Jun-07	Jenna Beaudry	18:33.47	Jul-07	Maya Beaudry	17:52.73	Mar-03
50 Back	Alicia Chung	39.57	Apr-07	Caitlin Quon	33.86	Jul-07	Robyn Thom	32.92	Jul-03	Eleanora Dalling	31.45	Jun-07
100 Back	Heather LAM	1:22.19	Mar-09	Robyn Thom	1:11.81	Jul-02	Tiana Gale	1:09.39	Jun-05	Eleanora Dalling	1:07.47	Jun-07
200 Back	Christine Edwards	3:04.68	Apr-01	Caitlin Quon	2:26.85	Jul-07	Tiana Gale	2:25.82	Jun-05	Tiana Gale	2:25.20	Jul-05
50 Breast	Alicia Chung	44.32	Jul-07	Jordan Gardner	38.83	Jul-04	Jordan Gardner	38.92	May-05	Vivian TSANG	34.71	Jul-08
100 Breast	Clarissa TAN	1:31.53	Jul-08	Jordan Gardner	1:22.82	Jul-04	Caitlin QUON	1:22.79	Apr-08	Vivian TSANG	1:16.75	Jul-08
200 Breast	Shannen Bautista	3:30.82	Jun-05	Caitlin Quon	2:56.10	Apr-07	Hilary Todd	2:56.85	Jul-03	Vivian Tsang	2:45.17	Apr-07
50 Fly	Angela LO	35.47	Apr-08	Mercedes FOGARASSY	32.40	Apr-08	Sarah Icke	30.62	Jul-06	Jessica Deglau	29.29	Jul-97
100 Fly	Angela LO	1:21.37	Apr-08	Jessica Deglau	1:08.69	Jul-93	Jessica Deglau	1:05.36	Jul-94	Jessica Deglau	1:01.62	Jul-97
200 Fly	Angela LO	3:14.95	Apr-08	Jessica Deglau	2:29.06	Jul-93	Jessica Deglau	2:19.98	Jul-94	Jessica Deglau	2:11.29	Jul-97
200 IM	Heather LAM	2:58.68	Mar-09	Caitlin Quon	2:29.68	Jul-07	Jessica Deglau	2:30.61	Jul-94	Monica McKeown	2:31.04	Jul-08