



## SWIM NOVA SCOTIA ALL TIME TOP TEN WOMEN'S LONG COURSE

50m Freestyle					100m Freestyle					200m Freestyle				
1	2016	Sarah Polley	26.39	HTAC	1	2016	Sarah Polley	56.88	HTAC	1	1978	Nancy Garapick	2:03.70	HTAC
2	2011	Laura Beck	26.68	DMSC	2	2016	Isabel Sarty	57.48	HTAC	2	2015	Isabel Sarty	2:04.02	HTAC
3	2016	Jade Hannah	27.01	HTAC	3	2013	Molly Wedge	57.49	HTAC	3	2014	Molly Wedge	2:04.84	HTAC
4	1998	Molly Seto	27.03	HTAC	4	1979	Nancy Garapick	58.07	HTAC	4	2016	Sarah Polley	2:05.38	HTAC
5	2014	Molly Wedge	27.11	HTAC	5	2013	Rebecca Macpherson	58.45	WTSC	5	1977	Susan Mason	2:05.63	HTAC
6	2015	Lucy Macleod	27.13	HWAC	6	2015	Lucy Macleod	58.71	HWAC	6	2011	Olivia Feschuk	2:05.71	HTAC
7	2016	Isabel Sarty	27.29	HTAC	7	2016	Jade Hannah	58.83	HTAC	7	2004	Kayla Graham	2:06.57	EAST
8	2002	Gail Whittaker	27.54	EAST	8	2009	Meagan Bernier	59.21	HTAC	8	2016	Claire Yurkovich	2:07.22	DAL
8	2007	Lauren Dorrington	27.54	DAL	9	2016	Phoebe Lenderyou	59.37	DAL	9	2015	Meagan Bernier	2:07.27	DAL
10	2012	Rebecca Macpherson	27.61	WTSC	10	2004	Kayla Graham	59.38	EAST	10	2014	Alison Grant	2:07.63	HTAC
400m Freestyle					800m Freestyle					1500m Freestyle				
1	2015	Isabel Sarty	4:21.78	HTAC	1	1977	Susan Mason	8:56.00	HTAC	1	2003	Bevan Haley	17:11.04	DAL
2	1977	Susan Mason	4:22.23	HTAC	2	2001	Bevan Haley	9:00.41	WTSC	2	1977	Susan Mason	17:17.18	HTAC
3	2016	Kat Webster	4:22.69	DAL	3	2015	Meagan Bernier	9:01.17	DAL	3	2014	Meagan Bernier	17:19.93	HTAC
4	2015	Meagan Bernier	4:23.70	DAL	4	2016	Kat Webster	9:01.62	DAL	4	2015	Isabel Sarty	17:25.30	HTAC
5	2003	Bevan Haley	4:24.81	DAL	5	2015	Alison Grant	9:07.60	DAL	5	2010	Olivia Feschuk	17:29.96	HTAC
6	2011	Olivia Feschuk	4:25.99	HTAC	6	2015	Isabel Sarty	9:08.53	HTAC	6	2009	Kristen Vandenberg	17:32.02	HTAC
7	2016	Claire Yurkovich	4:26.33	DAL	7	2009	Kristen Vandenberg	9:11.38	HTAC	7	2014	Alison Grant	17:33.26	HTAC
8	2014	Alison Grant	4:27.25	HTAC	8	2017	Madison Archer	9:11.56	HTAC	8	2016	Madison Archer	17:53.45	HTAC
9	2009	Kristen Vandenberg	4:29.05	HTAC	9	2010	Olivia Feschuk	9:11.66	HTAC	9	2014	Paige Robillard	17:59.20	HTAC
10	1997	Shauna Conrad	4:29.26	EAST	10	2005	Ainsley McFadgen	9:14.10	WTSC	10	2012	Rebecca Macpherson	18:02.43	WTSC
50m Backstroke					100m Backstroke					200m Backstroke				
1	2016	Jade Hannah	29.05	HTAC	1	2016	Jade Hannah	1:02.16	HTAC	1	2016	Jade Hannah	2:14.58	HTAC
2	2016	Phoebe Lenderyou	29.17	DAL	2	2016	Phoebe Lenderyou	1:02.77	DAL	2	1976	Nancy Garapick	2:15.60	HTAC
3	2002	Brooke Buckland	29.91	EAST	3	1976	Nancy Garapick	1:03.28	HTAC	3	2016	Phoebe Lenderyou	2:16.94	DAL
4	2016	Sarah Polley	30.01	HTAC	4	2016	Sarah Polley	1:04.09	HTAC	4	2016	Sarah Polley	2:17.78	HTAC
5	2013	Laura Beck	30.28	TNS	5	2003	Brooke Buckland	1:04.71	EAST	5	2015	Rebecca Macpherson	2:20.84	WTSC
6	2015	Charli LeBlanc	30.74	YYW	6	2013	Laura Beck	1:04.86	TNS	6	2016	Netali Bar	2:21.65	HWAC
7	2012	Emmalina Corriveau	30.87	HTAC	7	2012	Emmalina Corriveau	1:05.65	HTAC	7	2010	Kylie Weber	2:21.68	HTAC
8	2010	Olivia Feschuk	31.35	HTAC	8	2016	Rebecca Macpherson	1:06.12	WTSC	8	2017	Hanna Mountford	2:21.71	HTAC
9	2011	Michelle Campbell	31.46	DAL	9	2011	Olivia Feschuk	1:06.74	HTAC	9	2012	Terri-Lynn Benison	2:21.96	HTAC
10	2009	Adrianna Broussard	31.59	PHAST	10	2015	Charli LeBlanc	1:06.77	YYW	10	2012	Emmalina Corriveau	2:22.34	HTAC
50m Breaststroke					100m Breaststroke					200m Breaststroke				
1	2016	Keishia Mills	33.35	HTAC	1	2004	Stephanie Hughes	1:11.63	EAST	1	2004	Stephanie Hughes	2:31.93	EAST
2	2015	Paige Crowell	33.57	DAL	2	2016	Keishia Mills	1:12.47	HTAC	2	1990	Carwai Seto	2:37.19	HTAC
3	2012	Jessica Ur	33.65	HTAC	3	1989	Carwai Seto	1:13.16	HTAC	3	2013	Keishia Mills	2:39.69	HTAC
4	2012	Audrey Prayal-Brown	33.71	HTAC	4	2011	Olivia Feschuk	1:13.96	HTAC	4	2011	Olivia Feschuk	2:39.71	HTAC
5	2015	Sarah MacDougall	33.92	DCSC	5	2015	Sarah MacDougall	1:14.48	DCSC	5	2000	Sandi McLean	2:40.08	DAL
6	2003	Stephanie Hughes	33.96	EAST	6	2011	Audrey Prayal-Brown	1:14.59	HTAC	6	2015	Paige Crowell	2:40.69	DAL
7	2011	Olivia Feschuk	34.00	HTAC	7	2000	Sandi McLean	1:14.74	DAL	7	1988	Becky Young	2:42.14	PCMSC
8	2013	Laura Beck	34.11	TNS	8	1988	Becky Young	1:15.76	PCMSC	8	2005	Morgan Kierstead	2:43.75	DCSC
9	2007	Lauren Dorrington	34.23	DAL	9	2012	Laura Beck	1:15.96	DCSC	9	2016	Kat Webster	2:44.48	HTAC
10	2007	Amalia Tweedie	35.09	HTAC	10	2012	Lauren Dorrington	1:16.50	DAL	10	2013	Hannah Doiron	2:45.46	DCSC
50m Butterfly					100m Butterfly					200m Butterfly				
1	2015	Phoebe Lenderyou	27.70	HTAC	1	2016	Jade Hannah	1:00.69	HTAC	1	1984	Marie Moore	2:12.96	DCSC
2	2016	Jade Hannah	27.76	HTAC	2	2004	Stephanie Hughes	1:01.66	EAST	2	2002	Stephanie Hughes	2:15.51	EAST
3	2009	Zoe Miles	28.17	WTSC	3	2002	Melissa Hubley	1:01.68	EAST	3	2011	Terri-Lynn Benison	2:15.52	DAL
4	2015	Sarah Polley	28.48	HTAC	4	2016	Phoebe Lenderyou	1:02.09	DAL	4	2016	Jade Hannah	2:17.82	HTAC
5	2016	Lise Cinq-Mars	28.73	DAL	5	1979	Nancy Garapick	1:02.14	HTAC	5	2015	Rachel Shin	2:19.65	DAL
6	2002	Stephanie Hughes	28.80	EAST	6	1984	Marie Moore	1:02.23	DCSC	6	2003	Melissa Hubley	2:19.73	EAST
6	2013	Kassandra Parsons	28.80	TNS	7	2009	Zoe Miles	1:02.43	WTSC	7	2010	Olivia Feschuk	2:19.92	HTAC
8	2014	Rebecca Macpherson	28.81	HTAC	8	2011	Terri-Lynn Benison	1:03.15	DAL	8	1998	Molly Seto	2:20.05	HTAC
9	2003	Melissa Hubley	28.83	EAST	9	2016	Lise Cinq-Mars	1:03.46	DAL	9	2009	Zoe Miles	2:20.78	WTSC
10	2005	Ashley Aitken	29.18	DAL	10	2010	Olivia Feschuk	1:03.59	HTAC	10	2015	Emly Halajian	2:21.12	ACAD
200m Individual Medley					400m Individual Medley									
1	1979	Nancy Garapick	2:19.14	HTAC	1	1979	Nancy Garapick	4:53.37	HTAC					
2	2011	Olivia Feschuk	2:19.52	HTAC	2	2011	Olivia Feschuk	4:55.06	HTAC					
3	2016	Sarah Polley	2:19.82	HTAC	3	2015	Rachel Shin	4:55.20	DAL					
4	2015	Rachel Shin	2:21.31	DAL	4	2016	Sarah Polley	5:01.54	HTAC					
5	2002	Stephanie Hughes	2:22.49	EAST	5	2016	Kat Webster	5:02.28	DAL					
6	2016	Jade Hannah	2:23.50	HTAC	6	2009	Bevan Haley	5:05.66	HTAC					
7	1998	Molly Seto	2:23.86	HTAC	7	1984	Marie Moore	5:06.60	DCSC					
8	1989	Carwai Seto	2:24.18	HTAC	8	2017	Madison Archer	5:06.99	HTAC					
9	2009	Bevan Haley	2:25.23	HTAC	9	2000	Sandi McLean	5:07.14	DAL					
10	2016	Phoebe Lenderyou	2:25.61	HTAC	10	2016	Jade Hannah	5:08.52	HTAC					