



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	Lauren Brittain	2.34.76			
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	8-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	Isobella Plush	29.75	6-Sep-09	2009 SVI SC State Championships	MSAC
100m Freestyle	Isobella Plush	1.03.18	5-Sep-09	2009 SVI SC State Championships	MSAC
200m Freestyle	Isobella Plush	2.14.03	6-Sep-09	2009 SVI SC State Championships	MSAC
400m Freestyle	Isobella Plush	4.37.61	6-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	Grace Loh	1.06.85			
200m Backstroke	Sian Whittaker	2.26.75	6-Sep-09	2009 SVI SC State Championships	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	6-Sep-09	2009 SVI SC State Championships	MSAC
100m Butterfly	Isobella Plush	1.07.09	6-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	5-Sep-09	2009 SVI SC State Championships	MSAC
200m Individual Medley	Isobella Plush	2.30.72	5-Sep-09	2009 SVI SC State Championships	MSAC
400m Individual Medley	vacant				
4x50m Freestyle Relay					
4x50m Medley Relay					
4x100m Freestyle Relay					