

Individual Top Times

East Coast Short Course Championship 2010 04-Mar-10 to 07-Mar-10 SC Meters

St. John's Legends Swim Club [SJL] Coach: Brad Hutton

Number of Top Times: All Show Short Course Only

Bittner, Danielle (15) W	58.83 S	P	100	Flv			
30.95 S	F	50	Free				
1:07.10 S	P	100	Free				
2:23.22 S	P	200	Free				
5:12.59 S	P	400	Free				
36.96 S	P	50	Back				
1:19.47 S	P	100	Back				
2:46.76 S	P	200	Back				
Brodie, Karen (18) W	Dornan, Emma (12) W						
30.68 S	P	50	Free	29.64 S	F	50	Free
36.12 S	P	50	Back	29.86 S	P	50	Free
36.68 S	F	50	Breast	1:05.06 S	F	100	Free
37.06 S	P	50	Breast	2:21.78 S	F	200	Free
1:21.08 S	F	100	Breast	2:26.83 S	P	200	Free
1:21.94 S	P	100	Breast	5:10.89 S	F	400	Free
3:05.09 S	P	200	Breast	5:11.46 S	P	400	Free
2:45.69 S	P	200	IM	32.95 S	F	50	Flv
Cowley, Iain (15) M	33.63 S	P	50	Flv			
29.11 S	P	50	Free	33.63 S	P	50	Flv
1:04.27 S	P	100	Free	3:02.68 S	P	200	Flv
5:06.70 S	P	400	Free	3:03.85 S	F	200	Flv
33.92 S	P	50	Back	2:46.46 S	F	200	IM
34.63 S	F	50	Back	2:48.28 S	P	200	IM
1:13.74 S	P	100	Back	Engelbrecht, Reniel (16) M			
2:37.87 S	P	200	Back	26.12 S	P	50	Free
Curran, Dawn (13) W	26.29 S	F	50	Free			
40.57 S	F	50	Breast	26.29 S	F	50	Free
41.17 S	P	50	Breast	56.61 S	F	100	Free
3:06.70 S	P	200	Breast	2:07.09 S	P	200	Free
3:11.90 S	F	200	Breast	2:07.78 S	F	200	Free
34.42 S	P	50	Flv	28.14 S	P	50	Flv
35.46 S	F	50	Flv	28.19 S	F	50	Flv
2:50.35 S	P	200	IM	1:02.02 S	F	100	Flv
Daly, Declan (12) M	1:02.19 S	P	100	Flv			
33.32 S	P	50	Free	2:19.52 S	F	200	Flv
2:38.69 S	P	200	Free	2:21.93 S	P	200	Flv
5:35.90 S	P	400	Free	2:25.49 S	F	200	IM
41.21 S	P	50	Breast	2:26.07 S	P	200	IM
42.67 S	F	50	Breast	Ferguson-O'Brien, Walter (12) M			
2:59.67 S	P	200	IM	31.89 S	F	50	Free
Daly, Owen (14) M	32.02 S	P	50	Free			
24.33 S	P	50	Free	2:37.14 S	P	200	Free
24.41 S	F	50	Free	5:31.56 S	P	400	Free
53.68 S	F	100	Free	21:47.74 S	F	1500	Free
1:56.27 S	F	200	Free	3:06.46 S	F	200	Breast
1:57.01 S	P	200	Free	3:08.70 S	P	200	Breast
4:12.59 S	F	400	Free	Froude, Leo (15) M			
4:12.86 S	P	400	Free	27.41 S	F	50	Free
26.22 S	F	50	Flv	4:25.58 S	F	400	Free
26.36 S	P	50	Flv	4:26.97 S	P	400	Free
58.79 S	F	100	Flv	17:49.23 S	F	1500	Free
				30.37 S	P	50	Back
				30.46 S	F	50	Back
				1:04.96 S	F	100	Back
				1:05.15 S	P	100	Back
				2:20.17 S	P	200	Back
				2:22.95 S	F	200	Back
				4:56.61 S	F	400	IM

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Froude, Leo (15) M	2:31.95 S	F	200	Free				
5:01.12 S	P	400	IM					
Gregory, Peter (16) M	5:14.53 S	P	400	Free				
2:13.93 S	P	200	Free					
4:41.83 S	P	400	Free					
30.99 S	F	50	Back					
31.11 S	P	50	Back					
31.13 S	F	50	Back					
1:06.07 S	P	100	Back					
1:06.18 S	F	100	Back					
2:22.51 S	F	200	Back					
2:23.30 S	P	200	Back					
2:34.22 S	P	200	IM					
Hickman, Caroline (12) W	MACKAY, Victoria (15) W							
32.81 S	P	50	Free	29.86 S	P	50	Free	
2:43.13 S	P	200	Free	1:05.13 S	P	100	Free	
40.49 S	F	50	Breast	2:17.14 S	P	200	Free	
40.89 S	P	50	Breast	2:17.21 S	F	200	Free	
3:16.84 S	P	200	Breast	19:22.14 S	F	1500	Free	
39.26 S	P	50	Flv	34.94 S	F	50	Back	
3:08.84 S	P	200	IM	1:16.07 S	P	100	Back	
Hiscock, Stefan (12) M	2:42.09 S	P	200	Back	Marmouche, Chris (12) M			
30.56 S	P	50	Free	31.53 S	F	50	Free	
31.08 S	F	50	Free	31.74 S	P	50	Free	
2:35.78 S	P	200	Free	2:34.24 S	P	200	Free	
37.61 S	P	50	Back	41.57 S	P	50	Back	
38.86 S	F	50	Back	38.65 S	F	50	Breast	
42.82 S	P	50	Breast	40.08 S	P	50	Breast	
37.92 S	P	50	Flv	3:19.30 S	P	200	Breast	
38.38 S	F	50	Flv	3:01.01 S	P	200	IM	
3:02.40 S	P	200	IM	Mather, Tim (12) M				
Innes, Emily (17) W	35.29 S	P	50	Free	2:41.68 S	P	200	Free
31.00 S	P	50	Free	40.41 S	P	50	Back	
1:21.44 S	P	100	Back	43.10 S	P	50	Breast	
32.18 S	P	50	Flv	3:25.31 S	P	200	Breast	
32.32 S	F	50	Flv	47.47 S	P	50	Flv	
1:11.08 S	F	100	Flv	Newhook, Sam (14) M				
1:11.23 S	P	100	Flv	28.47 S	P	50	Free	
2:44.89 S	P	200	IM	1:00.96 S	P	100	Free	
Janes-Green, Miya (17) W	1:01.51 S	F	100	Free	2:15.54 S	P	200	Free
31.01 S	P	50	Free	4:54.27 S	P	400	Free	
1:10.03 S	P	100	Free	19:52.79 S	F	1500	Free	
2:32.75 S	P	200	Free	1:23.74 S	P	100	Breast	
35.18 S	P	50	Back	Noseworthy, Jessica (16) W				
35.42 S	F	50	Back	31.78 S	P	50	Free	
36.10 S	F	50	Back	2:26.61 S	P	200	Free	
1:16.95 S	P	100	Back	40.10 S	P	50	Breast	
2:49.15 S	P	200	Back	1:27.28 S	P	100	Breast	
MACKAY, Meg (12) W	3:01.80 S	F	200	Breast	3:01.80 S	F	200	Breast
33.95 S	P	50	Free	3:04.65 S	P	200	Breast	
2:27.70 S	P	200	Free	2:48.54 S	P	200	IM	
				O'Leary, Liam (12) M				
				32.76 S	P	50	Free	
				2:39.47 S	P	200	Free	
				39.50 S	F	50	Breast	
				39.73 S	P	50	Breast	

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O'Leary, Liam (12) M	29.10 S	F	50	Free	
3:14.28 S	F	200	Breast		
3:15.25 S	P	200	Breast		
39.64 S	P	50	Flv		
39.65 S	F	50	Fly		
2:55.45 S	P	200	IM		
O'Leary, Rebecca (16) W	5:00.88 S	F	400	Free	
1:09.84 S	P	100	Free		
2:29.56 S	P	200	Free		
5:09.91 S	P	400	Free		
39.82 S	P	50	Back		
1:24.93 S	P	100	Back		
2:55.26 S	P	200	Back		
Rockwood, Nadine (17) W	2:39.84 S	P	200	Back	
28.63 S	F	50	Free		
1:01.27 S	P	100	Free		
1:01.84 S	F	100	Free		
2:12.40 S	P	200	Free		
2:13.09 S	F	200	Free		
4:37.71 S	P	400	Free		
4:40.67 S	F	400	Free		
18:30.53 S	F	1500	Free		
31.23 S	P	50	Flv		
31.32 S	F	50	Flv		
1:10.48 S	P	100	Flv		
1:10.76 S	F	100	Flv		
Shortall, Gabriel (12) M	Snow, Laura (12) W	32.30 S	P	50	Free
31.95 S	P	50	Free		
2:34.66 S	P	200	Free		
38.37 S	F	50	Back		
39.37 S	P	50	Back		
2:54.65 S	F	200	Back		
2:55.20 S	P	200	Back		
34.97 S	F	50	Flv		
35.98 S	P	50	Flv		
2:55.48 S	P	200	IM		
Silotch, Catherine (11) W	2:38.35 S	P	200	Free	
29.41 S	F	50	Free		
29.64 S	P	50	Free		
29.79 S	F	50	Free		
2:22.61 S	P	200	Free		
2:23.03 S	F	200	Free		
5:11.66 S	P	400	Free		
5:11.78 S	F	400	Free		
32.53 S	F	50	Back		
33.09 S	P	50	Back		
33.76 S	F	50	Back		
2:36.73 S	F	200	Back		
2:39.70 S	P	200	Back		
2:52.53 S	P	200	IM		
Slade, Logan (12) M	38.97 S	P	50	Back	
	41.29 S	F	50	Breast	
	41.49 S	P	50	Breast	
	3:16.06 S	P	200	Breast	
	2:57.19 S	P	200	IM	
	Taylor, Laura (16) W	31.98 S	P	50	Free
	35.54 S	P	50	Back	
	1:18.69 S	P	100	Back	
	34.40 S	P	50	Flv	
	1:17.55 S	S	100	Flv	
	1:19.89 S	P	100	Fly	
	2:53.88 S	P	200	IM	
	Tremblett, Sarah (16) W	29.49 S	P	50	Free
	1:03.65 S	P	100	Free	
	1:03.86 S	F	100	Free	
	2:17.34 S	P	200	Free	
	2:20.12 S	F	200	Free	
	19:36.59 S	F	1500	Free	
	33.34 S	P	50	Flv	
	2:46.76 S	P	200	IM	
	Tremblett, Victoria (16) W	29.13 S	P	50	Free
	29.52 S	F	50	Free	
	1:04.97 S	P	100	Free	
	2:22.09 S	P	200	Free	
	5:01.63 S	P	400	Free	
	37.08 S	P	50	Back	
	40.70 S	P	50	Breast	
	Tucker, Samantha (15) W	31.48 S	P	50	Free
	1:07.66 S	F	100	Free	
	2:27.55 S	P	200	Free	

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5:13.37 S	P	400	Free
34.63 S	P	50	Flv
1:16.93 S	S	100	Flv
1:17.69 S	F	100	Fly
1:19.89 S	P	100	Fly
2:48.86 S	P	200	IM

Twells, Jack (12) M

32.78 S	P	50	Free
1:11.30 S	F	100	Free
2:34.99 S	P	200	Free
5:27.62 S	P	400	Free
39.21 S	F	50	Back
40.00 S	F	50	Breast
41.12 S	P	50	Breast
3:17.09 S	P	200	Breast
3:19.87 S	F	200	Breast
2:51.68 S	P	200	IM
2:53.55 S	F	200	IM

Whelan, Maggie (12) W

2:27.16 S	P	200	Free
2:30.12 S	F	200	Free
5:12.65 S	P	400	Free
5:17.27 S	F	400	Free
11:13.41 S	F	800	Free
2:44.62 S	P	200	Back
2:45.15 S	F	200	Back
2:49.81 S	P	200	IM
5:59.39 S	P	400	IM

Wilson, Nathan (16) M

1:05.42 S	P	100	Free
4:50.26 S	P	400	Free
38.62 S	P	50	Breast
1:22.09 S	P	100	Breast
5:29.82 S	F	400	IM
5:32.09 S	P	400	IM