

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		LONG COURSE					
31.70	Emma Zhang	Nov/22	32.11	Faye Ling	Jul/97	50 FREE	33.21	Gurshaan Sangha	Nov/19	34.3	Brad Smith	Feb/89
1:09.07	Emma Zhang	June/22	1:11.61	Faye Ling	Jun/97	100 FREE	1:15.23	Chris Stevens	May/94	1:17.46	Brad Smith	1989
2:35.72	Emma Zhang	Dec/22	2:39.47	Faye Ling	Jun/97	200 FREE	2:40.54	Jatinder Grewal	Dec/18	2:48.60	Brad Smith	Jul/89
5:34.43	Kirra Trites	Feb/17	5:53.05	Logan Warkentin	Jun/10	400 FREE	5:24.52	Jatinder Grewal	Dec/18	5:44.37	Reece Landry	Apr/13
11:03.29	Emma Zhang	Dec/22	13:20.03	Logan Warkentin	Apr/10	800 FREE	11:26.77	Jatinder Grewal	Dec/18			
23:57.79	Rena Paul	May/00				1500 FREE	21:36.77	Jatinder Grewal	Dec/18	24:04.83	Reece Landry	Apr/13
37.03	Jennie Hall	Feb/06	36.45	Melissa Ibbotson	Jun/00	50 BACK	40.22	Jason Streefkerk	Apr/90	39.27	Brad Smith	Jul/80
1:20.19	Melissa Ibbotson	Jan/00	1:23.06	Melissa Ibbotson	Jun/00	100 BACK	1:26.72	Cayden Dececco	01/12	1:28.50	Chris Stevens	Apr/94
2:49.79	Jennie Hall	Jan/06	2:54.70	Melissa Ibbotson	Jun/00	200 BACK	3:03.95	Jatinder Grewal	Dec/18	3:14.15	Harbir Grewal	May/15
43.05	Emma Zhang	Dec/22	45.17	Francine Ling	Apr/94	50 BREAST	38.17	Gurshaan Sangha	Dec/19	46.06	Harbir Grewal	May/15
1:34.40	Emma Zhang	Dec/22	1:38.23	Francine Ling	Apr/94	100 BREAST	1:26.92	Gurshaan Sangha	Dec/19	1:40.29	Reece Landry	Apr/13
5:33.06	Emma Zhang	Jul/22	3:26.09	Britni Santos	Jun/07	200 BREAST	3:13.04	Gurshaan Sangha	Dec/19	3:28.54	Reece Landry	Apr/13
34.97	Rebecca Soroke	Nov/19	37.01	Rebecca Soroke	Jul/19	50 FLY	37.79	Chris Stevens	Apr/94	38.69	Chris Stevens	Apr/94
1:31.96	Rebecca Soroke	Nov/19	1:27.69	Dolphine Wang	Jul/15	100 FLY	1:22.37	Chris Stevens	Mar/94	1:27.67	Jason Steeple	Jun/96
1:06.87	Dolphine Wang	Feb/15	3:17.72	Dolphine Wang	Jul/15	200 FLY	3:11.16	Jatinder Grewal	Dec/18	3:27.63	Reece Landry	Apr/13
1:22.37	Emma Zhang	Dec/22				100 IM	1:25.22	Harbir Grewal	Mar/15			
2:56.54	Jennie Hall	Jan/06	3:02.79	Melissa Ibbotson	Jun/00	200 IM	3:02.01	Jatinder Grewal	Dec/18	3:12.60	Reece Landry	Apr/13
5:59.62	Melissa Ibbotson	Dec/00	6:56.72	Chantelle Boduel	Apr/02	400 IM	6:17.32	Reece Landry	Apr/13	6:30.27	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	G. Sangha, A. Zavour, Mart. Victoria, A. Lalli	Jun/19
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	A. Zavour, A. Lalli, G. Sangha, Mart. Victoria	
						800 F R						
Female 11-12 years					Male 11-12 years							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
28.79	Elena Penner	Feb/13	28.90	Emma Zhang	Jun/24	50 FREE	28.10	Daniel Wang	Feb/20	27.83	Pat Gavigan	1989
1:02.63	Elena Penner	Feb/13	1:03.61	Emma Zhang	Jun/24	100 FREE	1:02.36	Pat Gavigan	Dec/89	1:02.07	Jackson Wang	Jun/00
2:19.82	Emma Zhang	Dec/23	2:20.48	Hailey Penner	Jul/15	200 FREE	2:15.70	Marcus Vitoria	Feb/18	2:23.63	Nick LeFor	Jul/89
4:54.33	Emma Zhang	Feb/24	4:58.40	Hailey Penner	Jul/15	400 FREE	4:54.60	Marcus Vitoria	Nov/18	4:52.81	Greg Hamm	Jun/90
10:15.16	Kirra Trites	Dec/18	10:30.94	Yihan Wu	Jul/07	800 FREE	10:07.85	Marcus Vitoria	Dec/18	12:10.81	Harbir Grewal	Mar/15
19:17.13	Kirra Trites	Jan/19	20:13.60	Alexa Ibbotson	Jan/00	1500 FREE	19:19.08	Marcus Vitoria	04/19	20:31.26	Reece Landry	Jul/14
33.73	Emma Zhang	Feb/24	33.97	Emma Zhang	Jun/24	50 BACK	32.40	Marcus Vitoria	Dec/18	33.03	Kevin McDonough	May/10
1:11.88	Francine Ling	Mar/96	1:16.32	Emma Zhang	Jun/24	100 BACK	1:08.01	Kevin McDonough	Mar/10	1:11.11	Kevin McDonough	May/10
2:38.49	Logan Warkentin	Mar/12	2:42.44	Logan Warkentin	Jun/12	200 BACK	2:26.37	Kevin McDonough	Mar/10	2:32.16	Kevin McDonough	May/10
36.96	Gabrielle Wang	Feb/23	38.05	Gabrielle Wang	Jun/23	50 BREAST	35.53	Gurshaan Sangha	Nov/21	37.04	Ben Gansoso	Jul/25
1:19.77	Francine Ling	Mar/96	1:22.46	Kavah Apanowicz	May/19	100 BREAST	1:15.85	Pat Gavigan	Jan/90	1:17.64	Pat Gavigan	Jul/89
2:52.58	Francine Ling	Mar/96	2:59.69	Francine Ling	Jun/96	200 BREAST	2:47.96	Pat Gavigan	Jan/90	2:48.43	Pat Gavigan	Jul/89
32.14	Elena Penner	Dec/12	32.22	Hailey Penner	Jul/15	50 FLY	31.39	Marcus Vitoria	Jan/19	32.79	Andrew Conroy	May/03
1:09.01	Francine Ling	Mar/96	1:11.85	Hailey Penner	Jul/15	100 FLY	1:08.54	Marcus Vitoria	Feb/18	1:11.48	Andrew Conroy	Jul/03
2:39.06	Emma Zhang	Jul/22	2:44.18	Emma Zhang	Jul/22	200 FLY	2:43.81	Kevin McDonough	Mar/10	2:41.67	Shingo Kido	Jul/98
1:15.25	Emma Zhang	Sep/23				100 IM	1:12.76	Nick LeFor	Mar/89			
2:34.06	Francine Ling	Mar/96	2:36.03	Hailey Penner	Jul/15	200 IM	2:33.91	Marcus Vitoria	Feb/19	2:36.91	Pat Gavigan	Jul/89
5:29.15	Hailey Penner	Mar/15	5:32.74	Hailey Penner	Jul/15	400 IM	5:28.32	Marcus Vitoria	Mar/18	5:33.21	Kevin McDonough	May/10
2:05.65	E. Zhang, M. Bruneau, K. Hall, R. Liu	Nov/24	2:06.51	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	2:09.20	W. Eiben, T. Dadwal, K. Stielow, T. Wong	Jun/26
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. Gansoso, T. Survive, K. Wang	Feb/25	2:23.25	K. Wang, B. Gansoso, T. Wong, T. Survive	Jun/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	S. Hanna, K. Swirths, S. Riggs, C. Dececco	Jun/03
10:54.96	I. Chan, J. Hall, Ju. Hall, Y. Wu	Feb/06	6:30.00	K. Hamah, S. Nixon, J. Lee, M. Karkling	Jun/01	400 M R						
						800 F R						
Female 13-14 years					Male 13-14 years							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
27.37	Rebecca Soroke	Nov/23	27.53	Rebecca Soroke	Aug/23	50 FREE	25.27	Jason Streefkerk	Mar/94	26.11	Daniel Wang	Mar/22
59.14	Rebecca Soroke	Dec/23	1:02.04	Rebecca Soroke	Aug/23	100 FREE	56.17	Jackson Wang	Mar/02	57.81	Jackson Wang	Jun/02
2:11.85	Jessica Perkins	Mar/90	2:15.50	Francine Ling	Mar/98	200 FREE	2:04.39	Max Zha	Mar/22	2:07.76	Jackson Wang	Jun/02
4:37.21	Mia Bruneau	Dec/25	4:48.13	Mia Bruneau	Jul/25	400 FREE	4:26.04	Kevin McDonough	Mar/12	4:31.06	Kevin McDonough	May/12
9:34.03	Mia Bruneau	Nov/25	9:56.22	Mia Bruneau	Jul/25	800 FREE	9:15.34	Max Zha	Dec/21	9:33.17	Max Zha	Mar/22
18:11.61	Mia Bruneau	Dec/25	19:11.07	Mia Bruneau	Jul/25	1500 FREE	15:58.13	Greg Hamm	Mar/91	20:22.55	Kevin McDonough	Apr/11
51.52	Elena Penner	Dec/15	52.56	Chantelle Boduel	Jun/06	50 BACK	29.38	Kevin McDonough	Dec/11	29.56	Kevin McDonough	Apr/12
1:05.29	Chantelle Boduel	Feb/06	1:09.24	Chantelle Boduel	Jun/06	100 BACK	1:00.90	Kevin McDonough	Mar/12	1:03.35	Kevin McDonough	May/12
2:23.71	Chantelle Boduel	Feb/06	2:30.10	Chantelle Boduel	Jul/05	200 BACK	2:11.28	Kevin McDonough	Jul/11	2:20.18	Kevin McDonough	May/12
34.67	Madelyn Paredes Troughton	Dec/23	34.85	Madelyn Paredes Troughton	Jun/24	50 BREAST	31.85	Daniel Wang	Jan/22	33.43	Gurshaan Sangha	Feb/23
1:14.86	Francine Ling	Feb/98	1:16.56	Madelyn Paredes Troughton	Jul/24	100 BREAST	1:09.39	Jason Streefkerk	Mar/94	1:11.13	Jason Streefkerk	May/94
2:42.57	Francine Ling	Feb/98	2:52.04	Madelyn Paredes Troughton	Mar/24	200 BREAST	2:29.82	Jason Streefkerk	Mar/94	2:44.81	Gurshaan Sangha	Jun/23
28.54	Rebecca Soroke	Dec/23	28.19	Rebecca Soroke	Aug/23	50 FLY	28.09	Jackson Wang	Oct/01	29.12	Max Zha	May/22
1:04.45	Rebecca Soroke	Nov/23	1:05.30	Rebecca Soroke	Aug/23	100 FLY	1:02.20	Max Zha	Mar/22	1:02.86	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	2:23.33	Max Zha	Mar/22
1:10.10	Rebecca Soroke	Jul/22				100 IM	1:06.57	Max Zha	Mar/22			
2:26.09	Hailey Penner	Mar/17	2:31.96	Hailey Penner	Jun/17	200 IM	2:19.24	Max Zha	Jan/22	2:24.61	Max Zha	Mar/22
5:08.14	Francine Ling	Feb/98	5:22.13	Hailey Penner	Jul/17	400 IM	4:52.41	Max Zha	Mar/22	5:05.77	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	1:58.00	A. Lu, T. Bullock, J. Kidd, Dm. Su	Jun/10
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	2:15.62	M. Johal, G. Sangha, A. Alhassan, A. Lalli	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	N. Hou, C. Dececco, S. Riggs, K. Ge	Apr/07
			4:48.39	G. Bruneau, M. Paredes Troughton, R. Soroke, E. Zhang	Jul/23	400 M R				5:16.82	C. Bullock, A. Yu, Ca. Dececco, R. Landry	Jul/14
			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		LONG COURSE					
26.96	Francine Ling	Dec/98	27.49	Rebecca Soroke	May/24	50 FREE	25.64	Graham Duthie	Feb/02	23.59	Graham Duthie	Aug/96
58.39	Francine Ling	Feb/00	1:00.23	Francine Ling	Mar/01	100 FREE	51.51	Jackson Wang	Feb/05	52.68	Graham Duthie	Aug/96
2:07.05	Francine Ling	Mar/01	2:10.26	Francine Ling	Jun/02	200 FREE	1:51.94	Greg Hamm	Mar/95	1:55.31	Greg Hamm	Jul/94
4:30.42	Francine Ling	Nov/00	4:35.66	Francine Ling	Jun/02	400 FREE	3:56.54	Greg Hamm	Mar/95	4:08.16	Graham Duthie	Aug/96
9:25.06	Alexandra Lindsay	Feb/09	9:46.34	Francine Ling	Jan/00	800 FREE	8:29.44	Max Zha	Nov/24	8:55.30	Max Zha	Mar/24
18:32.45	Faye Ling	Apr/03	19:24.50	Grace Bruneau	Jul/25	1500 FREE	16:26.45	Max Zha	Dec/23	16:59.34	Max Zha	Mar/24
30.8	Elena Penner	Dec/15	31.97	Chantelle Boduel	Jul/06	50 BACK	28.53	Jackson Wang	Dec/04	28.8	Greg Hamm	Jul/94
1:05.14	Chantelle Boduel	Feb/07	1:07.89	Chantelle Boduel	Jul/06	100 BACK	58.27	Greg Hamm	Mar/95	59.25	Greg Hamm	Jul/95
2:21.95	Chantelle Boduel	Mar/07	2:26.48	Chantelle Boduel	Jun/07	200 BACK	2:01.39	Greg Hamm	Mar/95	2:04.92	Greg Hamm	Jul/95
32.86	Madelyn Paredes Troughton	Mar/26	34.04	Madelyn Paredes Troughton	Jun/26	50 BREAST	31.32	Daniel Wang	Jan/24	32.21	Daniel Wang	Jul/23
1:11.66	Madelyn Paredes Troughton	Mar/26	1:14.35	Madelyn Paredes Troughton	Apr/26	100 BREAST	1:05.59	Jason Streefkerk	Nov/96	1:07.53	Jason Streefkerk	Jun/96
2:39.49	Francine Ling	Feb/99	2:45.01	Francine Ling	May/99	200 BREAST	2:23.04	Jason Streefkerk	Nov/96	2:38.50	Jason Streefkerk	Jun/95
29.03	Francine Ling	Feb/00	28.09	Rebecca Soroke	Mar/24	50 FLY	26.21	Jackson Wang	Feb/04	26.35	Jackson Wang	Jun/06
1:04.54	Francine Ling	Apr/02	1:03.37									