

## Individual Top Times

**Langley Olympians Swim Club [LOSC] Coach: Buan Metcalfe**  
**Show Long Course Only**

Time	P/F/S	Event		
<b>Cheryl Barnes (16) W</b>				
36.16 L	F	50 Free	29/03/2008	LOSC 6th Annual Long Course Invitational
1:20.31 L	F	100 Free	29/03/2008	LOSC 6th Annual Long Course Invitational
3:10.26 L	F	200 Free	29/03/2008	LOSC 6th Annual Long Course Invitational
6:25.71 L	F	400 Free	29/03/2008	LOSC 6th Annual Long Course Invitational
1:46.57 L	F	100 Back	29/03/2008	LOSC 6th Annual Long Course Invitational
3:42.38 L	F	200 Back	29/03/2008	LOSC 6th Annual Long Course Invitational
1:55.27 L	F	100 Breast	31/03/2007	5th Annual Long Course Invitational
4:07.10 L	F	200 Breast	31/03/2007	5th Annual Long Course Invitational
3:22.59 L	F	200 IM	29/03/2008	LOSC 6th Annual Long Course Invitational
7:22.16 L	F	400 IM	29/03/2008	LOSC 6th Annual Long Course Invitational
<b>Kristianna Barton (10) W</b>				
1:17.09 L	F	50 Free	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
2:43.08 L	F	100 Free	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
1:27.98 L	F	50 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
3:18.19 L	F	100 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
1:25.40 L	F	50 Breast	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
1:44.94 L	F	50 Fly	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007
<b>Kyla Barton (12) W</b>				
34.42 L	P	50 Free	19/06/2009	TOP entries Jun 2009
x1:22.81 L	P	100 Free	06/06/2008	Kamloops June Classic 2008
2:45.46 L	P	200 Free	19/06/2009	TOP entries Jun 2009
5:55.55 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational
12:51.73 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational
43.43 L	F	50 Back	06/06/2008	Kamloops June Classic 2008
1:25.11 L	F	100 Back	19/06/2009	TOP entries Jun 2009
3:00.18 L	F	200 Back	19/06/2009	TOP entries Jun 2009
45.04 L	P	50 Breast	17/04/2009	Mies Schootman Invitational 2009
1:35.06 L	P	100 Breast	17/04/2009	Mies Schootman Invitational 2009
3:09.97 L	F	200 Breast	19/06/2009	TOP entries Jun 2009
48.68 L	P	50 Fly	06/06/2008	Kamloops June Classic 2008
1:48.02 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational
3:58.64 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational
3:00.45 L	F	200 IM	19/06/2009	TOP entries Jun 2009
6:47.85 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational
<b>Amelia Blair (10) W</b>				
36.21 L	P	50 Free	19/06/2009	TOP entries Jun 2009
1:17.54 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships
1:17.54 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships
2:45.93 L	F	200 Free	19/06/2009	TOP entries Jun 2009
5:53.94 L	F	400 Free	02/07/2009	2009 TAS BC LC Championships
12:58.86 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational
41.25 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:27.71 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships
1:27.71 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships
3:07.34 L	F	200 Back	19/06/2009	TOP entries Jun 2009
48.43 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships
48.43 L	P	50 Breast	02/07/2009	2009 TAS BC LC Championships
1:40.84 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
3:44.18 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009
41.77 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:37.55 L	F	100 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
4:02.17 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational
3:08.68 L	F	200 IM	19/06/2009	TOP entries Jun 2009
7:06.50 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational
<b>Shelby Blankstein (14) W</b>				
31.28 L	F	50 Free	06/06/2008	Kamloops June Classic 2008
1:06.12 L	F	100 Free	06/06/2008	Kamloops June Classic 2008

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Time	P/F/S	Event			
<b>Shelby Blankstein (14) W</b>					
2:21.49 L	F	200 Free	06/06/2008	Kamloops June Classic 2008	
4:54.27 L	F	400 Free	16/05/2008	Hyack Festival Youth Cup	
10:06.68 L	F	800 Free	02/07/2009	2009 TAS BC LC Championships	
37.22 L L	F	50 Back	03/07/2008	2008 TAS BC AAA LC Champs	
1:24.17 L	F	100 Back	05/05/2007	West Coast Open 2007	
2:50.72 L	P	200 Back	15/05/2009	Hyack Festival May 2009	
1:40.76 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:34.13 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
32.47 L	P	50 Fly	22/05/2009	2009 Mel Zajac Jr International	
1:09.49 L	F	100 Fly	02/07/2009	2009 TAS BC LC Championships	
2:31.26 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:48.07 L	P	200 IM	16/05/2008	Hyack Festival Youth Cup	
5:47.38 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Siobhan Board (11) W</b>					
36.16 L	P	50 Free	03/07/2008	2008 TAS BC AAA LC Champs	
36.16 L	F	50 Free	03/07/2008	2008 TAS BC AAA LC Champs	
1:14.83 L	P	100 Free	17/04/2009	Mies Schootman Invitational 2009	
2:40.64 L	P	200 Free	15/05/2009	Hyack Festival May 2009	
5:39.67 L	F	400 Free	17/04/2009	Mies Schootman Invitational 2009	
12:16.15 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
37.44 L L	F	50 Back	02/07/2009	2009 TAS BC LC Championships	
1:20.29 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships	
2:51.22 L	F	200 Back	02/07/2009	2009 TAS BC LC Championships	
45.57 L	P	50 Breast	17/04/2009	Mies Schootman Invitational 2009	
1:41.91 L	F	100 Breast	03/07/2008	2008 TAS BC AAA LC Champs	
1:41.91 L	P	100 Breast	03/07/2008	2008 TAS BC AAA LC Champs	
3:23.63 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
37.76 L	F	50 Fly	03/07/2008	2008 TAS BC AAA LC Champs	
1:20.27 L	F	100 Fly	02/07/2009	2009 TAS BC LC Championships	
3:01.00 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:55.99 L	P	200 IM	02/07/2009	2009 TAS BC LC Championships	
6:10.43 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Chelsea Borrowdale (10) W</b>					
38.56 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
13:30.19 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:47.73 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:46.56 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:52.12 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:28.58 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
7:21.60 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Meghan Cheung (12) W</b>					
32.19 L	P	50 Free	17/04/2009	Mies Schootman Invitational 2009	
1:10.24 L	P	100 Free	17/04/2009	Mies Schootman Invitational 2009	
2:46.06 L	P	200 Free	17/04/2009	Mies Schootman Invitational 2009	
6:12.56 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
13:35.94 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
36.80 L	F	50 Back	17/04/2009	Mies Schootman Invitational 2009	
1:21.51 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
3:01.80 L	P	200 Back	17/04/2009	Mies Schootman Invitational 2009	
1:44.63 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:54.06 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
33.93 L	F	50 Fly	17/04/2009	Mies Schootman Invitational 2009	
1:24.59 L	P	100 Fly	17/04/2009	Mies Schootman Invitational 2009	
7:06.35 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Meredith Clark (9) W</b>					
41.70 L	F	50 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:32.58 L	F	100 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:18.85 L	F	200 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	

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Time	P/F/S	Event			
<b>Meredith Clark (9) W</b>					
50.61 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:01.75 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
53.21 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:47.50 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Melanie Dodds (20) W</b>					
28.33 L L	F	50 Free	15/07/2004	2004 TAS AAA LC Championships	
59.88 L	F	100 Free	03/01/2006	2006 Victorian Championships	
2:08.84 L	P	200 Free	02/06/2006	Bell Grand Prix - Mel Zajac Jr	
4:26.95 L	P	400 Free	12/07/2007	2007 JANET EVANS INVITATIONAL	
9:22.15 L	F	800 Free	18/05/2007	2007 Hyack Festival Invitational	
35.16 L	F	50 Back	03/05/2003	West Coast Open 2003	
1:11.20 L	P	100 Back	03/01/2006	2006 Victorian Championships	
2:25.12 L	P	200 Back	22/05/2008	2008 Mel Zajac Jr International	
37.02 L	P	50 Breast	14/05/2004	2004 Mel Zajac Jr International Swim Meet	
1:16.16 L	P	100 Breast	14/05/2004	2004 Mel Zajac Jr International Swim Meet	
2:39.33 L	P	200 Breast	16/07/2008	2008 Summer Nationals	
29.65 L	P	50 Fly	22/08/2006	FINA: 1st World Youth Swimming	
1:03.78 L	P	100 Fly	27/07/2006	2006 Canadian Pan Pacific Trials	
2:16.27 L	P	200 Fly	16/07/2008	2008 Summer Nationals	
2:16.59 L	F	200 IM	01/08/2008	Coupe des Trois-Nations	
4:50.15 L	F	400 IM	01/08/2008	Coupe des Trois-Nations	
<b>Paige Dong (10) W</b>					
1:23.34 L	P	100 Free	17/04/2009	Mies Schootman Invitational 2009	
3:10.63 L	P	200 Free	17/04/2009	Mies Schootman Invitational 2009	
6:37.69 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
14:30.74 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:57.46 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
4:00.19 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
45.58 L	P	50 Fly	17/04/2009	Mies Schootman Invitational 2009	
1:48.95 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:47.51 L	P	200 Fly	17/04/2009	Mies Schootman Invitational 2009	
3:29.30 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
7:42.58 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Kennedy Douglas (10) W</b>					
44.91 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:47.07 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:52.58 L	F	200 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
7:56.23 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:50.91 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:01.57 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
4:06.08 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:14.39 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:57.93 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Carly Dreyer (17) W</b>					
33.31 L	F	50 Free	31/03/2007	5th Annual Long Course Invitational	
1:13.30 L	F	100 Free	31/03/2007	5th Annual Long Course Invitational	
2:44.28 L	F	200 Free	29/04/2006	West Coast Open 2006	
5:30.27 L	F	400 Free	31/03/2007	5th Annual Long Course Invitational	
11:36.06 L	F	800 Free	31/03/2007	5th Annual Long Course Invitational	
1:24.78 L	F	100 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
2:59.86 L	F	200 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
1:51.86 L	F	100 Breast	31/03/2007	5th Annual Long Course Invitational	
4:05.29 L	F	200 Breast	29/04/2006	West Coast Open 2006	
1:45.57 L	F	100 Fly	01/04/2006	4th Annual LOSC Long Course Invitational	
3:26.76 L	F	200 Fly	31/03/2007	5th Annual Long Course Invitational	
3:15.60 L	F	200 IM	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
6:35.73 L	F	400 IM	31/03/2007	5th Annual Long Course Invitational	
<b>Kerry Eakins (12) W</b>					

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Time	P/F/S	Event			
<b>Kerry Eakins (12) W</b>					
38.36 L	F	50 Free	11/07/2008	Sizzlin' Summer Invitational	
1:25.86 L	P	100 Free	06/06/2008	Kamloops June Classic 2008	
3:25.50 L	F	200 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
6:42.16 L	F	400 Free	11/07/2008	Sizzlin' Summer Invitational	
43.49 L	F	50 Back	11/07/2008	Sizzlin' Summer Invitational	
1:37.52 L	F	100 Back	11/07/2008	Sizzlin' Summer Invitational	
3:53.80 L	F	200 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
48.84 L	F	50 Breast	11/07/2008	Sizzlin' Summer Invitational	
1:45.78 L	F	100 Breast	11/07/2008	Sizzlin' Summer Invitational	
3:45.07 L	P	200 Breast	06/06/2008	Kamloops June Classic 2008	
49.92 L	P	50 Fly	06/06/2008	Kamloops June Classic 2008	
2:14.71 L	F	100 Fly	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:27.19 L	F	200 IM	11/07/2008	Sizzlin' Summer Invitational	
<b>Jessie Gibson (11) W</b>					
32.96 L	F	50 Free	19/06/2009	TOP entries Jun 2009	
1:14.76 L	F	100 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:41.97 L	F	200 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
6:02.02 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
12:28.95 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
40.02 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:23.85 L	F	100 Back	19/06/2009	TOP entries Jun 2009	
2:58.53 L	P	200 Back	19/06/2009	TOP entries Jun 2009	
44.90 L	F	50 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:33.62 L	P	100 Breast	02/07/2009	2009 TAS BC LC Championships	
3:25.45 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
1:20.45 L	P	100 Fly	19/06/2009	TOP entries Jun 2009	
3:48.21 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:53.64 L	F	200 IM	02/07/2009	2009 TAS BC LC Championships	
6:13.77 L	F	400 IM	19/06/2009	TOP entries Jun 2009	
<b>Duncan Gleed (16) M</b>					
25.31 L	P	50 Free	02/07/2009	2009 TAS BC LC Championships	
54.21 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:00.74 L	F	200 Free	17/04/2009	Mies Schootman Invitational 2009	
4:23.46 L	F	400 Free	15/05/2009	Hyack Festival May 2009	
18:29.12 L	F	1500 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
28.55 L L	F	50 Back	02/07/2009	2009 TAS BC LC Championships	
1:02.81 L	P	100 Back	15/05/2009	Hyack Festival May 2009	
2:19.83 L	F	200 Back	02/07/2009	2009 TAS BC LC Championships	
1:25.09 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:07.83 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
26.66 L	F	50 Fly	15/07/2009	Championnats canadiens groupe	
58.76 L	F	100 Fly	15/07/2009	Championnats canadiens groupe	
58.76 L	F	100 Fly	02/07/2009	2009 TAS BC LC Championships	
2:33.68 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:26.04 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
5:14.30 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Raven Greenwood (14) W</b>					
36.61 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:22.78 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:53.53 L	F	200 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
6:11.56 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:36.96 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:30.95 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:53.62 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
4:07.34 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:27.84 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Andrew Hall (18) M</b>					
31.29 L	F	50 Free	31/03/2007	5th Annual Long Course Invitational	

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Time	P/F/S	Event			
<b>Andrew Hall (18) M</b>					
1:04.48 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:22.55 L	F	200 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
5:29.36 L	F	400 Free	31/03/2007	5th Annual Long Course Invitational	
20:05.59 L	F	1500 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:18.86 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:00.37 L	F	200 Back	01/04/2006	4th Annual LOSC Long Course Invitational	
1:37.94 L	F	100 Breast	01/04/2006	4th Annual LOSC Long Course Invitational	
1:31.20 L	F	100 Fly	31/03/2007	5th Annual Long Course Invitational	
2:56.57 L	F	200 IM	31/03/2007	5th Annual Long Course Invitational	
<b>Janelle Hay (14) W</b>					
29.28 L	F	50 Free	02/07/2009	2009 TAS BC LC Championships	
1:04.96 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:25.93 L	P	200 Free	02/07/2009	2009 TAS BC LC Championships	
5:19.25 L	F	400 Free	17/04/2009	Mies Schootman Invitational 2009	
11:28.14 L	F	800 Free	05/07/2007	2007 TAS BC Long Course Champs	
39.34 L L	F	50 Back	05/07/2007	2007 TAS BC Long Course Champs	
1:21.46 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
3:02.00 L	F	200 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
39.21 L	F	50 Breast	17/04/2009	Mies Schootman Invitational 2009	
1:27.16 L	P	100 Breast	02/07/2009	2009 TAS BC LC Championships	
3:08.55 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
34.97 L	P	50 Fly	15/05/2009	Hyack Festival May 2009	
1:24.96 L	P	100 Fly	02/07/2009	2009 TAS BC LC Championships	
3:19.39 L	F	200 Fly	23/06/2007	Hyack Summer Solstice Invitational	
2:52.01 L	P	200 IM	03/07/2008	2008 TAS BC AAA LC Champs	
6:10.03 L	F	400 IM	11/04/2008	Mies Schootman Invitational 2008	
<b>Lauren Hurley (11) W</b>					
36.39 L	P	50 Free	19/06/2009	TOP entries Jun 2009	
1:20.67 L	P	100 Free	19/06/2009	TOP entries Jun 2009	
2:45.83 L	F	200 Free	19/06/2009	TOP entries Jun 2009	
5:45.73 L	F	400 Free	19/06/2009	TOP entries Jun 2009	
13:20.87 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
44.97 L	P	50 Back	17/04/2009	Mies Schootman Invitational 2009	
1:27.08 L	F	100 Back	19/06/2009	TOP entries Jun 2009	
3:02.79 L	F	200 Back	19/06/2009	TOP entries Jun 2009	
1:51.26 L	P	100 Breast	19/06/2009	TOP entries Jun 2009	
56.86 L	F	50 Fly	06/06/2008	Kamloops June Classic 2008	
3:16.91 L	P	200 IM	19/06/2009	TOP entries Jun 2009	
7:22.68 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Garrett Huwyler (15) M</b>					
45.47 L	F	50 Free	27/03/2004	LOSC 2nd Annual Long Course Invitational	
3:35.72 L	F	200 Free	27/03/2004	LOSC 2nd Annual Long Course Invitational	
7:49.60 L	F	400 Free	27/03/2004	LOSC 2nd Annual Long Course Invitational	
1:47.06 L	F	100 Back	27/03/2004	LOSC 2nd Annual Long Course Invitational	
2:06.46 L	F	100 Breast	27/03/2004	LOSC 2nd Annual Long Course Invitational	
4:32.28 L	F	200 Breast	27/03/2004	LOSC 2nd Annual Long Course Invitational	
4:07.35 L	F	200 IM	27/03/2004	LOSC 2nd Annual Long Course Invitational	
<b>Shauna Jense (16) W</b>					
29.56 L	P	50 Free	02/02/2007	2007 TAS BC Sr Championships L	
1:05.16 L	F	100 Free	01/04/2006	4th Annual LOSC Long Course Invitational	
2:17.45 L	P	200 Free	06/07/2006	2006 TAS BC LC Championships	
4:48.61 L	F	400 Free	17/04/2009	Mies Schootman Invitational 2009	
9:52.05 L	F	800 Free	21/04/2006	2006 Mies Schootman Invitational	
32.74 L	P	50 Back	15/07/2009	Championnats canadiens groupe	
1:10.40 L	P	100 Back	06/07/2006	2006 TAS BC LC Championships	
2:31.27 L	F	200 Back	20/07/2006	2006 Canadian Age Group Nationals	
1:29.98 L	F	100 Breast	01/04/2006	4th Annual LOSC Long Course Invitational	
3:08.02 L	F	200 Breast	01/04/2006	4th Annual LOSC Long Course Invitational	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Shauna Jense (16) W</b>					
29.48 L	P	50 Fly	15/07/2009	Championnats canadiens groupe	
1:05.11 L	P	100 Fly	15/07/2009	Championnats canadiens groupe	
2:22.50 L	P	200 Fly	15/07/2009	Championnats canadiens groupe	
2:31.01 L	F	200 IM	06/07/2006	2006 TAS BC LC Championships	
5:21.18 L	F	400 IM	20/07/2006	2006 Canadian Age Group Nationals	
<b>Hannah Jones (18) W</b>					
30.89 L	F	50 Free	31/03/2007	5th Annual Long Course Invitational	
1:05.74 L	F	100 Free	31/03/2007	5th Annual Long Course Invitational	
2:16.10 L	P	200 Free	18/05/2007	2007 Hyack Festival Invitational	
4:42.15 L	F	400 Free	16/05/2008	Hyack Festival Youth Cup	
9:32.34 L	F	800 Free	19/07/2007	Championnats nationaux groupe	
1:17.04 L	F	100 Back	12/03/2005	LOSC 3rd Annual Long Course Invitational	
1:17.04 L	F	100 Back	21/09/2005	Best Times LCM	
2:39.61 L	P	200 Back	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
35.22 L	F	50 Breast	21/07/2005	2005 Canadian Long Course Club Nationals	
1:16.12 L	F	100 Breast	21/07/2005	2005 Canadian Long Course Club Nationals	
2:42.36 L	F	200 Breast	22/04/2005	Island Pacific Cup	
1:09.49 L	P	100 Fly	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
2:31.01 L	F	200 Fly	16/05/2008	Hyack Festival Youth Cup	
2:27.65 L	P	200 IM	10/05/2005	2005 Canadian World Championship Trials	
5:08.30 L	F	400 IM	19/07/2007	Championnats nationaux groupe	
<b>Nathan Jongenburger (15) M</b>					
28.59 L	F	50 Free	11/04/2008	Mies Schootman Invitational 2008	
1:00.34 L	P	100 Free	15/05/2009	Hyack Festival May 2009	
2:06.69 L	F	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:31.85 L	F	400 Free	15/05/2009	Hyack Festival May 2009	
10:57.01 L	F	800 Free	05/05/2007	West Coast Open 2007	
17:53.61 L	F	1500 Free	15/05/2009	Hyack Festival May 2009	
33.71 L	F	50 Back	11/04/2008	Mies Schootman Invitational 2008	
1:12.11 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:35.51 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:27.21 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:06.56 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
29.38 L	P	50 Fly	15/07/2009	Championnats canadiens groupe	
1:04.66 L	F	100 Fly	15/05/2009	Hyack Festival May 2009	
2:24.90 L	P	200 Fly	15/05/2009	Hyack Festival May 2009	
2:34.98 L	P	200 IM	03/07/2008	2008 TAS BC AAA LC Champs	
5:08.32 L	F	400 IM	15/05/2009	Hyack Festival May 2009	
<b>William Karpan (11) M</b>					
35.92 L	P	50 Free	19/06/2009	TOP entries Jun 2009	
1:21.36 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
1:21.36 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:56.90 L	P	200 Free	19/06/2009	TOP entries Jun 2009	
5:59.82 L	F	400 Free	02/07/2009	2009 TAS BC LC Championships	
25:02.73 L	F	1500 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:33.07 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships	
1:33.07 L	P	100 Back	02/07/2009	2009 TAS BC LC Championships	
3:18.02 L	F	200 Back	19/06/2009	TOP entries Jun 2009	
47.18 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
47.18 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
1:57.87 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
4:03.14 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
38.42 L	P	50 Fly	02/07/2009	2009 TAS BC LC Championships	
38.42 L	F	50 Fly	02/07/2009	2009 TAS BC LC Championships	
1:32.31 L	F	100 Fly	19/06/2009	TOP entries Jun 2009	
3:28.69 L	F	200 Fly	19/06/2009	TOP entries Jun 2009	
3:18.61 L	F	200 IM	02/07/2009	2009 TAS BC LC Championships	
7:17.75 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	

**Rachelle Kichton (17) W**

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Rachelle Kichton (17) W</b>					
29.68 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:03.41 L	F	100 Free	06/06/2008	Kamloops June Classic 2008	
2:11.71 L	F	200 Free	15/05/2009	Hyack Festival May 2009	
4:38.09 L	F	400 Free	15/05/2009	Hyack Festival May 2009	
9:43.19 L	F	800 Free	15/05/2009	Hyack Festival May 2009	
1:13.74 L	P	100 Back	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
2:33.65 L	P	200 Back	22/05/2008	2008 Mel Zajac Jr International	
1:23.62 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:55.51 L	F	200 Breast	15/05/2009	Hyack Festival May 2009	
31.11 L	F	50 Fly	15/05/2009	Hyack Festival May 2009	
1:06.29 L	P	100 Fly	08/07/2009	Essais Mondiaux ROME 2009 Worl	
2:22.11 L	F	200 Fly	15/05/2009	Hyack Festival May 2009	
2:26.60 L	F	200 IM	15/05/2009	Hyack Festival May 2009	
5:08.83 L	F	400 IM	15/05/2009	Hyack Festival May 2009	
<b>Tricia Kiss (16) W</b>					
31.16 L	F	50 Free	23/06/2007	Hyack Summer Solstice Invitational	
1:05.17 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:11.40 L	F	200 Free	15/05/2009	Hyack Festival May 2009	
4:47.18 L	F	400 Free	18/05/2007	2007 Hyack Festival Invitational	
9:56.21 L	F	800 Free	03/07/2008	2008 TAS BC AAA LC Champs	
32.39 L	P	50 Back	22/05/2009	2009 Mel Zajac Jr International	
1:08.56 L	F	100 Back	15/05/2009	Hyack Festival May 2009	
2:22.26 L	F	200 Back	15/05/2009	Hyack Festival May 2009	
1:19.52 L	F	100 Breast	15/05/2009	Hyack Festival May 2009	
2:46.52 L	P	200 Breast	08/07/2009	Essais Mondiaux ROME 2009 Worl	
34.25 L	P	50 Fly	19/05/2006	Hyack Festival Invitational 2006	
1:16.10 L	P	100 Fly	06/07/2006	2006 TAS BC LC Championships	
2:47.08 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:26.94 L	F	200 IM	15/05/2009	Hyack Festival May 2009	
5:10.44 L	F	400 IM	15/05/2009	Hyack Festival May 2009	
<b>Michelle Kragt (17) W</b>					
30.97 L	P	50 Free	17/04/2009	Mies Schootman Invitational 2009	
1:06.61 L	F	100 Free	19/06/2009	TOP entries Jun 2009	
2:25.00 L	P	200 Free	17/04/2009	Mies Schootman Invitational 2009	
5:10.97 L	F	400 Free	19/06/2009	TOP entries Jun 2009	
11:04.86 L	F	800 Free	19/06/2009	TOP entries Jun 2009	
40.02 L	P	50 Back	11/04/2008	Mies Schootman Invitational 2008	
1:24.76 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
3:02.13 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
45.39 L	P	50 Breast	11/04/2008	Mies Schootman Invitational 2008	
1:34.96 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:34.24 L	F	200 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
35.49 L	P	50 Fly	11/04/2008	Mies Schootman Invitational 2008	
1:22.53 L	F	100 Fly	19/06/2009	TOP entries Jun 2009	
3:15.25 L	F	200 Fly	31/03/2007	5th Annual Long Course Invitational	
2:53.12 L	P	200 IM	17/04/2009	Mies Schootman Invitational 2009	
6:11.95 L	F	400 IM	19/06/2009	TOP entries Jun 2009	
<b>Paige Kriznic (12) W</b>					
39.70 L	F	50 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:30.73 L	F	100 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:20.96 L	F	200 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
6:54.83 L	F	400 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:26.14 L L	F	50 Back	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
1:50.63 L	F	100 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:56.81 L	F	200 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:00.19 L	F	50 Breast	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
2:08.10 L	F	100 Breast	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
4:38.48 L	F	200 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
57.33 L	F	50 Fly	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Paige Kriznic (12) W</b>					
3:54.72 L	F	200 IM		29/03/2008	LOSC 6th Annual Long Course Invitational
<b>Renaë Ledoux (9) W</b>					
1:29.52 L	F	100 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
3:18.27 L	F	200 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
6:57.69 L	F	400 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
1:52.03 L	F	100 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
4:02.19 L	F	200 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
2:04.99 L	F	100 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
4:15.63 L	F	200 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
2:06.23 L	F	100 Fly		28/03/2009	LOSC 7th Annual Long Course Invitational
3:50.49 L	F	200 IM		28/03/2009	LOSC 7th Annual Long Course Invitational
<b>Willis Lee (10) M</b>					
1:37.62 L	F	100 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
3:27.79 L	F	200 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
7:10.38 L	F	400 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
2:00.47 L	F	100 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
4:13.29 L	F	200 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
2:13.89 L	F	100 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
4:37.62 L	F	200 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
2:06.81 L	F	100 Fly		28/03/2009	LOSC 7th Annual Long Course Invitational
4:02.16 L	F	200 IM		28/03/2009	LOSC 7th Annual Long Course Invitational
<b>Tom Levshuk (17) M</b>					
30.28 L	F	50 Free		29/03/2008	LOSC 6th Annual Long Course Invitational
1:03.22 L	F	100 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
2:30.94 L	P	200 Free		11/04/2008	Mies Schootman Invitational 2008
5:10.30 L	F	400 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
20:20.60 L	F	1500 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
38.61 L	P	50 Back		11/04/2008	Mies Schootman Invitational 2008
1:17.37 L	F	100 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
2:56.50 L	F	200 Back		29/03/2008	LOSC 6th Annual Long Course Invitational
1:25.48 L	F	100 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
3:14.87 L	P	200 Breast		11/04/2008	Mies Schootman Invitational 2008
1:17.86 L	F	100 Fly		28/03/2009	LOSC 7th Annual Long Course Invitational
3:32.65 L	F	200 Fly		28/03/2009	LOSC 7th Annual Long Course Invitational
2:54.36 L	P	200 IM		11/04/2008	Mies Schootman Invitational 2008
5:53.62 L	F	400 IM		28/03/2009	LOSC 7th Annual Long Course Invitational
<b>Zach MacAulay (11) M</b>					
41.69 L	F	50 Free		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:37.15 L	F	100 Free		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
3:34.60 L	F	200 Free		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
7:40.04 L	F	400 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
49.84 L	F	50 Back		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:48.79 L	F	100 Back		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
3:56.43 L	F	200 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
55.64 L	F	50 Breast		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
2:13.48 L	F	100 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
4:35.80 L	F	200 Breast		28/03/2009	LOSC 7th Annual Long Course Invitational
2:11.92 L	F	100 Fly		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
3:54.29 L	F	200 IM		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
<b>Kelley MacDonald (9) W</b>					
38.62 L	F	50 Free		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:41.35 L	F	100 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
3:09.67 L	F	200 Free		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
7:55.28 L	F	400 Free		28/03/2009	LOSC 7th Annual Long Course Invitational
48.60 L	F	50 Back		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
1:47.81 L	F	100 Back		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009
4:25.85 L	F	200 Back		28/03/2009	LOSC 7th Annual Long Course Invitational
48.18 L	F	50 Breast		10/07/2009	2009 Sizzlin' Summer Swim Classic 2009

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Kelley MacDonald (9) W</b>					
1:42.91 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
4:22.81 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
47.73 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:19.45 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:41.09 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Michael MacDonald (13) M</b>					
27.14 L	P	50 Free	02/07/2009	2009 TAS BC LC Championships	
57.21 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:02.78 L	F	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:21.61 L	F	400 Free	15/07/2009	Championnats canadiens groupe	
17:12.71 L	F	1500 Free	15/07/2009	Championnats canadiens groupe	
34.81 L	P	50 Back	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
1:09.88 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships	
2:32.31 L	P	200 Back	02/07/2009	2009 TAS BC LC Championships	
50.38 L	F	50 Breast	14/07/2006	Sizzlin' Summer Invitational	
1:22.25 L	F	100 Breast	06/06/2008	Kamloops June Classic 2008	
2:59.88 L	F	200 Breast	06/06/2008	Kamloops June Classic 2008	
29.12 L	F	50 Fly	15/05/2009	Hyack Festival May 2009	
1:05.06 L	F	100 Fly	15/07/2009	Championnats canadiens groupe	
2:29.79 L	P	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:26.08 L	F	200 IM	17/04/2009	Mies Schootman Invitational 2009	
5:14.83 L	P	400 IM	15/05/2009	Hyack Festival May 2009	
<b>Chelsea Mark (16) W</b>					
35.96 L	F	50 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:19.50 L	F	100 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
2:57.90 L	F	200 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:29.76 L	F	100 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:19.09 L	F	200 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:49.79 L	F	100 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:56.49 L	F	200 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:59.16 L	F	100 Fly	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:21.93 L	F	200 IM	29/03/2008	LOSC 6th Annual Long Course Invitational	
<b>Devon Mark (11) W</b>					
33.34 L	P	50 Free	02/07/2009	2009 TAS BC LC Championships	
1:09.32 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
1:09.32 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:37.84 L	F	200 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
5:28.33 L	F	400 Free	02/07/2009	2009 TAS BC LC Championships	
12:32.99 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
40.95 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:24.66 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships	
1:24.66 L	F	100 Back	02/07/2009	2009 TAS BC LC Championships	
41.06 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
41.06 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
1:31.88 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:21.46 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
36.40 L	F	50 Fly	02/07/2009	2009 TAS BC LC Championships	
36.40 L	F	50 Fly	02/07/2009	2009 TAS BC LC Championships	
1:23.42 L	F	100 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:00.92 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:52.99 L	F	200 IM	02/07/2009	2009 TAS BC LC Championships	
6:07.29 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Morgan Mark (15) W</b>					
28.47 L	F	50 Free	17/04/2009	Mies Schootman Invitational 2009	
59.79 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:12.15 L	F	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:45.44 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
9:42.76 L	F	800 Free	02/07/2009	2009 TAS BC LC Championships	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Morgan Mark (15) W</b>					
33.71 L L	F	50 Back	02/07/2009	2009 TAS BC LC Championships	
1:13.50 L	F	100 Back	17/04/2009	Mies Schootman Invitational 2009	
2:41.69 L	P	200 Back	17/04/2009	Mies Schootman Invitational 2009	
1:28.74 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:10.10 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
30.17 L	P	50 Fly	24/07/2008	2008 Age Group Nationals	
1:04.34 L	F	100 Fly	02/07/2009	2009 TAS BC LC Championships	
3:03.54 L	F	200 Fly	29/03/2008	LOSC 6th Annual Long Course Invitational	
2:32.60 L	P	200 IM	02/07/2009	2009 TAS BC LC Championships	
5:47.64 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Hillary Metcalfe (11) W</b>					
30.60 L	F	50 Free	02/07/2009	2009 TAS BC LC Championships	
1:07.87 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:27.87 L	F	200 Free	02/07/2009	2009 TAS BC LC Championships	
5:22.32 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
11:19.53 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
36.24 L	F	50 Back	15/05/2009	Hyack Festival May 2009	
1:18.12 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
2:48.09 L	P	200 Back	15/05/2009	Hyack Festival May 2009	
36.80 L	F	50 Breast	15/07/2009	Championnats canadiens groupe	
1:22.39 L	F	100 Breast	02/07/2009	2009 TAS BC LC Championships	
2:57.16 L	F	200 Breast	15/05/2009	Hyack Festival May 2009	
41.46 L	P	50 Fly	03/07/2008	2008 TAS BC AAA LC Champs	
41.46 L	F	50 Fly	03/07/2008	2008 TAS BC AAA LC Champs	
1:25.50 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:22.69 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:46.41 L	F	200 IM	02/07/2009	2009 TAS BC LC Championships	
5:49.07 L	F	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Martha Metcalfe (13) W</b>					
33.60 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:11.48 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:35.77 L	F	200 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
5:12.74 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
10:25.92 L	F	800 Free	02/07/2009	2009 TAS BC LC Championships	
41.34 L	F	50 Back	11/07/2008	Sizzlin' Summer Invitational	
1:26.20 L	F	100 Back	11/07/2008	Sizzlin' Summer Invitational	
2:49.48 L	F	200 Back	17/04/2009	Mies Schootman Invitational 2009	
44.04 L	F	50 Breast	11/07/2008	Sizzlin' Summer Invitational	
1:26.23 L	F	100 Breast	17/04/2009	Mies Schootman Invitational 2009	
2:53.38 L	F	200 Breast	02/07/2009	2009 TAS BC LC Championships	
36.19 L	F	50 Fly	11/07/2008	Sizzlin' Summer Invitational	
1:17.23 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:42.26 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:43.53 L	P	200 IM	15/07/2009	Championnats canadiens groupe	
5:31.19 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Ryan Moloney (13) M</b>					
32.03 L	P	50 Free	06/06/2008	Kamloops June Classic 2008	
1:03.99 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:18.25 L	P	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:52.36 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
19:20.49 L	F	1500 Free	02/07/2009	2009 TAS BC LC Championships	
36.54 L	P	50 Back	15/05/2009	Hyack Festival May 2009	
1:22.88 L	P	100 Back	06/06/2008	Kamloops June Classic 2008	
2:53.01 L	P	200 Back	15/05/2009	Hyack Festival May 2009	
1:39.61 L	P	100 Breast	15/05/2009	Hyack Festival May 2009	
3:37.10 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
33.93 L	P	50 Fly	15/05/2009	Hyack Festival May 2009	
1:14.06 L	P	100 Fly	02/07/2009	2009 TAS BC LC Championships	
2:44.11 L	P	200 Fly	02/07/2009	2009 TAS BC LC Championships	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Ryan Moloney (13) M</b>					
2:54.16 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
6:01.62 L	F	400 IM	17/04/2009	Mies Schootman Invitational 2009	
<b>Olivia Montgomery (18) W</b>					
27.62 L	F	50 Free	06/06/2008	Kamloops June Classic 2008	
59.04 L	F	100 Free	06/03/2008	2008 TAS BC Sr Championships LC	
2:03.39 L	F	200 Free	08/07/2009	Essais Mondiaux ROME 2009 Worl	
4:23.93 L	F	400 Free	15/07/2009	Championnats canadiens groupe	
9:07.06 L	F	800 Free	15/07/2009	Championnats canadiens groupe	
32.58 L L	F	50 Back	03/07/2008	2008 TAS BC AAA LC Champs	
1:07.84 L	P	100 Back	22/05/2008	2008 Mel Zajac Jr International	
2:20.92 L	F	200 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
1:28.37 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:15.22 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:06.87 L	F	100 Fly	17/04/2009	Mies Schootman Invitational 2009	
2:26.14 L	F	200 Fly	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
2:26.78 L	F	200 IM	03/07/2008	2008 TAS BC AAA LC Champs	
5:15.50 L	F	400 IM	16/05/2008	Hyack Festival Youth Cup	
<b>Jiyoon Oh (19) W</b>					
29.43 L	P	50 Free	19/07/2007	Championnats nationaux groupe	
1:03.08 L	P	100 Free	20/07/2006	2006 Canadian Age Group Nationals	
2:14.77 L	P	200 Free	05/07/2007	2007 TAS BC Long Course Champs	
4:44.65 L	F	400 Free	16/05/2008	Hyack Festival Youth Cup	
9:44.20 L S	F	800 Free	21/07/2005	2005 Canadian Long Course Club Nationals	
42.01 L	F	50 Back	03/05/2003	West Coast Open 2003	
1:13.97 L	P	100 Back	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
2:40.61 L	P	200 Back	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
45.71 L	F	50 Breast	03/05/2003	West Coast Open 2003	
1:30.05 L	F	100 Breast	12/03/2005	LOSC 3rd Annual Long Course Invitational	
1:30.05 L	F	100 Breast	21/09/2005	Best Times LCM	
3:10.36 L	F	200 Breast	21/09/2005	Best Times LCM	
3:10.36 L	F	200 Breast	12/03/2005	LOSC 3rd Annual Long Course Invitational	
30.74 L	F	50 Fly	19/05/2006	Hyack Festival Invitational 2006	
1:07.04 L	F	100 Fly	20/07/2006	2006 Canadian Age Group Nationals	
2:24.58 L	F	200 Fly	20/07/2006	2006 Canadian Age Group Nationals	
2:37.55 L	P	200 IM	16/05/2008	Hyack Festival Youth Cup	
5:29.14 L	P	400 IM	21/07/2005	2005 Canadian Long Course Club Nationals	
<b>Kyle Polednik (17) M</b>					
24.37 L	F	50 Free	02/07/2009	2009 TAS BC LC Championships	
53.83 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:03.22 L	P	200 Free	22/05/2009	2009 Mel Zajac Jr International	
4:31.53 L	P	400 Free	15/05/2009	Hyack Festival May 2009	
18:28.53 L	F	1500 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
30.95 L	P	50 Back	15/05/2009	Hyack Festival May 2009	
1:05.43 L	P	100 Back	15/07/2009	Championnats canadiens groupe	
2:30.66 L	P	200 Back	02/07/2009	2009 TAS BC LC Championships	
1:22.35 L	F	100 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
3:00.74 L	F	200 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
29.13 L	F	50 Fly	15/05/2009	Hyack Festival May 2009	
1:06.61 L	P	100 Fly	15/05/2009	Hyack Festival May 2009	
2:45.08 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:29.05 L	F	200 IM	29/03/2008	LOSC 6th Annual Long Course Invitational	
5:27.24 L	P	400 IM	03/07/2008	2008 TAS BC AAA LC Champs	
<b>Chelsey Salli (17) W</b>					
28.54 L	P	50 Free	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
1:01.74 L	P	100 Free	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
2:10.24 L	P	200 Free	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
4:34.80 L	P	400 Free	25/01/2008	10th Luxembourg Euro-Meet 2008	
9:16.23 L	F	800 Free	01/06/2007	BELL GRAND PRIX - MEL ZAJAC JR	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Chelsey Salli (17) W</b>					
31.61 L	P	50 Back	16/05/2008	Hyack Festival Youth Cup	
1:04.62 L	P	100 Back	15/01/2009	Australian Youth Olympic Festival 2009	
2:18.58 L	P	200 Back	15/01/2009	Australian Youth Olympic Festival 2009	
32.24 L	F	50 Breast	08/07/2009	Essais Mondiaux ROME 2009 Worl	
1:10.27 L	F	100 Breast	15/01/2009	Australian Youth Olympic Festival 2009	
2:29.35 L	F	200 Breast	02/08/2007	Open EDF de Natation	
32.81 L	P	50 Fly	03/01/2006	2006 Victorian Championships	
1:08.58 L	F	100 Fly	16/05/2008	Hyack Festival Youth Cup	
2:36.27 L	F	200 Fly	31/03/2007	5th Annual Long Course Invitational	
2:17.74 L	F	200 IM	08/07/2009	Essais Mondiaux ROME 2009 Worl	
4:54.40 L	P	400 IM	15/01/2009	Australian Youth Olympic Festival 2009	
<b>Justin Schramm (11) M</b>					
33.39 L	P	50 Free	02/07/2009	2009 TAS BC LC Championships	
1:13.66 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:33.43 L	F	200 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
5:56.99 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
24:53.70 L	F	1500 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
44.01 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:31.84 L	F	100 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:24.93 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
44.23 L	F	50 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:33.49 L	F	100 Breast	02/07/2009	2009 TAS BC LC Championships	
3:21.96 L	F	200 Breast	02/07/2009	2009 TAS BC LC Championships	
36.67 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:17.70 L	F	100 Fly	02/07/2009	2009 TAS BC LC Championships	
2:49.11 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:55.81 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
6:57.46 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Pearl Schramm (8) W</b>					
1:08.12 L	F	50 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:41.61 L	F	100 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:21.64 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:12.14 L	F	50 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:18.69 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:36.10 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Cole Stewart (18) M</b>					
28.59 L	F	50 Free	31/03/2007	5th Annual Long Course Invitational	
59.56 L	P	100 Free	13/04/2007	2007 Mies Schootman Invitational	
59.56 L	P	100 Free	13/04/2007	2007 Mies Schootman Invitation	
2:04.81 L	P	200 Free	19/07/2007	Championnats nationaux groupe	
4:21.52 L	F	400 Free	06/06/2008	Kamloops June Classic 2008	
8:52.50 L	F	800 Free	22/05/2008	2008 Mel Zajac Jr International	
16:52.75 L	F	1500 Free	22/05/2008	2008 Mel Zajac Jr International	
1:00.21 L	F	5000 Free	19/07/2007	Championnats nationaux groupe	
40.61 L	F	50 Back	01/05/2004	WEST COAST OPEN	
1:12.81 L	F	100 Back	31/03/2007	5th Annual Long Course Invitational	
2:30.73 L	P	200 Back	05/07/2007	2007 TAS BC Long Course Champs	
35.52 L	F	50 Breast	02/06/2006	June Classic 2006	
1:20.32 L	P	100 Breast	24/03/2006	T.A.S. BC Senior Cup - Long Course	
2:44.38 L	P	200 Breast	19/07/2007	Championnats nationaux groupe	
33.43 L	P	50 Fly	19/05/2006	Hyack Festival Invitational 2006	
1:10.96 L	F	100 Fly	23/06/2007	Hyack Summer Solstice Invitational	
2:28.70 L	F	200 Fly	06/06/2008	Kamloops June Classic 2008	
2:26.30 L	P	200 IM	05/07/2007	2007 TAS BC Long Course Champs	
4:59.11 L	F	400 IM	05/07/2007	2007 TAS BC Long Course Champs	
<b>Jimmy Stewart (16) M</b>					
29.63 L	F	50 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
1:05.54 L	P	100 Free	11/04/2008	Mies Schootman Invitational 2008	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Jimmy Stewart (16) M</b>					
2:22.75 L	P	200 Free	11/04/2008	Mies Schootman Invitational 2008	
5:20.17 L	F	400 Free	06/06/2008	Kamloops June Classic 2008	
20:20.32 L	F	1500 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
34.02 L	P	50 Back	11/04/2008	Mies Schootman Invitational 2008	
1:14.75 L	P	100 Back	11/04/2008	Mies Schootman Invitational 2008	
2:42.08 L	P	200 Back	11/04/2008	Mies Schootman Invitational 2008	
41.62 L	P	50 Breast	11/04/2008	Mies Schootman Invitational 2008	
1:31.93 L	F	100 Breast	06/06/2008	Kamloops June Classic 2008	
3:15.79 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
35.85 L	P	50 Fly	11/04/2008	Mies Schootman Invitational 2008	
1:24.58 L	P	100 Fly	06/06/2008	Kamloops June Classic 2008	
3:07.98 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:48.27 L	F	200 IM	29/03/2008	LOSC 6th Annual Long Course Invitational	
5:57.64 L	F	400 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>Sage Sturgeon (17) M</b>					
25.51 L	P	50 Free	22/05/2009	2009 Mel Zajac Jr International	
54.91 L	P	100 Free	22/05/2009	2009 Mel Zajac Jr International	
1:58.93 L	F	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:17.14 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
9:04.32 L	F	800 Free	30/07/2008	2008 PC WEST LCM FAR WEST CHM	
17:08.15 L	F	1500 Free	02/07/2009	2009 TAS BC LC Championships	
30.34 L	F	50 Back	17/04/2009	Mies Schootman Invitational 2009	
1:03.72 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
2:24.77 L	P	200 Back	17/04/2009	Mies Schootman Invitational 2009	
56.68 L	F	50 Breast	04/05/2002	West Coast Open	
1:20.32 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:55.52 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
33.28 L	P	50 Fly	13/04/2007	2007 Mies Schootman Invitational	
33.28 L	P	50 Fly	13/04/2007	2007 Mies Schootman Invitation	
1:10.60 L	F	100 Fly	06/06/2008	Kamloops June Classic 2008	
2:41.47 L	P	200 Fly	06/06/2008	Kamloops June Classic 2008	
2:20.10 L	P	200 IM	15/05/2009	Hyack Festival May 2009	
5:02.81 L	F	400 IM	17/04/2009	Mies Schootman Invitational 2009	
<b>Daniella Szalkai (17) W</b>					
28.84 L	P	50 Free	08/07/2009	Essais Mondiaux ROME 2009 Worl	
1:03.40 L	P	100 Free	15/07/2009	Championnats canadiens groupe	
2:13.69 L	P	200 Free	22/05/2009	2009 Mel Zajac Jr International	
4:50.06 L	P	400 Free	03/07/2008	2008 TAS BC AAA LC Champs	
9:45.42 L	F	800 Free	03/07/2008	2008 TAS BC AAA LC Champs	
1:19.94 L	P	100 Back	21/04/2006	2006 Mies Schootman Invitational	
2:44.11 L	P	200 Back	05/07/2007	2007 TAS BC Long Course Champs	
1:33.24 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:17.18 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
30.07 L	P	50 Fly	08/07/2009	Essais Mondiaux ROME 2009 Worl	
1:04.76 L	P	100 Fly	08/07/2009	Essais Mondiaux ROME 2009 Worl	
2:17.17 L	F	200 Fly	08/07/2009	Essais Mondiaux ROME 2009 Worl	
2:37.35 L	P	200 IM	19/07/2007	Championnats nationaux groupe	
5:23.73 L	F	400 IM	03/07/2008	2008 TAS BC AAA LC Champs	
<b>Gabriella Szalkai (10) W</b>					
43.38 L	F	50 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
51.74 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
55.66 L	F	50 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:59.14 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
48.54 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:48.29 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Charlie Tapp (19) M</b>					
23.06 L	P	50 Free	08/07/2009	Essais Mondiaux ROME 2009 Worl	
52.16 L	P	100 Free	08/07/2009	Essais Mondiaux ROME 2009 Worl	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Charlie Tapp (19) M</b>					
2:00.29 L	P	200 Free	21/03/2007	2007 Canadian Spring National	
4:33.55 L	P	400 Free	03/07/2008	2008 TAS BC AAA LC Champs	
18:39.87 L	F	1500 Free	31/03/2007	5th Annual Long Course Invitational	
26.90 L	F	50 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
59.85 L	P	100 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
2:13.77 L	P	200 Back	21/03/2007	2007 Canadian Spring National	
33.18 L	P	50 Breast	20/07/2006	2006 Canadian Age Group Nationals	
1:13.41 L	F	100 Breast	31/03/2007	5th Annual Long Course Invitational	
2:49.58 L	F	200 Breast	01/04/2006	4th Annual LOSC Long Course Invitational	
25.09 L	F	50 Fly	08/07/2009	Essais Mondiaux ROME 2009 Worl	
59.77 L	P	100 Fly	24/07/2008	2008 Age Group Nationals	
2:26.42 L	F	200 Fly	01/04/2006	4th Annual LOSC Long Course Invitational	
2:16.36 L	P	200 IM	03/07/2008	2008 TAS BC AAA LC Champs	
5:08.60 L	F	400 IM	31/03/2007	5th Annual Long Course Invitational	
<b>Jake Tapp (20) M</b>					
23.40 L	P	50 Free	01/04/2008	Essais de natation Beijing Swimming Trials	
50.18 L	F	100 Free	08/07/2009	Essais Mondiaux ROME 2009 Worl	
1:58.25 L	F	200 Free	03/01/2006	2006 Victorian Championships	
4:15.40 L	P	400 Free	03/01/2006	2006 Victorian Championships	
17:49.50 L	F	1500 Free	27/03/2004	LOSC 2nd Annual Long Course Invitational	
26.22 L	F	50 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
54.82 L	F	100 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
2:03.98 L	P	200 Back	08/07/2009	Essais Mondiaux ROME 2009 Worl	
36.60 L	F	50 Breast	03/05/2003	West Coast Open 2003	
1:10.55 L	F	100 Breast	03/01/2006	2006 Victorian Championships	
2:43.72 L	F	200 Breast	10/07/2003	BC OPEN 'AAA' AGE GROUP LONG COURSE CHAMPIONS	
25.18 L	P	50 Fly	16/07/2008	2008 Summer Nationals	
56.69 L	P	100 Fly	05/06/2008	2008 MW Mutual of Omaha Swimvitational	
2:23.47 L	F	200 Fly	21/09/2005	Best Times LCM	
2:23.47 L	F	200 Fly	12/03/2005	LOSC 3rd Annual Long Course Invitational	
2:11.70 L	P	200 IM	03/01/2006	2006 Victorian Championships	
4:53.46 L	F	400 IM	15/07/2004	2004 TAS AAA LC Championships	
<b>Brennen Taylor (13) M</b>					
29.60 L	F	50 Free	19/06/2009	TOP entries Jun 2009	
1:03.52 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
2:19.16 L	P	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:51.60 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
19:35.46 L	F	1500 Free	02/07/2009	2009 TAS BC LC Championships	
1:14.99 L L	F	50 Back	02/07/2009	2009 TAS BC LC Championships	
1:19.13 L	P	100 Back	02/07/2009	2009 TAS BC LC Championships	
2:48.21 L	F	200 Back	19/06/2009	TOP entries Jun 2009	
1:32.40 L	P	100 Breast	19/06/2009	TOP entries Jun 2009	
3:18.61 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
1:42.29 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:51.28 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:49.16 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
6:01.16 L	F	400 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Liam Taylor (10) M</b>					
40.52 L	F	50 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
1:33.79 L	F	100 Free	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
51.11 L	F	50 Back	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
2:05.40 L	F	100 Breast	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
54.88 L	F	50 Fly	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
3:54.04 L	F	200 IM	10/07/2009	2009 Sizzlin' Summer Swim Classic 2009	
<b>Trista Tetreault (10) W</b>					
31.20 L	F	50 Free	02/07/2009	2009 TAS BC LC Championships	
1:09.44 L	P	100 Free	02/07/2009	2009 TAS BC LC Championships	
1:09.44 L	F	100 Free	02/07/2009	2009 TAS BC LC Championships	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Trista Tetreault (10) W</b>					
2:35.62 L	P	200 Free	15/05/2009	Hyack Festival May 2009	
5:29.75 L	P	400 Free	15/05/2009	Hyack Festival May 2009	
11:26.74 L	F	800 Free	02/07/2009	2009 TAS BC LC Championships	
43.68 L	F	50 Back	06/06/2008	Kamloops June Classic 2008	
1:22.99 L	P	100 Back	17/04/2009	Mies Schootman Invitational 2009	
3:04.99 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
41.99 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
41.99 L	F	50 Breast	02/07/2009	2009 TAS BC LC Championships	
1:33.07 L	P	100 Breast	15/05/2009	Hyack Festival May 2009	
3:16.55 L	P	200 Breast	17/04/2009	Mies Schootman Invitational 2009	
36.58 L	F	50 Fly	02/07/2009	2009 TAS BC LC Championships	
36.58 L	F	50 Fly	02/07/2009	2009 TAS BC LC Championships	
1:24.91 L	P	100 Fly	15/05/2009	Hyack Festival May 2009	
3:23.69 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:51.93 L	F	200 IM	02/07/2009	2009 TAS BC LC Championships	
6:05.70 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Kate Thomson (14) W</b>					
30.92 L	P	50 Free	19/07/2007	Championnats nationaux groupe	
1:06.53 L	F	100 Free	13/04/2007	2007 Mies Schootman Invitation	
1:06.53 L	F	100 Free	13/04/2007	2007 Mies Schootman Invitational	
2:20.13 L	F	200 Free	17/04/2009	Mies Schootman Invitational 2009	
4:56.59 L	F	400 Free	17/04/2009	Mies Schootman Invitational 2009	
10:00.98 L	F	800 Free	03/07/2008	2008 TAS BC AAA LC Champs	
20:22.35 L	F	1500 Free	29/03/2008	LOSC 6th Annual Long Course Invitational	
41.71 L	F	50 Back	14/07/2006	Sizzlin' Summer Invitational	
1:15.86 L	F	100 Back	11/04/2008	Mies Schootman Invitational 2008	
2:37.59 L	P	200 Back	15/05/2009	Hyack Festival May 2009	
36.60 L	P	50 Breast	24/07/2008	2008 Age Group Nationals	
1:18.07 L	F	100 Breast	02/07/2009	2009 TAS BC LC Championships	
2:46.32 L	F	200 Breast	02/07/2009	2009 TAS BC LC Championships	
32.92 L	P	50 Fly	15/05/2009	Hyack Festival May 2009	
1:14.49 L	P	100 Fly	15/05/2009	Hyack Festival May 2009	
2:35.40 L	F	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:34.58 L	P	200 IM	22/05/2009	2009 Mel Zajac Jr International	
5:16.75 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	
<b>Ilian Urquidi (11) W</b>					
41.16 L	F	50 Free	13/07/2007	Moses Lake Sizzlin' Summer Invitational 2007	
1:22.32 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:06.67 L	F	200 Free	06/06/2008	Kamloops June Classic 2008	
6:08.19 L	P	400 Free	19/06/2009	TOP entries Jun 2009	
13:04.97 L	F	800 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
45.07 L	F	50 Back	06/06/2008	Kamloops June Classic 2008	
1:27.90 L	F	100 Back	19/06/2009	TOP entries Jun 2009	
3:11.35 L	P	200 Back	19/06/2009	TOP entries Jun 2009	
46.45 L	P	50 Breast	17/04/2009	Mies Schootman Invitational 2009	
1:41.19 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:34.20 L	P	200 Breast	19/06/2009	TOP entries Jun 2009	
44.70 L	F	50 Fly	06/06/2008	Kamloops June Classic 2008	
1:41.21 L	P	100 Fly	19/06/2009	TOP entries Jun 2009	
3:49.57 L	F	200 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:12.82 L	P	200 IM	19/06/2009	TOP entries Jun 2009	
6:51.58 L	F	400 IM	19/06/2009	TOP entries Jun 2009	
<b>Trevor Voisey (10) M</b>					
1:30.85 L	F	100 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:28.32 L	F	200 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
6:54.89 L	F	400 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:55.34 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:56.16 L	F	200 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:57.49 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	

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### Individual Top Times

**Show Long Course Only**

Time	P/F/S	Event			
<b>Trevor Voisey (10) M</b>					
4:21.33 L	F	200 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
2:18.01 L	F	100 Fly	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:52.29 L	F	200 IM	28/03/2009	LOSC 7th Annual Long Course Invitational	
<b>William Vosper (18) M</b>					
27.65 L	P	50 Free	02/07/2009	2009 TAS BC LC Championships	
58.25 L	P	100 Free	15/07/2009	Championnats canadiens groupe	
2:09.29 L	P	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:35.27 L	P	400 Free	15/05/2009	Hyack Festival May 2009	
10:42.58 L	F	800 Free	14/07/2006	Sizzlin' Summer Invitational	
17:55.46 L	F	1500 Free	02/07/2009	2009 TAS BC LC Championships	
34.33 L	P	50 Back	17/04/2009	Mies Schootman Invitational 2009	
1:12.88 L	P	100 Back	05/07/2007	2007 TAS BC Long Course Champs	
2:35.15 L	P	200 Back	05/07/2007	2007 TAS BC Long Course Champs	
42.86 L	F	50 Breast	02/06/2006	June Classic 2006	
1:25.95 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:01.37 L	F	200 Breast	29/03/2008	LOSC 6th Annual Long Course Invitational	
28.77 L	P	50 Fly	15/07/2009	Championnats canadiens groupe	
1:03.16 L	P	100 Fly	15/07/2009	Championnats canadiens groupe	
2:20.68 L	P	200 Fly	15/07/2009	Championnats canadiens groupe	
2:30.15 L	P	200 IM	11/04/2008	Mies Schootman Invitational 2008	
5:22.05 L	P	400 IM	16/05/2008	Hyack Festival Youth Cup	
<b>Romina Worthington (13) W</b>					
32.48 L	F	50 Free	28/03/2009	LOSC 7th Annual Long Course Invitational	
1:10.69 L	P	100 Free	17/04/2009	Mies Schootman Invitational 2009	
2:25.52 L	P	200 Free	02/07/2009	2009 TAS BC LC Championships	
4:59.34 L	P	400 Free	02/07/2009	2009 TAS BC LC Championships	
10:20.60 L	F	800 Free	02/07/2009	2009 TAS BC LC Championships	
1:24.38 L	F	100 Back	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:00.69 L	F	200 Back	29/03/2008	LOSC 6th Annual Long Course Invitational	
54.23 L	F	50 Breast	14/07/2006	Sizzlin' Summer Invitational	
1:34.37 L	F	100 Breast	28/03/2009	LOSC 7th Annual Long Course Invitational	
3:17.17 L	F	200 Breast	11/04/2008	Mies Schootman Invitational 2008	
33.38 L	F	50 Fly	15/05/2009	Hyack Festival May 2009	
1:15.53 L	P	100 Fly	02/07/2009	2009 TAS BC LC Championships	
2:48.41 L	P	200 Fly	02/07/2009	2009 TAS BC LC Championships	
2:45.93 L	P	200 IM	15/05/2009	Hyack Festival May 2009	
5:41.74 L	P	400 IM	02/07/2009	2009 TAS BC LC Championships	