



CA Tritons - Club Records - 12yrs Female

Longcourse

Event	Swimmer/s	Time	Date	Meet	Venue
50m Freestyle	Isobella Plush	29.78	22-Mar-09	2009 All Juniors Finals	MSAC
100m Freestyle	Lauren Brittain	1.05.26			
200m Freestyle	Lauren Brittain	2.19.62			
400m Freestyle	Isobella Plush	4.55.27	21-Dec-08	2009 VIC Championships	MSAC
800m Freestyle	vacant				
1500m Freestyle	n/a				
5km Freestyle	n/a				
10km Freestyle	n/a				
50m Backstroke	Grace Loh	31.82			
100m Backstroke	Grace Loh	1.09.31			
200m Backstroke	Sian Whittaker	2.27.98	07-Apr-10	2010 Aust Age Champs	SOPAC
50m Breaststroke	Amanda Heathcote	37.77			
100m Breaststroke	Amanda Heathcote	1.21.43			
200m Breaststroke	Melissa Heathcote	2.58.86			
50m Butterfly	Isobella Plush	31.60	15-Feb-09	2009 SVI State Sprint Champs	MSAC
100m Butterfly	Isobella Plush	1.07.98	14-Apr-09	2009 Aust. Age Champs	SOPAC
200m Butterfly	Isobella Plush	2.32.67	08-Mar-09	2009 asctaVIC LC Meet	MSAC
100m Individual Medley	n/a				
200m Individual Medley	Isobella Plush	2.36.35	15-Mar-09	2009 The Last Blast	MSAC
400m Individual Medley	vacant				
4x50m Freestyle Relay	I. Plush, K.Lee, N.Smith, K.Stewart	2.07.94	21-Dec-08	2009 VIC Championships	MSAC
4x50m Medley Relay	N.Smith, Y. Fahour I. Plush, K. Stewart	2.23.98	20-Dec-08	2009 VIC Championships	MSAC
4x100m Freestyle Relay					

Shortcourse

Event	Swimmer/s	Time	Date	Meet	Venue
50m Freestyle	Sian Whittaker	29.48	12-Jun-10	2010 Metro West	MSAC
100m Freestyle	Isobella Plush	1.03.18	05-Sep-09	2009 SVI SC State Championships	MSAC
200m Freestyle	Isobella Plush	2.14.03	06-Sep-09	2009 SVI SC State Championships	MSAC
400m Freestyle	Isobella Plush	4.37.61	06-Sep-09	2009 SVI SC State Championships	MSAC
800m Freestyle	vacant				
1500m Freestyle	n/a				
5km Freestyle	n/a				
10km Freestyle	n/a				
50m Backstroke	Grace Loh	32.09			
100m Backstroke	Sian Whittaker	1.06.80	20-Jun-10	2010 Vic Open Champs	MSAC
200m Backstroke	Sian Whittaker	2.22.82	19-Jun-10	2010 Vic Open Champs	MSAC
50m Breaststroke	Devyn Goddard	37.66			
100m Breaststroke	Morgan Khan	1.22.97			
200m Breaststroke	Morgan Khan	2.55.76	16-Aug-08	Nunawading SC Meet	MSAC
50m Butterfly	Isobella Plush	31.57	06-Sep-09	2009 SVI SC State Championships	MSAC
100m Butterfly	Isobella Plush	1.07.09	06-Sep-09	2009 SVI SC State Championships	MSAC
200m Butterfly	Isobella Plush	2.26.46	22-Aug-09	2009 Eltham SC Meet	MSAC
100m Individual Medley	Isobella Plush	1.10.69	05-Sep-09	2009 SVI SC State Championships	MSAC
200m Individual Medley	Olivia Derndorfer	2.29.71	19-Jun-10	2010 SVI SC State Championships	MSAC
400m Individual Medley	Sian Whittaker	5.15.60	13-Jun-10	2010 Surrey Park	MSAC
4x50m Freestyle Relay					
4x50m Medley Relay					
4x100m Freestyle Relay					