



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

50m Freestyle				100m Freestyle				200m Freestyle						
1	2020	Jade Hannah	26.18	HTAC	1	2016	Sarah Polley	56.88	HTAC	1	2020	Isabel Sarty	2:03.05	DAL
2	2016	Sarah Polley	26.39	HTAC	1	2019	Jade Hannah	56.88	HTAC	2	1978	Nancy Garapick	2:03.70	HTAC
3	2020	Isabel Sarty	26.47	DAL	3	2020	Isabel Sarty	57.21	DAL	3	2014	Molly Wedge	2:04.84	HTAC
4	2011	Laura Beck	26.68	DMSC	4	2013	Molly Wedge	57.49	HTAC	4	2018	Sarah Polley	2:05.13	HTAC
5	1998	Molly Seto	27.03	HTAC	5	1979	Nancy Garapick	58.07	HTAC	5	1977	Susan Mason	2:05.63	HTAC
6	2014	Molly Wedge	27.11	HTAC	6	2019	Lise Cinq-Mars	58.20	DAL	6	2011	Olivia Feschuk	2:05.71	HTAC
7	2015	Lucy Macleod	27.13	HWAC	7	2013	Rebecca Macpherson	58.45	WTSC	7	2004	Kayla Graham	2:06.57	EAST
8	2017	Bailey Dowell	27.38	GDSC	8	2015	Lucy Macleod	58.71	HWAC	8	2016	Claire Yurkovich	2:07.22	DAL
9	2019	Lise Cinq-Mars	27.44	DAL	9	2009	Meagan Bernier	59.21	HTAC	9	2015	Meagan Bernier	2:07.27	DAL
9	2019	Hanna Mountford	27.44	HTAC	10	2016	Phoebe Lenderyou	59.37	DAL	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	2017	Madison Archer	9:10.26	HTAC	7	2014	Alison Grant	17:33.26	HTAC
8	2018	Madison Archer	4:26.56	DAL	8	2009	Kristen Vandenberg	9:11.38	HTAC	8	2018	Madison Archer	17:39.20	HTAC
9	2020	Reagan Crowell	4:26.90	DAL	9	2010	Olivia Feschuk	9:11.66	HTAC	9	2019	Lucy Jardine	17:55.98	SWAT
10	2014	Alison Grant	4:27.25	HTAC	10	2005	Ainsley McFadgen	9:14.10	WTSC	10	2014	Paige Robillard	17:59.20	HTAC
50m Backstroke				100m Backstroke				200m Backstroke						
1	2020	Jade Hannah	28.99	HTAC	1	2020	Jade Hannah	1:00.41	HTAC	1	2020	Jade Hannah	2:11.81	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	2017	Phoebe Lenderyou	2:16.28	DAL
4	2016	Sarah Polley	30.01	HTAC	4	2016	Sarah Polley	1:04.09	HTAC	4	2018	Sarah Polley	2:17.06	HTAC
5	2013	Laura Beck	30.28	TNS	5	2003	Brooke Buckland	1:04.71	EAST	5	2019	Hanna Mountford	2:18.45	HTAC
6	2020	Lise Cinq-Mars	30.38	DAL	6	2020	Lise Cinq-Mars	1:04.84	DAL	6	2015	Rebecca Macpherson	2:20.84	WTSC
7	2020	Jessica Pelletier	30.52	ACAD	7	2013	Laura Beck	1:04.86	TNS	7	2016	Netali Bar	2:21.65	HWAC
8	2015	Charli LeBlanc	30.74	YVW	8	2018	Hanna Mountford	1:05.03	HTAC	8	2010	Kylie Weber	2:21.68	HTAC
9	2020	Isabelle Melanson	30.82	HTAC	9	2012	Emmalina Corriveau	1:05.65	HTAC	9	2012	Terri-Lynn Benison	2:21.96	HTAC
10	2012	Emmalina Corriveau	30.87	HTAC	10	2016	Rebecca Macpherson	1:06.12	WTSC	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	2020	Marion Synishin	33.50	HTAC	2	2016	Keishia Mills	1:12.47	HTAC	2	1990	Carwai Seto	2:37.19	HTAC
3	2015	Paige Crowell	33.57	DAL	3	1989	Carwai Seto	1:13.16	HTAC	3	2019	Madison Bond	2:39.64	TCSC
4	2012	Jessica Ur	33.65	HTAC	4	2011	Olivia Feschuk	1:13.96	HTAC	4	2013	Keishia Mills	2:39.69	HTAC
5	2012	Audrey Prayal-Brown	33.71	HTAC	5	2019	Madison Bond	1:14.45	TCSC	5	2011	Olivia Feschuk	2:39.71	HTAC
6	2015	Sarah MacDougall	33.92	DCSC	6	2015	Sarah MacDougall	1:14.48	DCSC	6	2000	Sandi McLean	2:40.08	DAL
7	2003	Stephanie Hughes	33.96	EAST	7	2011	Audrey Prayal-Brown	1:14.59	HTAC	7	2020	Marion Synishin	2:40.45	HTAC
8	2011	Olivia Feschuk	34.00	HTAC	8	2020	Marion Synishin	1:14.60	HTAC	8	2015	Paige Crowell	2:40.69	DAL
9	2013	Laura Beck	34.11	TNS	9	2000	Sandi McLean	1:14.74	DAL	9	1988	Becky Young	2:42.14	PCMSC
10	2007	Lauren Dorrington	34.23	DAL	10	1988	Becky Young	1:15.76	PCMSC	10	2005	Morgan Kierstead	2:43.75	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	2020	Lise Cinq-Mars	27.83	DAL	3	2002	Melissa Hubley	1:01.68	EAST	3	2011	Terri-Lynn Benison	2:15.52	DAL
4	2019	Sarah Polley	27.89	HTAC	4	2016	Phoebe Lenderyou	1:02.09	DAL	4	2016	Jade Hannah	2:17.82	HTAC
5	2009	Zoe Miles	28.17	WTSC	5	1979	Nancy Garapick	1:02.14	HTAC	5	2015	Rachel Shin	2:19.65	DAL
6	2017	Isabel Sarty	28.76	HTAC	6	1984	Marie Moore	1:02.23	DCSC	6	2003	Melissa Hubley	2:19.73	EAST
7	2002	Stephanie Hughes	28.80	EAST	7	2009	Zoe Miles	1:02.43	WTSC	7	2010	Olivia Feschuk	2:19.92	HTAC
8	2013	Kassandra Parsons	28.80	TNS	8	2019	Lise Cinq-Mars	1:02.45	DAL	8	1998	Molly Seto	2:20.05	HTAC
9	2014	Rebecca Macpherson	28.81	HTAC	9	2011	Terri-Lynn Benison	1:03.15	DAL	9	2019	Ava Vial	2:20.40	WTSC
10	2020	Veronica Hollick	28.81	DAL	10	2010	Olivia Feschuk	1:03.59	HTAC	10	2009	Zoe Miles	2:20.78	WTSC
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	2018	Madison Archer	2:24.07	HTAC	8	2019	Ava Vial	5:06.70	WTSC					
9	1989	Carwai Seto	2:24.18	HTAC	9	2017	Madison Archer	5:06.99	HTAC					
10	2009	Bevan Haley	2:25.23	HTAC	10	2000	Sandi McLean	5:07.14	DAL					