

DELTA

SUNGOD SWIM CLUB

Building Champions Since 1985

TEAMSUNGOD.CA

Female 10 years & Under					Male 10 years & Under				
SHORT COURSE			LONG COURSE		EVENT		SHORT COURSE		
31.70	Emma Zhang	Nov/22	32.11	Faye Ling	Jul/97	50 FREE	33.21	Gunshan Sangha	Nov/19
1:09.07	Emma Zhang	June/22	1:11.61	Faye Ling	Jun/97	100 FREE	1:15.23	Chris Stevens	May/94
2:35.72	Emma Zhang	Dec/22	2:39.47	Faye Ling	Jun/97	200 FREE	2:40.54	Jatinder Grewal	Dec/18
5:34.43	Kirra Trites	Feb/17	5:53.05	Logan Warkentin	Jun/10	400 FREE	5:24.52	Jatinder Grewal	Dec/18
11:03.29	Emma Zhang	Dec/22	13:20.03	Logan Warkentin	Apr/10	800 FREE	11:56.77	Jatinder Grewal	Dec/18
23:57.79	Reena Paul	May/00				1500 FREE	21:56.77	Jatinder Grewal	Dec/18
37.03	Jennie Hall	Feb/06	36.45	Melissa Ibbotson	Jun/00	50 BACK	40.22	Jason Streeter	Apr/90
1:20.19	Melissa Ibbotson	Jan/00	1:23.06	Melissa Ibbotson	Jun/00	100 BACK	1:26.72	Cayden Dececco	01/12
2:49.79	Jennie Hall	Jan/06	2:54.70	Melissa Ibbotson	Jun/00	200 BACK	3:03.95	Jatinder Grewal	Dec/18
43.05	Emma Zhang	Dec/22	45.17	Francine Ling	Apr/94	50 BREAST	38.17	Gunshan Sangha	Dec/19
1:34.40	Emma Zhang	Dec/22	1:38.23	Francine Ling	Apr/94	100 BREAST	1:26.92	Gunshan Sangha	Dec/19
3:23.06	Emma Zhang	Jul/22	3:26.09	Britni Santos	Jun/07	200 BREAST	3:13.04	Gunshan Sangha	Dec/19
34.97	Rebecca Soroke	Nov/19	37.01	Rebecca Soroke	Jul/19	50 FLY	37.79	Chris Stevens	Apr/94
1:21.96	Rebecca Soroke	Nov/19	1:27.69	Dolphine Wang	Jul/15	100 FLY	1:22.37	Chris Stevens	Mar/94
3:06.87	Dolphine Wang	Feb/15	3:17.72	Dolphine Wang	Jul/15	200 FLY	3:11.16	Jatinder Grewal	Mar/94
1:22.37	Emma Zhang	Dec/22				100 I.M.	1:25.22	Harbir Grewal	Mar/15
2:56.54	Jennie Hall	Jan/06	3:02.79	Melissa Ibbotson	Jun/00	200 I.M.	3:02.01	Jatinder Grewal	Dec/18
5:59.62	Melissa Ibbotson	Dec/00	6:56.72	Chantelle Boduel	Apr/02	400 I.M.	6:17.32	Reece Landry	Apr/13
2:45.47	Delta 'A'	Nov/99	2:32.35	R. Soroke, J. Bhangu, N. Evans, I. Pike	Jul/19	200 F.R.			2:50.82
2:57.60	Delta 'A'	Nov/99	2:56.27	J. Bhangu, N. Evans, R. Soroke, I. Pike	Jul/19	200 M.R.			3:17.76
						800 F.R.			
Female 11-12 years					Male 11 - 12 years				
SHORT COURSE			LONG COURSE		EVENT		SHORT COURSE		
28.79	Elena Penner	Feb/13	28.90	Emma Zhang	Jun/24	50 FREE	28.10	Daniel Wang	Feb/20
1:02.63	Elena Penner	Feb/13	1:03.61	Emma Zhang	Jun/24	100 FREE	1:02.36	Pat Gavigan	Dec/89
2:19.82	Emma Zhang	Dec/23	2:20.48	Hailey Penner	Jul/15	200 FREE	2:15.70	Marcus Vitoria	Feb/18
4:54.33	Emma Zhang	Feb/24	4:58.40	Hailey Penner	Jul/15	400 FREE	4:54.60	Marcus Vitoria	Nov/18
10:15.16	Kirra Trites	Dec/18	10:30.94	Yihan Wu	Jul/07	800 FREE	10:07.85	Marcus Vitoria	Dec/18
19:17.13	Kirra Trites	Jan/19	20:13.60	Alexa Ibbotson	Jan/00	1500 FREE	19:19.08	Marcus Vitoria	04/19
33.73	Emma Zhang	Feb/24	33.97	Emma Zhang	Jun/24	50 BACK	32.40	Marcus Vitoria	Dec/18
1:11.88	Francine Ling	Mar/96	1:16.32	Emma Zhang	Jun/24	100 BACK	1:08.01	Kevin McDonough	Mar/10
2:38.49	Logan Warkentin	Mar/12	2:42.44	Logan Warkentin	Jun/12	200 BACK	2:26.37	Kevin McDonough	Mar/10
36.96	Gabrielle Wang	Feb/23	38.05	Gabrielle Wang	Jun/23	50 BREAST	35.57	Gunshan Sangha	Nov/21
1:19.77	Francine Ling	Mar/06	1:22.46	Kayla Apanowicz	Jun/23	100 BREAST	1:15.85	Pat Gavigan	Jan/90
2:52.58	Francine Ling	Mar/96	2:59.69	Francine Ling	Jun/96	200 BREAST	2:47.96	Pat Gavigan	Jan/90
32.14	Elena Penner	Dec/12	32.22	Hailey Penner	Jul/15	50 FLY	31.39	Marcus Vitoria	Jan/19
1:09.01	Francine Ling	Mar/96	1:11.85	Hailey Penner	Jul/15	100 FLY	1:08.54	Marcus Vitoria	Feb/18
2:39.06	Emma Zhang	Jul/22	2:44.18	Emma Zhang	Jul/22	200 FLY	2:43.81	Kevin McDonough	Mar/10
1:15.75	Emma Zhang	Sep/23				100 I.M.	1:12.76	Nick LeFor	Mar/89
2:34.06	Francine Ling	Mar/96	2:36.03	Hailey Penner	Jul/15	200 I.M.	2:33.91	Marcus Vitoria	Feb/19
5:29.15	Hailey Penner	Mar/15	5:32.74	Hailey Penner	Jul/15	400 I.M.	5:28.32	Marcus Vitoria	Mar/18
9:05.65	E. Zhang, M. Bruneau, K. Hall, R. Liu	Nov/24	9:06.31	E. Zhang, K. Hall, M. Bruneau, A. Dhesi	Jun/24	200 F.R.	2:10.68	T. Bullock, K. McDonough, D. Su, A. Lu	Dec/09
2:21.03	E. Zhang, M. Bruneau, K. Hall, R. Liu	Nov/24	2:26.35	A. Goskel, G. Wang, E. Zhang, K. Hall	Jun/23	200 M.R.	2:25.97	T. Wong, B. Gangoso, T. Sunriva, K. Wang	Feb/25
4:45.82	M. Ibbotson, A. O'Grady, R. Paul, N. Boduel	Mar/01	5:02.66	Delta 'A'	Apr/00	400 F.R.			5:32.92
10:54.96	I. Chan, J. Hall, Ju. Hall, Y. Wu	Feb/06	6:30.00	K. Hamah, S. Nixon, J. Lee, M. Karling	Jun/01	400 M.R.			
						800 F.R.			
Female 13-14 years					Male 13 - 14 years				
SHORT COURSE			LONG COURSE		EVENT		SHORT COURSE		
27.37	Rebecca Soroke	Nov/23	27.53	Rebecca Soroke	Aug/23	50 FREE	25.27	Jason Streeter	Mar/94
59.14	Rebecca Soroke	Dec/23	1:02.04	Rebecca Soroke	Aug/23	100 FREE	56.17	Jackson Wang	Mar/02
2:11.85	Jessica Perkins	Mar/90	2:15.50	Francine Ling	Mar/98	200 FREE	2:04.39	Max Zha	Mar/22
4:37.21	Mia Bruneau	Dec/25	4:48.13	Mia Bruneau	Jul/25	400 FREE	4:26.04	Kevin McDonough	Mar/12
9:34.03	Mia Bruneau	Nov/25	9:56.22	Mia Bruneau	Jul/25	800 FREE	9:15.34	Max Zha	Dec/21
18:11.61	Mia Bruneau	Dec/25	19:11.07	Mia Bruneau	Jul/25	1500 FREE	15:58.13	Greg Hamm	Mar/91
31.52	Elena Penner	Mar/15	32.46	Chantelle Boduel	Jun/06	50 BACK	29.38	Kevin McDonough	Dec/11
1:05.29	Chantelle Boduel	Feb/06	1:09.24	Chantelle Boduel	Jun/06	100 BACK	1:00.90	Kevin McDonough	Mar/12
2:23.71	Chantelle Boduel	Feb/06	2:30.10	Chantelle Boduel	Jul/05	200 BACK	2:11.28	Kevin McDonough	Dec/11
34.67	Madelyn Paredes Troughton	Dec/23	34.85	Madelyn Paredes Troughton	Jun/24	50 BREAST	31.85	Daniel Wang	Jan/22
1:14.86	Francine Ling	Feb/98	1:16.56	Madelyn Paredes Troughton	Jul/24	100 BREAST	1:09.39	Jason Streeter	Mar/94
2:42.57	Francine Ling	Feb/98	2:52.04	Madelyn Paredes Troughton	Mar/24	200 BREAST	2:29.82	Jason Streeter	Mar/94
28.54	Rebecca Soroke	Dec/23	28.19	Rebecca Soroke	Aug/23	50 FLY	28.09	Jackson Wang	Oct/01
1:04.45	Rebecca Soroke	Nov/23	1:05.30	Rebecca Soroke	Aug/23	100 FLY	1:02.20	Max Zha	Mar/22
2:24.61	Rebecca Soroke	Nov/23	2:31.77	Hailey Penner	Jul/17	200 FLY	2:18.94	Shingo Kido	Nov/11
1:10.10	Rebecca Soroke	Jul/22				100 I.M.	1:06.57	Max Zha	Mar/22
2:26.09	Hailey Penner	Mar/17	2:31.96	Hailey Penner	Jun/17	200 I.M.	2:19.24	Max Zha	Jan/22
5:08.14	Francine Ling	Feb/98	5:22.13	Hailey Penner	Jul/17	400 I.M.	4:52.41	Max Zha	Mar/22
1:55.55	R. Soroke, M. Paredes Troughton, G. Bruneau, E. Zhang	Feb/23	1:55.62	R. Soroke, G. Bruneau, E. Zhang, M. Paredes Troughton	Jul/23	200 F.R.	1:47.77	D. Wang, M. Zha, G. Sangha, M. Johal	Mar/22
2:11.37	G. Bruneau, R. Soroke, M. Paredes Troughton, E. Zhang	Feb/23	2:09.25	G. Bruneau, M. Paredes Troughton, R. Soroke, E. Zhang	Jul/23	200 M.R.	1:59.76	M. Johal, G. Sangha, M. Zha, D. Wang	Jun/22
			5:24.63	M. Karklin, K. Hanna, L. Biggin, K. Zazareth	Jul/06	400 F.R.	3:57.12	D. Wang, M. Zha, M. Johal, G. Sangha	4:49.94
			4:48.39	G. Bruneau, M. Paredes Troughton, R. Soroke, E. Zhang	Jul/23	400 M.R.			5:16.82
			10:11.18	R. Paul, T. Cabico, N. Boduel, M. Ibbotson	Jul/01	800 F.R.	9:01.75	D. Wang, G. Sangha, M. Johal, M. Zha	Mar/22
Female 15 years & Over					Male 15 years & Over				
SHORT COURSE			LONG COURSE		EVENT		SHORT COURSE		
26.96	Francine Ling	Dec/98	27.49	Rebecca Soroke	May/24	50 FREE	23.64	Graham Duthie	Feb/02
58.39	Francine Ling	Feb/00	1:00.23	Francine Ling	Mar/01	100 FREE	51.51	Jackson Wang	Feb/05
2:07.05	Francine Ling	Mar/01	2:10.36	Francine Ling	Jun/02	200 FREE	1:51.94	Greg Hamm	Mar/95
4:30.42	Francine Ling	Nov/00	4:35.66	Francine Ling	Jun/02	400 FREE	3:56.54	Greg Hamm	Mar/95
9:25.06	Alexandri Lindsay	Feb/09	9:46.34	Francine Ling	Jan/00	800 FREE	8:29.44	Max Zha	Nov/24
18:32.45	Faye Ling	Apr/03	19:24.50	Grace Bruneau	Jul/25	1500 FREE	16:26.45	Max Zha	Dec/23
30.8	Elena Penner	Dec/15	31.97	Chantelle Boduel	Jul/06	50 BACK	28.53	Jackson Wang	Dec/04
1:05.14	Chantelle Boduel	Feb/07	1:07.89	Chantelle Boduel	Jul/06	100 BACK	58.27	Greg Hamm	Mar/95
2:21.95	Chantelle Boduel	Mar/07	2:26.48	Chantelle Boduel	Jun/07	200 BACK	2:01.39	Greg Hamm	Mar/95
33.85	Madelyn Paredes Troughton	Nov/25	34.49	Madelyn Paredes Troughton	Jul/25	50 BREAST	31.32	Daniel Wang	Jan/24
1:13.57	Francine Ling	Dec/99	1:15.14	Madelyn Paredes Troughton	Jul/25	100 BREAST	1:07.53	Jason Streeter	Nov/23
2:39.49	Francine Ling	Feb/99	2:45.01	Francine Ling	May/99	200 BREAST	2:23.04	Jason Streeter	Nov/96
29.03	Francine Ling	Feb/00	28.09	Rebecca Soroke	Mar/24	50 FLY	26.21	Jackson Wang	Feb/04
1:04.54	Francine Ling	Apr/02	1:03.37	Rebecca Soroke	Mar/24	100 FLY	56.41	Jackson Wang	Feb/05
2:22.34	Louisa Chan	Feb/08	2:26.65	Louisa Chan	Jul/06	200 FLY	2:10.77	Max Zha	Nov/23
1:08.42	Kayla Apanowicz	Dec/22				100 I.M.	1:04.03	Nicky Hou	May/11
2:22.08	Francine Ling	Feb/00	2:24.30	Francine Ling	Aug/02	200 I.M.	2:14.04	Max Zha	Feb/25
5:02.66	Francine Ling	Dec/99	5:05.56	Francine Ling	Aug/02	400 I.M.	4:42.93	Max Zha	Feb/24
1:51.35	C. Meredith Jensen, K. Apanowicz, N. Kenuich, R. Soroke	Nov/23	1:55.57	A. Lum, A. Tawashy, F. Ling, Fr. Ling	Jul/99	200 F.R.	1:42.95	Delta 'A'	Dec/97
2:54.18	C. Meredith Jensen, K. Apanowicz, R. Soroke, N. Kenuich	Nov/23	2:09.23	C. Meredith Jensen, K. Apanowicz, R. Soroke, G. Bruneau	Jun/23	200 M.R.	1:55.88	M. Johal, D. Wang, M. Zha, A. Sharma	Nov/23
4:09.65	L. Chan, C. Boduel, A. Lindsay, M. Karling	Mar/07	4:22.98	L. Chan, C. Briggs, F. Ling, N. Boduel	Jun/03	400 F.R.	4:22.74	S. Hanna, S. Riggs, J. Tetrauli, N. Hou	Mar/07
4:35.90	E. Penner, C. Baxter, H. Milne, H. Penner	Mar/16	4:51.78	C. Boduel, L. Chan, A. Lindsay, M. Karling	Jul/06	400 M.R.	4:33.48	K. McDonough, A. Lu, T. Bullock, C. Warkentin	Mar/12
9:12.29	L. Chan, R. Paul, C. Boduel, M. Karling	Feb/06	9:21.00	Fa. Ling, A. Ibbotson, Fr. Ling, L. Steepie	Jul/01	800 F.R.	8:38.36	M. Milne, H. Hernandez, N. Kidd, C. Warkentin	Jan/14