

Delta Sungod Swim Club

Individual Top Times

Delta Sungod Swim Club [DELTA] Coach: Steven Hitchings
Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Female 10 & Under 50 Free						
1	33.04 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
2	33.22 L L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
3	34.30 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
4	34.35 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
5	34.52 L L	F	*I Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	34.83 L	F	*I Jannat Bhangu	10	2019-04-27	2019 Jessica Deglau Invitational
7	35.07 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
8	35.35 L L	F	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
9	35.55 L	P	*I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic
10	35.79 L	F	*I Imelda Chan	10	2004-06-04	June Classic 2004
Female 10 & Under 100 Free						
1	1:12.94 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
2	1:12.98 L	P	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
3	1:15.07 L	S	*I Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational
4	1:17.20 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
5	1:17.41 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
6	1:17.73 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
7	1:20.14 L	P	*I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic
8	1:20.63 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
9	1:21.46 L	F	*I Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	1:21.81 L	F	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
Female 10 & Under 200 Free						
1	2:46.01 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
2	2:47.85 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
3	2:49.80 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
4	2:50.55 L	P	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
5	2:54.34 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
6	2:54.42 L	F	Reena Paul	10	2000-05-06	West Coast Open LC - Morning
7	2:54.86 L	F	*I Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	2:55.27 L	P	*I Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup
9	3:03.97 L	F	Rachel Liu	10	2024-05-03	West Coast Open 2024
10	3:13.42 L	F	*I Brittni Santos	10	2007-05-05	West Coast Open 2007
Female 10 & Under 400 Free						
1	5:48.12 L	F	*I Hailey Penner	10	2013-06-21	2013 Swim BC Long Course AA Champions
2	5:53.05 L	T	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
3	6:03.57 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
4	6:04.63 L	F	*I Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	6:05.72 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
6	6:14.56 L	F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
7	6:24.32 L	F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
Female 10 & Under 800 Free						
1	13:20.03 L	F	*I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational
Female 10 & Under 50 Back						
1	36.45 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
2	40.81 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
3	41.51 L L	F	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
4	41.97 L	F	Emma Zhang	10	2022-04-30	West Coast Open 2022
5	43.51 L L	F	*I Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	44.19 L	F	*I Hailey Penner	10	2013-05-04	WEST COAST OPEN
7	45.77 L L	F	Kaia Hall	10	2022-06-10	2022 Annual TRU Wolfpack Invitational

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	Time		P/F/S	Name	Age/Yr		
8	46.09 L		F	*I Delphine Wang	9	2014-04-11	LOSC 12th Annual Long Course Meet
9	46.14 L L		F	*I Jenna-Sarah McDonald	10	2007-06-01	June Classic 2007 SBC0751
10	46.17 L		F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
Female 10 & Under 100 Back							
1	1:23.06 L		F	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	1:28.60 L		F	*I Jannat Bhangu	10	2019-04-27	2019 Jessica Deglau Invitational
3	1:30.28 L		F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	1:31.62 L		F	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
5	1:31.98 L		P	*I Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup
6	1:33.61 L		F	*I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational
7	1:36.01 L		F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
8	1:38.02 L		P	*I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic
9	1:38.57 L		F	*I Reena Paul	10	2000-04-15	Pent'Dolphin'Lon 2000 - Sancti
10	1:39.59 L		F	*I Hailey Penner	10	2013-04-06	LOSC 11th Annual Long Course Invitational
Female 10 & Under 200 Back							
1	2:54.70 L		F	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2*	3:07.60 L		F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
2*	3:07.60 L		P	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
4	3:07.76 L		P	*I Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup
5	3:09.80 L		P	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
6	3:16.19 L		F	Emma Zhang	10	2022-04-02	LOSC 18th Annual Long Course Invitational
7	3:16.53 L		P	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
8	3:18.60 L		F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
9	3:21.89 L		P	*I Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational
10	3:31.78 L		P	*I Imelda Chan	10	2004-06-04	June Classic 2004
Female 10 & Under 50 Breast							
1	46.18 L		F	Emma Zhang	10	2022-04-30	West Coast Open 2022
2	46.23 L		F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
3	48.47 L		F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
4	49.57 L		F	Noelle Evans	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	49.79 L		F	Rachel Liu	10	2024-05-03	West Coast Open 2024
6	50.71 L		F	*I Tiffany Kwong	10	2001-01-06	11th Annual Kamloops Classic
7	51.75 L		F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
8	51.93 L		F	*I Imelda Chan	10	2004-06-04	June Classic 2004
9	52.15 L		F	Monica Paredes Troughton	10	2023-06-02	2023 Annual TRU Wolfpack Invitational
10	52.82 L		F	Mia Bruneau	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
Female 10 & Under 100 Breast							
1	1:38.42 L		F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
2	1:42.17 L		F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
3	1:44.54 L		F	*I Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
4	1:44.74 L		F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
5	1:45.10 L		F	*I Reena Paul	10	2000-04-15	Pent'Dolphin'Lon 2000 - Sancti
6	1:49.22 L		F	*I Kayah Apanowicz	10	2017-04-01	LOSC 15th Annual Long Course Invitational
7	1:49.57 L		F	Rachel Liu	10	2024-05-03	West Coast Open 2024
8	1:49.60 L		F	*I Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	1:52.79 L		F	Mia Bruneau	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	1:55.82 L		F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
Female 10 & Under 200 Breast							
1	3:35.12 L		P	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
2	3:41.56 L		F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
3	3:52.75 L		P	*I Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup
4	3:53.01 L		F	Rachel Liu	10	2024-05-03	West Coast Open 2024
5	3:53.51 L		F	*I Kayah Apanowicz	10	2017-04-01	LOSC 15th Annual Long Course Invitational

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	Time		P/F/S	Name	Age/Yr		
6	3:53.73 L		F	*I Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational
7	3:55.14 L		F	*I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational
Female 10 & Under 50 Fly							
1	37.01 L		F	*I Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
2	38.17 L		F	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champior
3	40.11 L		F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
4	40.55 L		F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
5	x41.28 L		F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
6	41.79 L		F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
7	42.12 L		F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	42.19 L		F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
9	42.49 L		F	*I Imelda Chan	10	2004-06-04	June Classic 2004
10	44.49 L		F	*I Elena Penner	10	2010-06-04	Kamloops June Classic 2010
Female 10 & Under 100 Fly							
1	1:27.69 L		P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champior
2	1:36.29 L		F	*I Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
3	1:38.80 L		F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	1:39.10 L		F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
5	1:41.63 L		F	*I Morgan Karkling	1	2001-06-22	BC 2001 Provincial Age Group T
6	1:43.31 L		F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
7	1:43.92 L		F	*I Elena Penner	10	2010-06-19	Summer Solstice Invitational
8	1:44.32 L		F	*I Imelda Chan	10	2004-06-04	June Classic 2004
9	1:45.72 L		F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
10	1:46.98 L		F	*I Reena Paul	10	2000-04-15	Pent'Dolphin'Lon 2000 - Sancti
Female 10 & Under 200 Fly							
1	3:17.72 L		P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champior
2	3:26.10 L		F	*I Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup
3	3:46.37 L		F	*I Hailey Penner	10	2013-05-04	WEST COAST OPEN
4	3:58.01 L		F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
Female 10 & Under 200 IM							
1	3:02.11 L		F	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	3:04.20 L		P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champior
3	3:11.30 L		F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
4	3:13.86 L		F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
5	3:14.98 L		F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	3:15.42 L		F	*I Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	3:17.95 L		P	*I Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup
8	3:18.18 L		P	*I Hailey Penner	10	2013-06-21	2013 Swim BC Long Course AA Champions
9	3:19.46 L		F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
10	3:23.52 L		F	Rachel Liu	10	2024-06-07	2024 Annual TRU Wolfpack Invitational
Female 10 & Under 400 IM							
1	6:56.72 L		F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
2	7:28.86 L		F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
3	7:35.68 L		F	*I Hailey Penner	10	2013-04-06	LOSC 11th Annual Long Course Invitational
Female 11-12 50 Free							
1	28.90 L		F	Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
2	29.56 L		F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
3	30.08 L		P	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
4	30.29 L		F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
5	30.80 L		F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	30.84 L		P	*I Chantelle Boduel	12	2004-06-04	June Classic 2004
7	31.05 L		F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic

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	Time		P/F/S	Name	Age/Yr		
8	31.15 L		S	*I Yi Han Wu	12	2007-04-13	2007 Mies Schootman Invitational
9	31.34 L		F	*I Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational
10	31.43 L		F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
Female 11-12 100 Free							
1	1:03.61 L		F	Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
2	1:04.16 L		F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
3	1:06.52 L		F	*I Logan Warkentin	12	2012-05-18	Hyack Festival AAA Youth Cup 2012
4	1:07.33 L		F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
5	1:07.56 L		P	*I Chantelle Boduel	12	2004-06-04	June Classic 2004
6	1:07.97 L		P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
7	1:08.37 L		P	*I Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
8	1:08.41 L		F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
9	1:08.72 L		F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
10	1:09.34 L		P	Mia Bruneau	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
Female 11-12 200 Free							
1	2:20.48 L		P	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
2	2:21.34 L		F	Emma Zhang	12	2024-07-11	2024 Summer Provincial Championships
3	2:26.41 L		P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
4	2:27.85 L		F	Mia Bruneau	12	2024-11-22	SKSC November LC Invitational
5	2:28.74 L		P	Grace Bruneau	12	2022-07-14	BC Summer Provincials
6	2:30.46 L		P	*I Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
7	2:30.88 L		F	*I Alix Main	12	2010-06-25	2010 SwimBC Long Course AA Championsl
8	2:31.67 L		P	*I Logan Warkentin	12	2011-07-07	BC AAA Long Course Championships
9	2:31.73 L		F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
10	2:31.79 L		F	Rachel Liu	11	2025-06-13	2025 June Classic Invitational
Female 11-12 400 Free							
1	4:58.40 L		P	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
2	5:00.10 L		F	Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
3	5:11.57 L		P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
4	5:19.09 L		F	*I Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational
5	5:19.73 L		F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
6	5:20.33 L		F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
7	5:23.37 L		F	*I Logan Warkentin	12	2012-05-05	WEST COAST OPEN
8	5:23.97 L		F	*I Reena Paul	12	2002-05-04	West Coast Open LC
9	5:24.06 L		P	Grace Bruneau	12	2022-07-14	BC Summer Provincials
10	5:27.21 L		F	*I Faye Ling	12	1999-05-08	1999 WEST COAST OPEN
Female 11-12 800 Free							
1	10:30.94 L		F	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
2	10:36.81 L		F	*I Hailey Penner	11	2014-07-03	2014 Swim BC AAA Long Course Meet
3	11:11.57 L		F	*I Alix Main	12	2010-06-25	2010 SwimBC Long Course AA Championsl
4	11:12.67 L		F	Emma Zhang	11	2023-07-13	2023 Swim BC Summer Provincials
5	11:36.90 L		F	*I Kirra Trites	11	2017-06-16	2017 AA LCM Championships
6	11:45.54 L		F	*I Alexandra Lindsay	12	2004-06-25	LMR Regional LC Championships
7	11:49.68 L		F	Mia Bruneau	11	2023-05-05	West Coast Open 2023
8	12:31.92 L		F	*I Logan Warkentin	11	2010-06-25	2010 SwimBC Long Course AA Championsl
9	13:29.74 L		F	*I Chelsea Santos	12	2007-05-05	West Coast Open 2007
Female 11-12 50 Back							
1	33.97 L		F	Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
2	34.12 L		F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
3	35.35 L		F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
4	35.73 L		F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
5	35.92 L		F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
6	37.47 L		F	Rachel Liu	11	2025-06-13	2025 June Classic Invitational

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	Time		P/F/S	Name	Age/Yr		
7	37.75 L	F	*I	Elena Penner	12	2012-06-08	Kamloops June Classic 2012
8	38.04 L	F	*I	Melissa Ibbotson	11	2001-04-28	West Coast Open LC
9	38.27 L	F	*I	Kirra Trites	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
10	38.47 L L	F	*I	Chantelle Boduel	12	2004-06-04	June Classic 2004
Female 11-12 100 Back							
1	1:15.25 L	P	*I	Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
2	1:16.32 L	F		Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
3	1:17.07 L	F	*I	Chantelle Boduel	12	2004-06-04	June Classic 2004
4	1:18.25 L	F	*I	Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic
5	1:20.08 L	F	*I	Faye Ling	12	1999-05-08	1999 WEST COAST OPEN
6	1:20.10 L	F	*I	Sarah Morey	12	2014-06-20	2014 Swim BC Long Course AA Champions
7	1:22.91 L	F	*I	Kirra Trites	12	2018-05-05	WEST COAST OPEN 2018
8	1:22.96 L	P		Rachel Liu	11	2025-06-13	2025 June Classic Invitational
9	1:23.00 L	P	*I	Aurore O'Grady	12	2000-06-02	Kamloops Classic
10	1:23.15 L	F		Mia Bruneau	12	2024-05-03	West Coast Open 2024
Female 11-12 200 Back							
1	2:42.44 L	F	*I	Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
2	2:43.45 L	F	*I	Melissa Ibbotson	11	2001-07-13	TRIPLE AAA'S LONG COURSE
3	2:43.95 L	F	*I	Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup
4	2:47.91 L	P	*I	Chantelle Boduel	12	2004-06-04	June Classic 2004
5	2:48.60 L	F	*I	Sarah Morey	12	2014-04-11	LOSC 12th Annual Long Course Meet
6	2:49.28 L	P	*I	Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic
7*	2:50.86 L	P	*I	Yi Han Wu	11	2006-07-06	2006 TAS BC LC Championships
7*	2:50.86 L	P	*I	Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
9	2:51.89 L	F		Emma Zhang	11	2023-05-05	West Coast Open 2023
10	2:52.15 L	F	*I	Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational
Female 11-12 50 Breast							
1	38.05 L	F		Gabrielle Wang	12	2023-06-02	2023 Annual TRU Wolfpack Invitational
2	38.29 L	F		Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials
3	40.30 L	F	*I	Kayah Apanowicz	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
4	41.07 L	P		Mia Bruneau	12	2024-07-11	2024 Summer Provincial Championships
5	41.74 L	F		Emma Zhang	12	2024-05-03	West Coast Open 2024
6	42.43 L	F	*I	Ramneet Sandhu	12	2017-06-02	1st Annual TRU Wolfpack Invitational
7	42.52 L	F		Grace Bruneau	12	2022-04-02	LOSC 18th Annual Long Course Invitational
8	42.65 L	F	*I	Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
9	42.83 L	F	*I	Hailey Penner	12	2015-04-11	2015 NRST Spring Sprint
10	43.46 L	P		Monica Paredes Troughton	12	2025-06-13	2025 June Classic Invitational
Female 11-12 100 Breast							
1	1:22.46 L	F	*I	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
2	1:24.92 L	F		Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials
3	1:25.11 L	F		Mia Bruneau	12	2024-11-22	SKSC November LC Invitational
4	1:26.90 L	P		Gabrielle Wang	12	2023-03-02	BC Winter Provincials
5	1:26.96 L	F		Grace Bruneau	12	2022-07-14	BC Summer Provincials
6	1:28.32 L	F	*I	Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
7	1:28.67 L	F	*I	Claudia Baxter	12	2013-06-21	2013 Swim BC Long Course AA Champions
8	1:30.03 L	P		Emma Zhang	12	2024-03-07	2024 Swim BC Winter Provincials
9	1:30.27 L	F	*I	Yi Han Wu	12	2007-06-23	Hyack Summer Solstice Invitational
10	1:30.39 L	P	*I	Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup
Female 11-12 200 Breast							
1	2:59.91 L	F		Mia Bruneau	12	2024-11-22	SKSC November LC Invitational
2	3:01.55 L	F		Grace Bruneau	12	2022-07-14	BC Summer Provincials
3	3:02.35 L	P		Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials
4	3:02.95 L	F	*I	Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
5	3:09.20 L	P	Gabrielle Wang	12	2023-03-02	BC Winter Provincials
6	3:11.13 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
7	3:11.64 L	P	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
8	3:13.07 L	F	*I Claudia Baxter	12	2013-06-21	2013 Swim BC Long Course AA Champions
9	3:13.41 L	F	*I Hailey Penner	12	2015-04-11	2015 NRST Spring Sprint
10	3:14.94 L	F	Emma Zhang	12	2024-05-03	West Coast Open 2024
Female 11-12 50 Fly						
1	32.22 L	P	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	32.25 L	F	Emma Zhang	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
3	32.56 L	F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
4	33.26 L	F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
5	34.39 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
6	35.40 L	F	Madelyn Paredes Troughton	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	35.90 L	F	*I Imelda Chan	12	2006-06-02	June Classic 2006
8	36.07 L	P	Kaia Hall	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
9	36.30 L	F	Mia Bruneau	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
10	37.26 L	P	Rachel Liu	11	2025-06-13	2025 June Classic Invitational
Female 11-12 100 Fly						
1	1:11.89 L	P	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	1:14.81 L	P	Emma Zhang	12	2024-07-11	2024 Summer Provincial Championships
3	1:18.97 L	F	*I Alexa Ibbotson	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
4	1:19.03 L	P	*I Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
5	1:21.64 L	F	*I Imelda Chan	12	2006-06-02	June Classic 2006
6	1:21.65 L	F	Grace Bruneau	12	2022-04-30	West Coast Open 2022
7	1:21.89 L	P	*I Elena Penner	12	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
8	1:21.93 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
9	1:23.12 L	F	Mia Bruneau	12	2024-06-07	2024 Annual TRU Wolfpack Invitational
10	1:23.60 L	P	*I Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic
Female 11-12 200 Fly						
1	2:44.18 L	F	Emma Zhang	12	2024-11-22	SKSC November LC Invitational
2	2:48.59 L	F	Grace Bruneau	12	2022-07-14	BC Summer Provincials
3	2:49.53 L	F	*I Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup
4	2:58.21 L	P	*I Alexa Ibbotson	12	1999-05-08	1999 WEST COAST OPEN
5*	3:00.51 L	P	*I Yi Han Wu	11	2006-07-06	2006 TAS BC LC Championships
5*	3:00.51 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
7	3:08.27 L	F	*I Imelda Chan	12	2006-04-21	2006 Mies Schootman Invitational
8	3:13.58 L	P	*I Reena Paul	12	2002-04-12	2002 CanadianDolphin S.C. Invi
9	3:19.01 L	F	*I Logan Warkentin	11	2011-04-02	9th Annual Langley Olympians Long Course
10	3:19.37 L	F	Mia Bruneau	11	2023-05-05	West Coast Open 2023
Female 11-12 200 IM						
1	2:36.03 L	F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
2	2:45.17 L	F	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
3	2:46.28 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
4	2:46.29 L	F	Grace Bruneau	12	2022-04-30	West Coast Open 2022
5	2:46.77 L	P	Emma Zhang	12	2024-03-07	2024 Swim BC Winter Provincials
6	2:47.73 L	P	*I Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
7	2:49.84 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
8	2:51.67 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
9	2:51.89 L	F	Madelyn Paredes Troughton	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	2:52.00 L	F	Mia Bruneau	12	2024-05-03	West Coast Open 2024
Female 11-12 400 IM						
1	5:32.74 L	F	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	5:55.48 L	F	*I Yi Han Wu	12	2007-04-13	2007 Mies Schootman Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
3	5:55.71 L		F	Emma Zhang	12	2024-05-03	West Coast Open 2024
4	5:58.62 L		F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
5	5:59.17 L		F	*I Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational
6	6:06.15 L		P	*I Reena Paul	12	2001-07-13	TRIPLE AAA'S LONG COURSE
7	6:08.33 L		F	*I Logan Warkentin	12	2012-05-05	WEST COAST OPEN
8	6:16.67 L		F	*I Alexandra Lindsay	12	2005-04-30	WEST COAST OPEN
9	6:17.18 L		F	*I Alexa Ibbotson	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
10	6:22.22 L		F	*I Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational
Female 13-14 50 Free							
1	27.53 L		F	*I Rebecca Soroke	14	2023-08-01	2023 Speedo Canadian Swimming
2	28.15 L L		F	*I Faye Ling	13	2000-06-02	Kamloops Classic
3	28.32 L		F	*I Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet
4	29.01 L L		F	Emma Zhang	13	2025-06-13	2025 June Classic Invitational
5	29.11 L		F	*I Hailey Penner	13	2016-07-06	Swim BC LC AAA Championships
6	29.14 L		F	*I Logan Warkentin	14	2013-07-04	2013 Swim BC AAA Long Course Champior
7	29.23 L L		F	Grace Bruneau	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
8	29.57 L		F	*I Chantelle Boduel	14	2006-05-06	May Flowers LC Invitational
9	29.61 L		F	*I Jenna-Sarah McDonald	14	2011-06-03	Kamloops June Classic 2011
10	29.78 L		F	Chloe Meredith Jensen	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
Female 13-14 100 Free							
1	1:02.04 L		P	*I Rebecca Soroke	14	2023-08-01	2023 Speedo Canadian Swimming
2	1:02.69 L		F	*I Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
3	1:03.13 L		F	*I Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
4	1:03.14 L		F	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
5	1:03.31 L		F	Emma Zhang	13	2025-06-13	2025 June Classic Invitational
6	1:03.42 L		F	*I Faye Ling	13	2000-06-02	Kamloops Classic
7	1:03.50 L		F	*I Logan Warkentin	14	2013-07-04	2013 Swim BC AAA Long Course Champior
8	1:03.93 L		P	Mia Bruneau	13	2025-07-17	2025 Summer Provincial Championships
9	1:04.49 L		F	*I Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
10	1:04.64 L		F	Grace Bruneau	14	2024-01-26	SKSC January LC Invite
Female 13-14 200 Free							
1	2:17.49 L		P	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
2	2:17.50 L		F	*I Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
3	2:18.33 L		P	Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
4	2:18.38 L		F	Madelyn Paredes Troughton	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
5	2:19.09 L		F	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
6	2:19.40 L		P	*I Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
7*	2:19.57 L		F	*I Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
7*	2:19.57 L		F	Grace Bruneau	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
9	2:20.14 L		F	*I Rebecca Soroke	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
10	2:20.48 L		P	Emma Zhang	13	2025-07-17	2025 Summer Provincial Championships
Female 13-14 400 Free							
1	4:48.13 L		F	Mia Bruneau	13	2025-07-17	2025 Summer Provincial Championships
2	4:50.31 L		P	*I Hailey Penner	14	2017-02-11	PSW Winter Invitational
3	4:55.99 L		P	Emma Zhang	13	2025-03-06	2025 Winter Provincial Championships
4	4:56.10 L		F	*I Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
5	4:56.33 L		P	*I Yi Han Wu	14	2009-07-02	2009 TAS BC LC Championships
6	4:57.08 L		P	*I Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
7	5:01.42 L		F	*I Louisa Chan	14	2004-03-27	Langley lcm Invitational
8	5:01.71 L		F	*I Faye Ling	14	2001-04-28	West Coast Open LC
9	5:02.24 L		F	*I Reena Paul	14	2004-03-27	Langley lcm Invitational
10	5:04.99 L		F	Grace Bruneau	14	2024-05-03	West Coast Open 2024

Delta Sungod Swim Club

Individual Top Times

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Time		P/F/S	Name	Age/Yr		
Female 13-14 800 Free						
1	9:56.22 L	F	Mia Bruneau	13	2025-07-17	2025 Summer Provincial Championships
2	10:00.08 L	F	*I Yi Han Wu	14	2009-04-17	Mies Schootman Invitational 2009
3	10:10.47 L	F	*I Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
4	10:23.26 L	F	*I Alexandra Lindsay	14	2007-05-05	West Coast Open 2007
5	10:31.71 L	F	*I Reena Paul	14	2003-07-10	TAS BC Open AAA Age Group Cham
6	10:41.21 L	F	*I Tia DeCecco	14	2010-03-27	LOSC 8th Annual Long Course Invitational
7	10:50.26 L	F	*I Logan Warkentin	13	2013-05-17	Hyack Festival Youth Cup 2013
8	10:51.50 L	F	*I Alix Main	14	2012-06-22	2012 BC AA Long Course Championships
9	10:56.97 L	F	Harleen Rai	14	2023-02-03	Edmonton Open 2023
10	11:13.46 L	F	*I Megan Loshinin	13	2015-06-26	2015 Swim BC Long Course AA Champions
Female 13-14 1500 Free						
1	19:11.07 L	F	Mia Bruneau	13	2025-03-06	2025 Winter Provincial Championships
2	19:15.08 L	F	*I Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
3	19:36.58 L	F	Grace Bruneau	14	2024-07-11	2024 Summer Provincial Championships
4	20:59.46 L	F	Harleen Rai	14	2023-02-03	Edmonton Open 2023
Female 13-14 50 Back						
1	32.56 L	F	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
2	33.61 L	P	*I Rebecca Soroke	14	2023-07-13	2023 Swim BC Summer Provincials
3	33.67 L	P	*I Elena Penner	14	2015-02-19	2015 Speedo Western Canadian Open
4	33.74 L L	F	Grace Bruneau	13	2023-07-13	2023 Swim BC Summer Provincials
5	34.02 L	F	*I Logan Warkentin	14	2014-05-30	22nd Annual Kamloops June Classic
6	35.09 L	P	Emma Zhang	13	2025-06-13	2025 June Classic Invitational
7	35.13 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
8	35.31 L	F	*I Jenna-Sarah McDonald	14	2011-05-07	WEST COAST OPEN
9	35.97 L L	F	Chloe Meredith Jensen	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	36.28 L	F	*I Jannat Bhangu	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
Female 13-14 100 Back						
1	1:09.24 L	F	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
2	1:13.35 L L	F	Grace Bruneau	13	2023-07-13	2023 Swim BC Summer Provincials
3	1:14.18 L	F	*I Logan Warkentin	14	2014-05-30	22nd Annual Kamloops June Classic
4	1:14.34 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
5	1:14.97 L	F	*I Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
6	1:15.30 L	P	Chloe Meredith Jensen	14	2020-03-05	2020 BC Winter Provincial Championships
7	1:15.47 L	F	*I Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
8	1:15.50 L	F	*I Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
9	1:15.57 L	F	*I Reena Paul	14	2004-04-16	16-04-04 CDSC LCM
10	1:15.63 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
Female 13-14 200 Back						
1	2:30.10 L	P	*I Chantelle Boduel	14	2006-06-02	2006 Mel Zajac Jr International Swim Meet
2	2:38.19 L	F	*I Logan Warkentin	13	2013-06-07	Kamloops June Classic 2013
3	2:38.95 L	F	Chloe Meredith Jensen	14	2020-02-15	LOSC LC Invitational February 15 2020
4	2:40.77 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
5	2:41.28 L	P	*I Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
6	2:41.58 L	P	*I Reena Paul	14	2004-03-12	2004 TAS BC Sr Championships LC
7	2:41.66 L	F	*I Kirra Trites	13	2019-04-27	2019 Jessica Deglau Invitational
8	2:41.88 L	F	*I Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
9	2:42.00 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
10	2:42.08 L	F	*I Louisa Chan	14	2004-06-04	June Classic 2004
Female 13-14 50 Breast						
1	34.85 L	F	Madelyn Paredes Troughton	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
2	36.84 L	F	*I Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020

Delta Sungod Swim Club

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	Time		P/F/S	Name	Age/Yr		
3	37.39 L	P	*I	Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
4	37.70 L	F		Grace Bruneau	13	2023-06-02	2023 Annual TRU Wolfpack Invitational
5*	38.34 L	P		Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
5*	38.34 L	P	*I	Rebecca Soroke	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
7	38.63 L	F	*I	Rosanna Chung	14	2011-05-07	WEST COAST OPEN
8	39.38 L	P		Gabrielle Wang	13	2024-03-07	2024 Swim BC Winter Provincials
9	40.70 L	F	*I	Hailey Penner	14	2017-05-13	WEST COAST OPEN 2017
10	40.95 L	P		Noelle Evans	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
Female 13-14 100 Breast							
1	1:16.56 L	F		Madelyn Paredes Troughton	14	2024-07-11	2024 Summer Provincial Championships
2	1:20.52 L	P	*I	Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
3	1:21.04 L	F	*I	Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020
4	1:21.90 L	F	*I	Emily Morris	13	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Ct
5	1:24.01 L	F		Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
6	1:26.02 L	F	*I	Hailey Penner	14	2017-05-13	WEST COAST OPEN 2017
7	1:26.03 L	F	*I	Rosanna Chung	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
8	1:26.42 L	F	*I	Courtney Briggs	14	2002-06-07	Kamloops Classic 2002
9	1:27.29 L	P	*I	Faye Ling	13	2000-06-02	Kamloops Classic
10	1:27.82 L	P	*I	Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
Female 13-14 200 Breast							
1	2:52.04 L	F		Madelyn Paredes Troughton	14	2024-05-03	West Coast Open 2024
2	2:52.60 L	P	*I	Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
3	2:59.06 L	P		Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
4	2:59.58 L	F	*I	Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020
5	3:00.20 L	P		Grace Bruneau	14	2024-07-11	2024 Summer Provincial Championships
6	3:02.08 L	F	*I	Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
7	3:03.31 L	P	*I	Emily Morris	13	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Ct
8	3:04.72 L	P	*I	Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
9	3:06.97 L	F	*I	Rosanna Chung	14	2011-05-07	WEST COAST OPEN
10	3:07.98 L	F	*I	Elena Penner	14	2015-04-11	2015 NRST Spring Sprint
Female 13-14 50 Fly							
1	28.19 L	F	*I	Rebecca Soroke	14	2023-08-01	2023 Speedo Canadian Swimming
2	29.71 L	F	*I	Elena Penner	14	2015-02-19	2015 Speedo Western Canadian Open
3	30.50 L	F	*I	Hailey Penner	13	2016-06-03	24th Annual Kamloops June Classic
4	30.88 L	F		Madelyn Paredes Troughton	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
5	31.24 L	F		Grace Bruneau	13	2023-06-02	2023 Annual TRU Wolfpack Invitational
6	31.36 L	F		Emma Zhang	13	2025-06-13	2025 June Classic Invitational
7	32.39 L	F	*I	Logan Warkentin	14	2014-04-11	LOSC 12th Annual Long Course Meet
8	32.65 L	F	*I	Chantelle Boduel	14	2006-06-02	June Classic 2006
9	33.04 L	F		Kaia Hall	13	2025-06-13	2025 June Classic Invitational
10	33.21 L	F	*I	Louisa Chan	14	2004-06-04	June Classic 2004
Female 13-14 100 Fly							
1	1:05.30 L	F	*I	Rebecca Soroke	14	2023-08-01	2023 Speedo Canadian Swimming
2	1:07.52 L	P	*I	Elena Penner	14	2014-07-23	2014 Canadian Age Group Champi
3	1:08.45 L	F	*I	Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
4	1:10.48 L	P		Grace Bruneau	13	2023-07-13	2023 Swim BC Summer Provincials
5	1:11.07 L	P		Madelyn Paredes Troughton	14	2024-07-11	2024 Summer Provincial Championships
6	1:11.18 L	P		Emma Zhang	13	2025-07-17	2025 Summer Provincial Championships
7	1:14.18 L	P	*I	Logan Warkentin	14	2014-05-16	2014 Hyack Festival Youth Cup
8*	1:15.32 L	P	*I	Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
8*	1:15.32 L	P	*I	Louisa Chan	14	2004-06-04	June Classic 2004
10	1:15.38 L	F	*I	Imelda Chan	14	2008-05-24	NRST Spring Spring

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Time		P/F/S	Name	Age/Yr		
Female 13-14 200 Fly						
1	2:31.77 L	F	*I Hailey Penner	14	2017-07-06	2017 Swim BC LCM AAA Championships
2	2:34.29 L	P	*I Rebecca Soroke	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
3	2:35.45 L	F	Grace Bruneau	13	2023-07-13	2023 Swim BC Summer Provincials
4	2:45.38 L	P	*I Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
5	2:46.03 L	F	*I Imelda Chan	13	2007-06-01	June Classic 2007 SBC0751
6	2:46.58 L	P	*I Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet
7	2:47.45 L	F	*I Louisa Chan	14	2004-03-27	Langley lcm Invitational
8	2:47.82 L	P	Emma Zhang	13	2025-03-06	2025 Winter Provincial Championships
9	2:49.78 L	P	*I Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
10	2:50.53 L	P	*I Yi Han Wu	13	2008-07-03	2008 TAS BC AAA LC Champs
Female 13-14 200 IM						
1	2:31.96 L	P	*I Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
2	2:33.16 L	F	Madelyn Paredes Troughton	14	2024-06-07	2024 Annual TRU Wolfpack Invitational
3	2:36.11 L	F	Grace Bruneau	13	2023-06-02	2023 Annual TRU Wolfpack Invitational
4	2:39.69 L	P	*I Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet
5	2:40.06 L	F	Emma Zhang	13	2025-06-13	2025 June Classic Invitational
6	2:40.10 L	F	*I Chantelle Boduel	14	2006-05-06	May Flowers LC Invitational
7	2:40.13 L	P	*I Rebecca Soroke	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	2:40.52 L	P	Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
9	2:40.94 L	F	*I Kayah Apanowicz	13	2020-02-15	LOSC LC Invitational February 15 2020
10	2:41.04 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
Female 13-14 400 IM						
1	5:22.13 L	P	*I Hailey Penner	14	2017-07-06	2017 Swim BC LCM AAA Championships
2	5:31.68 L	F	Grace Bruneau	14	2024-01-26	SKSC January LC Invite
3	5:39.82 L	F	Mia Bruneau	13	2025-06-13	2025 June Classic Invitational
4	5:42.12 L	P	Emma Zhang	13	2025-03-06	2025 Winter Provincial Championships
5	5:43.27 L	P	Madelyn Paredes Troughton	14	2024-07-11	2024 Summer Provincial Championships
6	5:43.95 L	F	*I Reena Paul	14	2004-04-16	16-04-04 CDSC LCM
7	5:45.13 L	P	*I Alexandra Lindsay	14	2007-02-02	TAS BC Senior Champs - long course
8	5:45.44 L	F	*I Louisa Chan	14	2004-10-30	TAS Senior Circuit 1
9	5:45.99 L	F	*I Faye Ling	14	2001-04-28	West Coast Open LC
10	5:50.03 L	F	*I Kirra Trites	13	2019-05-17	2019 Hyack Festival Youth Cup
Female 15 & Over 50 Free						
1	27.46 L	P	*I Rebecca Soroke	16	2025-03-06	2025 Winter Provincial Championships
2	27.85 L	P	*I Francine Ling	18	2001-07-13	TRIPLE AAA'S LONG COURSE
3	28.05 L	F	*I Amber Lunn	17	1998-07-30	SUMMER JR NATS 98
4	28.17 L	P	*I Faye Ling	17	2003-07-24	2003 Club Nationals
5	28.27 L	F	*I Elena Penner	15	2015-07-02	2015 Swim BC AAA Long Course Champion
6*	28.42 L	F	*I Aurora Zheng	16	2018-07-06	2018 Swim BC Tier II - Summer Championships
6*	28.42 L	F	Chloe Meredith Jensen	18	2024-02-10	PSW Winter Invitational 2024
8	28.59 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
9	28.90 L L	F	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
10	28.97 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
Female 15 & Over 100 Free						
1	1:00.23 L	P	*I Francine Ling	17	2001-03-13	Spring 2001 Nationals Edmonton
2	1:01.34 L	F	*I Faye Ling	17	2003-07-10	TAS BC Open AAA Age Group Cham
3	1:01.67 L	P	*I Rebecca Soroke	16	2025-03-06	2025 Winter Provincial Championships
4	1:01.80 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
5*	1:02.00 L	P	*I Amber Lunn	18	1999-02-06	B.C. SENIOR CHAMPS
5*	1:02.00 L	F	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
7	1:02.46 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	1:02.57 L	P	Chloe Meredith Jensen	18	2024-03-07	2024 Swim BC Winter Provincials

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
9	1:02.83 L	P	*I Aurora Zheng	17	2019-07-04	2019 BC Summer Provincial Championships
10	1:03.38 L	F	*I Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
Female 15 & Over 200 Free						
1	2:10.36 L	F	*I Francine Ling	19	2002-06-20	2002 King International Invita
2	2:13.47 L	P	*I Louisa Chan	17	2007-06-01	Bell Grand Prix - Mel Zajac Jr
3	2:15.57 L	F	*I Faye Ling	15	2002-06-07	Kamloops Classic 2002
4	2:15.60 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
5	2:15.85 L	P	*I Aurora Zheng	17	2019-07-04	2019 BC Summer Provincial Championships
6	2:16.60 L	P	*I Amber Lunn	19	2000-07-20	BC OPEN AGE GROUP CHAMPS
7	2:17.01 L	P	*I Alexandra Lindsay	17	2009-06-05	Kamloops June Classic 2009
8	2:17.29 L	F	*I Hailey Penner	15	2018-04-21	2018 Jessica Deglau Invitational
9	2:18.26 L	F	*I Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
10	2:18.82 L	F	Chloe Meredith Jensen	16	2022-02-26	February Provincial Tune-Up
Female 15 & Over 400 Free						
1	4:35.66 L	F	*I Francine Ling	19	2002-06-07	Kamloops Classic 2002
2	4:41.07 L	P	*I Louisa Chan	17	2007-06-01	Bell Grand Prix - Mel Zajac Jr
3	4:49.04 L	F	*I Faye Ling	17	2003-07-10	TAS BC Open AAA Age Group Cham
4	4:51.60 L	F	*I Aurora Zheng	17	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	4:51.79 L	P	*I Alexandra Lindsay	17	2009-05-22	2009 Mel Zajac Jr International
6	4:52.45 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
7	4:52.64 L	F	*I Hailey Penner	16	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	4:53.02 L	P	*I Amber Lunn	19	2000-06-02	Kamloops Classic
9	4:55.07 L	F	*I Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
10	4:56.32 L	F	Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
Female 15 & Over 800 Free						
1	9:46.34 L	F	*I Francine Ling	16	2000-01-08	REGION XII
2	9:49.39 L	F	*I Louisa Chan	18	2008-07-03	2008 TAS BC AAA LC Champs
3	10:01.68 L	F	*I Alexandra Lindsay	17	2009-07-02	2009 TAS BC LC Championships
4	10:05.96 L	F	*I Faye Ling	17	2004-04-16	16-04-04 CDSC LCM
5	10:13.91 L	F	*I Courtney Briggs	15	2003-07-10	TAS BC Open AAA Age Group Cham
6	10:18.98 L	F	*I Nicole Boduel	15	2003-07-10	TAS BC Open AAA Age Group Cham
7	10:25.48 L	F	*I Morgan Karkling	18	2007-07-05	2007 TAS BC Long Course Champs
8	10:46.54 L	F	*I Maddison Lupien	16	2016-06-24	2016 Swim BC Long Course AA Champions
9	10:48.57 L	F	*I Tehani Cabico	16	2003-06-06	Kamloops Classic2003
10	10:50.55 L	F	Harleen Rai	15	2023-05-05	West Coast Open 2023
Female 15 & Over 1500 Free						
1	19:24.50 L	F	Grace Bruneau	15	2025-03-06	2025 Winter Provincial Championships
Female 15 & Over 50 Back						
1	28.71 L L	F	*I Francine Ling	19	2002-07-11	TAS BC Open AAA Champs LC 2002
2	31.97 L L	F	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
3	32.38 L	P	Chloe Meredith Jensen	16	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	32.74 L	P	*I Nicole Boduel	16	2004-08-05	2004 Canadian Long Course Club Nationals
5	33.24 L	P	*I Elena Penner	15	2016-02-18	2016 Speedo Western Canadian Open
6	33.57 L	P	*I Rebecca Soroke	15	2024-03-07	2024 Swim BC Winter Provincials
7	34.44 L	F	*I Hailey Penner	15	2018-05-05	WEST COAST OPEN 2018
8	34.45 L	F	*I Jenna-Sarah McDonald	15	2012-05-05	WEST COAST OPEN
9	34.50 L	F	*I Reena Paul	15	2004-07-15	2004 TAS AAA LC Championships
10	34.59 L	P	*I Louisa Chan	16	2006-04-21	2006 Mies Schootman Invitational
Female 15 & Over 100 Back						
1	1:07.88 L	F	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
2	1:10.42 L	F	*I Francine Ling	19	2002-06-07	Kamloops Classic 2002
3	1:10.96 L	F	Chloe Meredith Jensen	16	2022-06-10	2022 Annual TRU Wolfpack Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
4	1:11.13 L	F	*I	Nicole Boduel	16	2004-06-04	June Classic 2004
5	1:11.32 L	F	*I	Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
6	1:11.56 L	P	*I	Louisa Chan	16	2006-07-06	2006 TAS BC LC Championships
7	1:11.58 L	F	*I	Faye Ling	16	2003-06-06	Kamloops Classic2003
8	1:11.86 L	F	*I	Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
9	1:11.92 L	F	*I	Amber Lunn	17	1998-07-30	SUMMER JR NATS 98
10	1:12.81 L	P	*I	Elena Penner	16	2016-06-03	24th Annual Kamloops June Classic
Female 15 & Over 200 Back							
1	2:26.48 L	P	*I	Chantelle Boduel	15	2007-06-01	Bell Grand Prix - Mel Zajac Jr
2	2:31.83 L	P	*I	Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
3	2:32.82 L	P	*I	Louisa Chan	17	2007-02-02	TAS BC Senior Champs - long course
4	2:33.10 L	P	*I	Faye Ling	17	2004-05-14	2004 Mel Zajac Jr International Swim Meet
5	2:33.24 L	P		Chloe Meredith Jensen	17	2023-03-02	BC Winter Provincials
6	2:33.72 L	F	*I	Alexandra Lindsay	17	2009-06-05	Kamloops June Classic 2009
7	2:34.26 L	F	*I	Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	2:34.62 L	P	*I	Amber Lunn	18	1999-02-06	B.C. SENIOR CHAMPS
9	2:35.49 L	F	*I	Reena Paul	16	2005-06-18	Summer Solstice Invitational
10	2:36.27 L	F	*I	Nicole Boduel	16	2004-06-04	June Classic 2004
Female 15 & Over 50 Breast							
1	34.49 L	P		Madelyn Paredes Troughton	15	2025-06-13	2025 June Classic Invitational
2	34.84 L	P	*I	Francine Ling	18	2001-08-05	Summer Nationals 2001-Etobico
3	35.54 L	F	*I	Kayah Apanowicz	17	2023-07-13	2023 Swim BC Summer Provincials
4	36.50 L	F	*I	Claudia Baxter	17	2017-07-06	2017 Swim BC LCM AAA Championships
5	37.00 L	F	*I	Louisa Chan	17	2007-04-13	2007 Mies Schootman Invitational
6	37.21 L	F		Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
7	37.64 L	P	*I	Rebecca Soroake	16	2025-03-06	2025 Winter Provincial Championships
8	38.49 L	P		Noelle Evans	16	2025-06-13	2025 June Classic Invitational
9	38.64 L	F		Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
10	38.76 L	F	*I	Caralyn Vossen	16	2014-05-30	22nd Annual Kamloops June Classic
Female 15 & Over 100 Breast							
1	1:15.14 L	F		Madelyn Paredes Troughton	15	2025-06-13	2025 June Classic Invitational
2	1:15.52 L	P	*I	Francine Ling	15	1999-02-06	B.C. SENIOR CHAMPS
3	1:18.63 L	F	*I	Claudia Baxter	16	2017-03-11	2017 Swim BC Senior Open
4	1:19.57 L	P	*I	Kayah Apanowicz	17	2023-06-02	2023 Annual TRU Wolfpack Invitational
5	1:19.69 L	F	*I	Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
6	1:20.81 L	F	*I	Amira Tawashy	16	1998-07-30	SUMMER JR NATS 98
7	1:21.74 L	P	*I	Alix Main	16	2014-07-03	2014 Swim BC AAA Long Course Meet
8	1:21.79 L	F	*I	Faye Ling	18	2004-07-15	2004 TAS AAA LC Championships
9	1:22.06 L	P	*I	Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
10	1:22.52 L	P	*I	Laina Steeple	15	1999-02-06	B.C. SENIOR CHAMPS
Female 15 & Over 200 Breast							
1	2:45.11 L	P	*I	Francine Ling	18	2001-08-05	Summer Nationals 2001-Etobico
2	2:48.43 L	F		Madelyn Paredes Troughton	15	2025-06-13	2025 June Classic Invitational
3	2:51.45 L	F	*I	Claudia Baxter	16	2017-03-11	2017 Swim BC Senior Open
4	2:54.47 L	F	*I	Hailey Penner	15	2018-04-21	2018 Jessica Deglau Invitational
5	2:54.54 L	F		Chloe Meredith Jensen	17	2023-02-03	Edmonton Open 2023
6	2:55.24 L	P	*I	Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
7	2:59.53 L	F	*I	Faye Ling	17	2004-03-27	Langley lcm Invitational
8	2:59.56 L	P	*I	Courtney Briggs	16	2004-07-15	2004 TAS AAA LC Championships
9	2:59.65 L	P		Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
10	2:59.92 L	P	*I	Amira Tawashy	19	2001-07-13	TRIPLE AAA'S LONG COURSE
Female 15 & Over 50 Fly							
1	28.09 L	F	*I	Rebecca Soroake	15	2024-03-07	2024 Swim BC Winter Provincials

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
2	29.69 L	P	*I	Francine Ling	19	2002-08-06	2002 Canadian Summer National
3	29.72 L	P	*I	Elena Penner	15	2015-05-22	2015 Mel Zajac Jr International
4	30.29 L	P	*I	Louisa Chan	17	2007-07-19	2007 National Age Group champs
5	30.49 L	P	*I	Kayah Apanowicz	17	2023-07-13	2023 Swim BC Summer Provincials
6	30.63 L	P	*I	Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	30.65 L	F	*I	Claudia Baxter	17	2017-07-06	2017 Swim BC LCM AAA Championships
8	31.37 L	F	*I	Logan Warkentin	16	2015-07-02	2015 Swim BC AAA Long Course Champior
9	31.45 L	P		Madelyn Paredes Troughton	15	2025-07-17	2025 Summer Provincial Championships
10	31.63 L	F	*I	Prisca Rose	20	2007-03-31	12th FINA World Championships
Female 15 & Over 100 Fly							
1	1:03.37 L	P	*I	Rebecca Soroke	15	2024-05-13	2024 Bell Olympic Paralympic
2	1:05.94 L	P	*I	Louisa Chan	17	2007-07-19	2007 National Age Group champs
3	1:06.34 L	P	*I	Francine Ling	15	1999-03-17	1999 Maritime Life Nationals
4	1:06.91 L	F	*I	Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	1:08.42 L	F	*I	Kayah Apanowicz	17	2023-06-02	2023 Annual TRU Wolfpack Invitational
6	1:08.58 L	P	*I	Claudia Baxter	16	2016-07-06	Swim BC LC AAA Championships
7	1:08.72 L	F		Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
8	1:08.78 L	F	*I	Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
9	1:09.72 L	P	*I	Elena Penner	15	2015-07-02	2015 Swim BC AAA Long Course Champior
10	1:10.61 L	P		Madelyn Paredes Troughton	15	2025-03-06	2025 Winter Provincial Championships
Female 15 & Over 200 Fly							
1	2:26.09 L	F	*I	Louisa Chan	18	2008-07-03	2008 TAS BC AAA LC Champs
2	2:29.04 L	P	*I	Rebecca Soroke	16	2025-03-06	2025 Winter Provincial Championships
3	2:29.25 L	F	*I	Hailey Penner	15	2018-04-12	2018 Speedo Western Canadian Champion
4	2:33.20 L	P	*I	Francine Ling	19	2002-06-20	2002 King International Invita
5	2:34.88 L	F	*I	Courtney Briggs	16	2004-07-15	2004 TAS AAA LC Championships
6	2:36.22 L	F		Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
7	2:38.30 L	P	*I	Alexandra Lindsay	16	2009-04-17	Mies Schootman Invitational 2009
8	2:39.58 L	F	*I	Hannah Milic	17	2018-04-21	2018 Jessica Deglau Invitational
9	2:42.01 L	P		Madelyn Paredes Troughton	15	2025-07-17	2025 Summer Provincial Championships
10	2:42.58 L	F	*I	Kayah Apanowicz	16	2023-05-05	West Coast Open 2023
Female 15 & Over 200 IM							
1	2:24.30 L	F	*I	Francine Ling	19	2002-08-06	2002 Canadian Summer National
2	2:30.66 L	F	*I	Louisa Chan	17	2007-04-13	2007 Mies Schootman Invitational
3	2:31.55 L	F		Madelyn Paredes Troughton	15	2025-06-13	2025 June Classic Invitational
4	2:32.11 L	P	*I	Hailey Penner	15	2018-04-12	2018 Speedo Western Canadian Champion
5	2:32.89 L	F	*I	Kayah Apanowicz	16	2023-05-05	West Coast Open 2023
6	2:32.93 L	F	*I	Faye Ling	18	2004-07-15	2004 TAS AAA LC Championships
7	2:34.63 L	P		Grace Bruneau	15	2025-06-13	2025 June Classic Invitational
8	2:34.83 L	P		Chloe Meredith Jensen	18	2024-02-10	PSW Winter Invitational 2024
9	2:35.72 L	P	*I	Rebecca Soroke	15	2024-06-07	2024 Annual TRU Wolfpack Invitational
10	2:36.71 L	P	*I	Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
Female 15 & Over 400 IM							
1	5:05.56 L	P	*I	Francine Ling	19	2002-08-06	2002 Canadian Summer National
2	5:18.04 L	P	*I	Hailey Penner	15	2018-07-06	2018 Swim BC Tier II - Summer Champion:
3	5:20.69 L	P	*I	Louisa Chan	18	2008-07-24	2008 Age Group Nationals
4	5:28.29 L	P		Madelyn Paredes Troughton	15	2025-03-06	2025 Winter Provincial Championships
5	5:28.75 L	P	*I	Alexandra Lindsay	17	2009-05-22	2009 Mel Zajac Jr International
6	5:31.11 L	F	*I	Laina Steeple	16	2000-06-02	Kamloops Classic
7	5:32.13 L	F	*I	Hannah Milic	17	2018-04-21	2018 Jessica Deglau Invitational
8	5:33.25 L	F		Chloe Meredith Jensen	17	2023-06-02	2023 Annual TRU Wolfpack Invitational
9	5:33.37 L	P		Grace Bruneau	15	2025-07-17	2025 Summer Provincial Championships
10	5:33.47 L	F	*I	Faye Ling	17	2004-04-16	16-04-04 CDSC LCM

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
Male 10 & Under 50 Free							
1	28.57 L		F	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	36.90 L		F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	37.18 L		F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
4	37.61 L L		F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5*	37.66 L		F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
5*	37.66 L		F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	40.02 L		F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	40.51 L		F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
9	40.66 L		F	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
10	40.91 L		F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 10 & Under 100 Free							
1	1:05.65 L		P	*I Shane Pawluk	1	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
2	1:19.25 L		P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
3	1:21.24 L		F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
4*	1:27.38 L		F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
4*	1:27.38 L		F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
6	1:28.97 L		F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	1:30.37 L		F	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
8	1:30.59 L		F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
9	1:31.88 L		F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
10	1:34.13 L		F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
Male 10 & Under 200 Free							
1	2:49.93 L		F	*I Shane Pawluk	1	1998-06-05	KAMLOOPS CLASSIC 98
2	2:51.46 L		F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	2:54.37 L		F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	3:08.97 L		F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
5	3:10.42 L		F	*I Cory Bullock	10	2011-05-07	WEST COAST OPEN
6	3:11.61 L		F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
7	3:16.32 L		F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
8	3:24.25 L		F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	3:24.34 L		F	*I Kevin McDonough	10	2007-06-23	Hyack Summer Solstice Invitational
10	3:27.36 L		F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
Male 10 & Under 400 Free							
1	5:09.42 L		P	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	5:44.37 L		F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	6:00.34 L		F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	6:22.98 L		F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
5	7:10.78 L		F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course
Male 10 & Under 1500 Free							
1	24:04.83 L		F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
Male 10 & Under 50 Back							
1	43.13 L		F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
2	45.68 L		F	*I Cory Bullock	10	2011-05-07	WEST COAST OPEN
3	46.46 L		F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	47.62 L		F	Theo Wong	10	2024-05-03	West Coast Open 2024
5	47.68 L		F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
6	48.49 L		F	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
7	48.91 L		F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
8	50.83 L		F	Oliver Lee	10	2023-06-02	2023 Annual TRU Wolfpack Invitational
9	50.89 L		F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
10	52.31 L		F	*I Yuvraj Rai	10	2017-06-02	1st Annual TRU Wolfpack Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Male 10 & Under 100 Back						
1	1:29.36 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:31.29 L	P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
3	1:37.49 L	F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
4	1:38.45 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
5	1:39.70 L	F	Theo Wong	10	2024-05-03	West Coast Open 2024
6	1:40.08 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	1:41.02 L	F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	1:42.01 L	F	*I Reece Landry	10	2012-05-05	WEST COAST OPEN
9	1:45.76 L	F	*I Kevin McDonough	10	2007-06-23	Hyack Summer Solstice Invitational
10	1:46.72 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 10 & Under 200 Back						
1	3:05.71 L	F	*I Shane Pawluk	1	1999-05-08	1999 WEST COAST OPEN
2	3:14.50 L	P	*I Harbir Grewal	10	2015-05-15	2015 Hyack Festival Youth Cup
3	3:22.46 L	P	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
4	3:24.82 L	P	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	3:26.47 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
6	3:35.18 L	F	*I Reece Landry	10	2012-05-05	WEST COAST OPEN
7	3:35.42 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
8	4:47.03 L	P	*I Aidan McDonough S9 SB8 SM9	9	2011-06-03	Kamloops June Classic 2011
Male 10 & Under 50 Breast						
1	46.06 L	F	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
2	49.01 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
3	49.81 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	52.52 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	54.44 L	F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
6	54.54 L	F	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
7	54.75 L	F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	56.35 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
9	57.04 L	F	*I Charlie Buchanan	10	2023-05-05	West Coast Open 2023
10	57.50 L	F	*I Yuvraj Rai	10	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 10 & Under 100 Breast						
1	1:38.03 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:40.29 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	1:45.18 L	P	*I Harbir Grewal	10	2015-05-15	2015 Hyack Festival Youth Cup
4	1:46.96 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	1:54.45 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	1:55.18 L	F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	1:55.57 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	1:57.25 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
9	1:57.42 L	P	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
10	2:00.46 L	F	Theo Wong	10	2024-05-03	West Coast Open 2024
Male 10 & Under 200 Breast						
1	3:28.54 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
2	3:33.52 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	3:56.78 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
4	3:56.97 L	F	Gurshaan Sangha	10	2019-04-27	2019 Jessica Deglau Invitational
5	3:59.65 L	F	*I Shane Pawluk	1	1997-06-27	AQUA INVITATIONAL
6	4:01.31 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
7	4:17.31 L	F	*I Jatinder Grewal	10	2018-04-21	2018 Jessica Deglau Invitational
8	4:20.86 L	F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
9	4:27.33 L	P	*I Aidan McDonough S9 SB8 SM9	10	2012-05-18	Hyack Festival AAA Youth Cup 2012
10	4:30.55 L	F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Male 10 & Under 50 Fly						
1	41.99 L	P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
2	43.42 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
3	44.62 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
4	46.82 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	48.76 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
6	49.63 L	F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	49.85 L	F	*I Cory Bullock	10	2011-07-15	2011 Sizzlin Summer Swim Meet
8	50.04 L	F	Tej Dadwal	10	2025-06-13	2025 June Classic Invitational
9	50.29 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	50.40 L	F	*I Charlie Buchanan	10	2023-06-02	2023 Annual TRU Wolfpack Invitational
Male 10 & Under 100 Fly						
1	1:26.91 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:41.53 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	1:44.40 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	1:48.46 L	F	*I Charlie Buchanan	10	2023-06-02	2023 Annual TRU Wolfpack Invitational
5	1:54.94 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	1:55.65 L	F	*I Cory Bullock	10	2011-07-15	2011 Sizzlin Summer Swim Meet
7	2:00.12 L	F	*I Dwitik Sharma	10	2023-06-02	2023 Annual TRU Wolfpack Invitational
8	2:02.14 L	F	*I Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
9	2:10.49 L	F	Theo Wong	10	2024-05-03	West Coast Open 2024
10	2:11.37 L	F	*I Jatinder Grewal	9	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 10 & Under 200 Fly						
1	3:22.64 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	3:27.63 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	3:51.43 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
Male 10 & Under 200 IM						
1	2:41.40 L	F	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	3:12.60 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	3:14.36 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
4	3:30.86 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	3:31.60 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
6	3:39.54 L	F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
7	3:42.19 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
8	3:42.66 L	F	Gurshaan Sangha	10	2019-04-27	2019 Jessica Deglau Invitational
9	3:44.24 L	F	Tej Dadwal	10	2025-05-02	2025 West Coast Open
10	3:45.03 L	F	Theo Wong	10	2024-05-03	West Coast Open 2024
Male 10 & Under 400 IM						
1	6:23.29 L	F	*I Shane Pawluk	1	1999-05-08	1999 WEST COAST OPEN
2	6:30.27 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	7:19.70 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	7:46.90 L	F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
5	8:02.74 L	F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course
Male 11-12 50 Free						
1	28.13 L	P	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	28.95 L	F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
3	29.46 L	S	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	31.10 L	F	*I Cory Bullock	12	2013-07-19	2013 Moses Lake Sizzlin' Summer
5	31.36 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
6	32.11 L	F	*I Scott Hanna	12	2004-06-04	June Classic 2004
7	32.16 L	F	Taishon Sugrive	12	2025-06-13	2025 June Classic Invitational
8	33.20 L	F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
9	33.28 L	F	*I	Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
10	33.41 L	P	*I	Daniel Wang	12	2019-04-27	2019 Jessica Deglau Invitational
Male 11-12 100 Free							
1	1:02.07 L	F	*I	Jackson Wang	12	2000-06-02	Kamloops Classic
2	1:02.88 L	F	*I	Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
3	1:07.18 L	P	*I	Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	1:08.55 L	F	*I	Marcus Hugo Vilorio	12	2018-04-21	2018 Jessica Deglau Invitational
5	1:08.76 L	P	*I	Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
6	1:09.55 L	F	*I	Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
7	1:09.95 L	F	*I	Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
8	1:10.54 L	F		Taishon Sugrivo	12	2025-06-13	2025 June Classic Invitational
9	1:11.46 L	P	*I	Daniel Wang	12	2019-04-27	2019 Jessica Deglau Invitational
10	1:11.87 L	F	*I	Nicky Hou	12	2006-06-02	June Classic 2006
Male 11-12 200 Free							
1	2:19.14 L	F	*I	Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	2:23.83 L	F	*I	Jackson Wang	12	2000-06-02	Kamloops Classic
3	2:23.89 L	F	*I	Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
4	2:27.30 L	F	*I	Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
5	2:30.68 L	F	*I	Marcus Hugo Vilorio	12	2018-05-05	WEST COAST OPEN 2018
6	2:31.85 L	F	*I	Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	2:32.23 L	P	*I	Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
8	2:32.85 L	P	*I	Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
9	2:34.76 L	P		Taishon Sugrivo	12	2025-06-13	2025 June Classic Invitational
10	2:34.94 L	F	*I	Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
Male 11-12 400 Free							
1	5:05.37 L	F	*I	Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	5:10.45 L	P	*I	Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
3	5:11.89 L	F	*I	Jackson Wang	12	2000-06-02	Kamloops Classic
4	5:11.95 L	F	*I	Kevin McDonough	12	2010-03-27	LOSC 8th Annual Long Course Invitational
5	5:21.21 L	F	*I	Marcus Hugo Vilorio	12	2018-05-05	WEST COAST OPEN 2018
6	5:22.63 L	F	*I	Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	5:26.07 L	F	*I	Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
8	5:26.20 L	F	*I	Jatinder Grewal	11	2019-05-17	2019 Hyack Festival Youth Cup
9	5:35.30 L	F		Taishon Sugrivo	12	2025-05-02	2025 West Coast Open
10	5:42.89 L	F	*I	Brandan Royer	12	2003-05-03	WESTCOAST OPEN 2003
Male 11-12 800 Free							
1	12:10.81 L	F	*I	Harbir Grewal	11	2015-07-02	2015 Swim BC AAA Long Course Champion
Male 11-12 1500 Free							
1	20:31.26 L	F	*I	Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
2	22:19.74 L	F	*I	Alan Lu	12	2010-03-27	LOSC 8th Annual Long Course Invitational
3	26:29.68 L	F	*I	Noah Landry	11	2011-04-02	9th Annual Langley Olympians Long Course
4	27:16.65 L	F	*I	David Su	12	2010-03-27	LOSC 8th Annual Long Course Invitational
Male 11-12 50 Back							
1	33.03 L	F	*I	Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	35.40 L	P	*I	Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	36.68 L	F		Theo Wong	11	2025-06-13	2025 June Classic Invitational
4	37.28 L	F	*I	Scott Hanna	12	2004-06-04	June Classic 2004
5	37.40 L	F		Taishon Sugrivo	12	2025-06-13	2025 June Classic Invitational
6	37.57 L L	F		Kairae Wang	12	2025-06-13	2025 June Classic Invitational
7	37.59 L	F	*I	Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
8	37.96 L	F	*I	Aaron Zhou	12	2016-05-14	WEST COAST OPEN 2016
9	38.44 L	P		Oliver Lee	12	2025-06-13	2025 June Classic Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
10	38.99 L	P	*I Jonathan Wong	12	2006-06-02	June Classic 2006
Male 11-12 100 Back						
1	1:11.11 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	1:16.98 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	1:20.18 L	F	Theo Wong	11	2025-06-13	2025 June Classic Invitational
4	1:20.30 L	F	Taishon Sugriva	12	2025-06-13	2025 June Classic Invitational
5	1:21.15 L	F	Oliver Lee	12	2025-06-13	2025 June Classic Invitational
6	1:22.18 L	F	*I Scott Hanna	12	2004-06-04	June Classic 2004
7	1:22.19 L	P	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
8	1:22.22 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
9	1:23.65 L	F	*I Reece Landry	11	2014-04-11	LOSC 12th Annual Long Course Meet
10	1:23.83 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 11-12 200 Back						
1	2:32.16 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	2:44.86 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	2:45.14 L	F	*I Jackson Wang	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
4	2:45.41 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
5	2:48.28 L	F	Taishon Sugriva	12	2025-06-13	2025 June Classic Invitational
6	2:49.22 L	F	Theo Wong	11	2025-06-13	2025 June Classic Invitational
7	2:52.88 L	P	Oliver Lee	12	2025-06-13	2025 June Classic Invitational
8	2:54.72 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	2:55.68 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
10	2:56.11 L	P	*I Scott Hanna	12	2004-06-04	June Classic 2004
Male 11-12 50 Breast						
1	37.04 L	F	Ben Gangoso	12	2025-07-17	2025 Summer Provincial Championships
2	37.51 L	F	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
3	37.87 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
4	39.10 L	F	Kairae Wang	12	2025-06-13	2025 June Classic Invitational
5	41.09 L	F	*I Kevin Ge	12	2006-06-02	June Classic 2006
6	42.22 L	F	Elijah Chen	11	2025-06-13	2025 June Classic Invitational
7	42.38 L	F	Aaron Alby	12	2023-06-02	2023 Annual TRU Wolfpack Invitational
8	42.60 L	F	*I Albert Yu	12	2013-06-07	Kamloops June Classic 2013
9	43.37 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
10	43.70 L	F	*I Reece Landry	11	2014-04-11	LOSC 12th Annual Long Course Meet
Male 11-12 100 Breast						
1	1:23.24 L	P	Ben Gangoso	12	2025-07-17	2025 Summer Provincial Championships
2	1:23.81 L	F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
3	1:25.81 L	P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	1:27.76 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
5	1:29.03 L	F	Kairae Wang	12	2025-06-13	2025 June Classic Invitational
6	1:29.38 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
7	1:30.60 L	P	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
8	1:31.17 L	P	*I Kevin Ge	12	2006-07-06	2006 TAS BC LC Championships
9	1:31.63 L	F	*I Albert Yu	12	2013-06-07	Kamloops June Classic 2013
10	1:31.89 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
Male 11-12 200 Breast						
1	3:03.56 L	F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
2	3:03.88 L	P	Ben Gangoso	12	2025-07-17	2025 Summer Provincial Championships
3	3:06.74 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
4	3:07.65 L	P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
5	3:11.60 L	F	*I Kevin Ge	12	2006-06-02	June Classic 2006
6	3:13.00 L	P	*I Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
7	3:16.04 L	F	*I Kevin McDonough	12	2010-03-27	LOSC 8th Annual Long Course Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
8	3:16.99 L	F	*I Albert Yu	12	2013-04-06	LOSC 11th Annual Long Course Invitational
9	3:17.99 L	F	Elijah Chen	11	2025-06-13	2025 June Classic Invitational
10	3:19.49 L	F	Kairae Wang	12	2025-05-02	2025 West Coast Open
Male 11-12 50 Fly						
1	32.29 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	34.33 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	35.01 L	F	Taishon Sugrivo	12	2025-06-13	2025 June Classic Invitational
4	36.48 L	F	*I Kevin McDonough	11	2009-04-17	Mies Schootman Invitational 2009
5	38.30 L	F	Theo Wong	11	2025-05-02	2025 West Coast Open
6	38.39 L	P	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
7	38.63 L	F	*I Harbir Grewal	12	2016-06-03	24th Annual Kamloops June Classic
8	38.91 L	F	*I Noah Landry	12	2012-06-08	Kamloops June Classic 2012
9	39.00 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
10	39.36 L	F	Colin Wu	12	2025-06-13	2025 June Classic Invitational
Male 11-12 100 Fly						
1	1:13.72 L	F	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	1:21.46 L	P	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
3	1:23.47 L	F	*I Qinjia Yang	12	2018-04-21	2018 Jessica Deglau Invitational
4	1:23.53 L	P	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	1:23.77 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
6	1:23.80 L	P	Max Zha	11	2019-05-17	2019 Hyack Festival Youth Cup
7	1:23.84 L	F	*I Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
8	1:24.86 L	P	*I Kevin McDonough	12	2009-07-02	2009 TAS BC LC Championships
9	1:26.35 L	F	*I Alan Lu	12	2010-05-01	WEST COAST OPEN
10	1:26.47 L	P	*I Noah Landry	12	2012-06-08	Kamloops June Classic 2012
Male 11-12 200 Fly						
1	2:55.79 L	P	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	3:07.58 L	P	*I Jatinder Grewal	11	2019-05-17	2019 Hyack Festival Youth Cup
3	3:08.05 L	F	Noah Landry	12	2012-06-22	2012 BC AA Long Course Championships
4	3:08.23 L	F	*I Qinjia Yang	12	2018-04-07	LOSC 16th Annual LC Invitational
5	3:11.97 L	P	*I Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
6	3:12.92 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	3:15.16 L	P	Max Zha	11	2019-05-17	2019 Hyack Festival Youth Cup
8	3:30.45 L	F	Ben Gangoso	12	2025-05-02	2025 West Coast Open
9	3:35.46 L	P	*I Kevin Ge	12	2006-04-21	2006 Mies Schootman Invitational
10	3:37.35 L	F	*I Colton DeCecco	12	2005-04-30	WEST COAST OPEN
Male 11-12 200 IM						
1	2:40.04 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	2:43.13 L	F	*I Jackson Wang	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
3	2:49.39 L	F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
4	2:53.97 L	F	*I Alan Lu	12	2010-05-01	WEST COAST OPEN
5	2:54.37 L	P	*I Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
6	2:54.94 L	P	*I Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
7	2:55.12 L	F	Taishon Sugrivo	12	2025-06-13	2025 June Classic Invitational
8	2:57.31 L	F	Oliver Lee	12	2025-06-13	2025 June Classic Invitational
9	2:59.44 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
10	2:59.45 L	F	Aaron Alby	12	2023-06-02	2023 Annual TRU Wolfpack Invitational
Male 11-12 400 IM						
1	5:33.41 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	5:54.08 L	F	*I Jackson Wang	12	2000-05-06	West Coast Open LC - Morning
3	6:04.52 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
4	6:16.51 L	P	*I Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
5	6:23.53 L	F	*I Noah Landry	12	2012-05-05	WEST COAST OPEN

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
6	6:24.07 L	F	Theo Wong	11	2025-06-13	2025 June Classic Invitational
7	6:25.13 L	P *I	Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
8	6:25.60 L	F *I	Yuvraj Rai	12	2019-04-27	2019 Jessica Deglau Invitational
9	6:26.61 L	F *I	Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
10	6:29.13 L	F *I	Marcus Hugo Vioria	12	2018-04-07	LOSC 16th Annual LC Invitational
Male 13-14 50 Free						
1	26.11 L	F *I	Daniel Wang	14	2022-03-10	BC Winter Provincials
2	26.39 L	F *I	Jackson Wang	14	2002-06-07	Kamloops Classic 2002
3	26.77 L	F *I	Jason Steeple	14	2000-06-02	Kamloops Classic
4	27.04 L	F *I	Jonaas Landry	14	2024-11-22	SKSC November LC Invitational
5	27.41 L	F *I	Alan Lu	14	2012-06-08	Kamloops June Classic 2012
6	27.61 L	P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	27.63 L	P *I	Nicky Hou	14	2008-07-03	2008 TAS BC AAA LC Champs
8	27.77 L	P	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
9	27.80 L	P *I	Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
10	28.21 L	P *I	Marcus Hugo Vioria	13	2020-02-07	Edmonton Open 2020
Male 13-14 100 Free						
1	57.81 L	F *I	Jackson Wang	14	2002-06-07	Kamloops Classic 2002
2	58.71 L	F *I	Jason Steeple	14	2000-06-02	Kamloops Classic
3	59.61 L	F	Max Zha	14	2022-02-26	February Provincial Tune-Up
4	59.81 L	F *I	Jonaas Landry	14	2024-11-22	SKSC November LC Invitational
5	1:00.28 L	F *I	Marcus Hugo Vioria	13	2020-02-07	Edmonton Open 2020
6	1:00.55 L	F *I	Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
7	1:00.93 L	F	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
8	1:01.47 L	F *I	Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
9	1:01.64 L	F *I	Shingo Kido	14	2000-06-02	Kamloops Classic
10	1:01.89 L	P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 13-14 200 Free						
1	2:07.76 L	F *I	Jackson Wang	14	2002-06-07	Kamloops Classic 2002
2	2:09.96 L	P	Max Zha	14	2022-04-21	2022 Speedo Western Canadian Champion
3	2:11.03 L	F *I	Jason Steeple	14	2000-06-02	Kamloops Classic
4	2:11.85 L	F *I	Kevin McDonough	14	2012-05-05	WEST COAST OPEN
5	2:13.60 L	F *I	Marcus Hugo Vioria	13	2020-02-07	Edmonton Open 2020
6	2:14.28 L	P *I	Shingo Kido	14	2000-07-20	BC OPEN AGE GROUP CHAMPS
7	2:18.08 L	P *I	Alan Lu	13	2011-06-03	Kamloops June Classic 2011
8	2:19.15 L	F	Gurshaan Sangha	14	2023-02-03	Edmonton Open 2023
9	2:19.23 L	P *I	Cory Bullock	13	2014-07-03	2014 Swim BC AAA Long Course Meet
10	2:19.34 L	P *I	Harbir Grewal	14	2019-05-17	2019 Hyack Festival Youth Cup
Male 13-14 400 Free						
1	4:34.28 L	F *I	Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	4:37.90 L	F *I	Jackson Wang	14	2002-06-07	Kamloops Classic 2002
3	4:44.25 L	F *I	Jason Steeple	14	2000-06-02	Kamloops Classic
4	4:46.15 L	F *I	Marcus Hugo Vioria	13	2020-02-15	LOSC LC Invitational February 15 2020
5	4:48.21 L	F *I	Daniel Wang	14	2022-02-26	February Provincial Tune-Up
6	4:51.08 L	F *I	Michael Milic	14	2013-05-04	WEST COAST OPEN
7	4:51.56 L	F *I	Shingo Kido	14	2000-05-06	West Coast Open LC - Morning
8	4:52.16 L	F *I	Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
9	4:55.75 L	F *I	Harbir Grewal	14	2019-04-27	2019 Jessica Deglau Invitational
10	4:56.90 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023
Male 13-14 800 Free						
1	9:33.17 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	9:53.55 L	F *I	Michael Milic	14	2013-04-06	LOSC 11th Annual Long Course Invitational
3	11:25.70 L	F *I	Colton DeCecco	14	2007-05-05	West Coast Open 2007

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
Male 13-14 1500 Free						
1	19:20.78 L	F	*I Jason Steeple	14	2000-05-06	West Coast Open LC - Morning
2	20:12.68 L	F	*I Cayden Dececco	13	2014-07-03	2014 Swim BC AAA Long Course Meet
3	20:22.55 L	F	*I Kevin McDonough	13	2011-04-02	9th Annual Langley Olympians Long Course
4	20:33.93 L	F	*I Reece Landry	13	2015-07-02	2015 Swim BC AAA Long Course Champion
5	20:38.04 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
6	20:38.38 L	F	*I Daniel Su	14	2011-04-02	9th Annual Langley Olympians Long Course
7	21:02.65 L	F	*I Taylor Bullock	14	2011-04-02	9th Annual Langley Olympians Long Course
8	21:07.98 L	F	*I Ciro Golden	14	2004-06-25	LMR Regional LC Championships
9	21:22.62 L	F	*I Harbir Grewal	13	2017-07-06	2017 Swim BC LCM AAA Championships
10	21:36.79 L	F	*I Ricky Bal	14	2004-06-25	LMR Regional LC Championships
Male 13-14 50 Back						
1	30.58 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	31.47 L	F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
3	31.48 L	P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	32.16 L	P	*I Nicky Hou	14	2008-07-24	2008 Age Group Nationals
5	32.40 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
6	33.27 L	F	Max Zha	14	2022-04-30	West Coast Open 2022
7	33.67 L L	F	Yujun Du	14	2025-06-13	2025 June Classic Invitational
8	33.74 L	P	*I Scott Hanna	14	2006-04-21	2006 Mies Schootman Invitational
9	35.14 L L	F	*I Cory Bullock	13	2014-05-30	22nd Annual Kamloops June Classic
10	35.31 L	F	Gurshaan Sangha	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 13-14 100 Back						
1	1:04.38 L	P	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	1:07.27 L	F	*I Jonaas Landry	14	2024-11-22	SKSC November LC Invitational
3	1:08.31 L	F	*I Jackson Wang	14	2001-07-13	TRIPLE AAA'S LONG COURSE
4	1:08.63 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
5	1:08.98 L	P	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
6	1:09.48 L	F	*I Daniel Wang	14	2022-02-26	February Provincial Tune-Up
7	1:10.02 L	F	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	1:11.28 L	P	*I Eldon Shen	14	2019-07-04	2019 BC Summer Provincial Championship
9	1:11.30 L	P	*I Scott Hanna	14	2006-07-06	2006 TAS BC LC Championships
10	1:11.32 L	P	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
Male 13-14 200 Back						
1	2:22.23 L	F	*I Kevin McDonough	13	2011-05-20	Hyack Festival AAA Youth Cup 2011
2	2:27.46 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
3	2:30.33 L	F	*I Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
4	2:31.06 L	F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
5	2:31.83 L	F	Max Zha	14	2022-04-30	West Coast Open 2022
6	2:33.85 L	P	*I Scott Hanna	14	2006-07-06	2006 TAS BC LC Championships
7	2:34.00 L	F	*I Jonaas Landry	14	2024-11-22	SKSC November LC Invitational
8	2:34.22 L	P	*I Nicky Hou	14	2008-05-24	NRST Spring Spring
9	2:34.89 L	F	*I Jackson Wang	13	2001-01-06	11th Annual Kamloops Classic
10	2:36.36 L	P	*I Kevin Ge	14	2008-07-03	2008 TAS BC AAA LC Champs
Male 13-14 50 Breast						
1	33.43 L	F	Gurshaan Sangha	14	2023-02-03	Edmonton Open 2023
2	33.60 L	F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
3	34.17 L	F	*I Daniel Wang	14	2022-03-10	BC Winter Provincials
4	34.98 L	F	Yujun Du	14	2025-06-13	2025 June Classic Invitational
5	36.11 L	F	*I Kevin Ge	14	2008-03-06	2008 TAS BC Sr Championships LC
6	36.14 L	F	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
7	36.36 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
8	36.52 L	F	*I Albert Yu	14	2015-05-30	WEST COAST OPEN

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
9	38.07 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
10	38.34 L	F	Aaron Alby	13	2024-06-07	2024 Annual TRU Wolfpack Invitational
Male 13-14 100 Breast						
1	1:13.93 L	F	*I Daniel Wang	14	2022-03-10	BC Winter Provincials
2	1:14.17 L	F	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
3	1:16.21 L	F	Max Zha	14	2022-04-30	West Coast Open 2022
4	1:17.35 L	P	Yujun Du	14	2025-07-17	2025 Summer Provincial Championships
5	1:17.50 L	F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
6	1:18.75 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
7	1:18.90 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
8	1:19.05 L	F	*I Kevin Ge	14	2008-03-29	LOSC 6th Annual Long Course Invitational
9	1:19.06 L	F	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
10	1:19.74 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
Male 13-14 200 Breast						
1	2:44.81 L	F	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
2	2:48.73 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
3	2:49.20 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
4	2:50.14 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
5	2:51.80 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
6	2:52.05 L	F	*I Nicky Hou	14	2008-07-03	2008 TAS BC AAA LC Champs
7	2:52.48 L	P	*I Kevin Ge	14	2008-03-06	2008 TAS BC Sr Championships LC
8	2:52.72 L	F	*I Marcus Hugo Vilorio	13	2020-02-15	LOSC LC Invitational February 15 2020
9	2:52.74 L	P	*I Jason Steeple	14	2000-06-02	Kamloops Classic
10	2:53.74 L	F	*I Alan Lu	14	2012-04-13	Mies Schootman Invitational 2012
Male 13-14 50 Fly						
1	29.12 L	F	Max Zha	14	2022-04-30	West Coast Open 2022
2	29.31 L	F	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
3	29.57 L	P	Yujun Du	14	2025-07-17	2025 Summer Provincial Championships
4	29.77 L	F	*I Marcus Hugo Vilorio	13	2020-02-07	Edmonton Open 2020
5	29.96 L	P	Manraj Johal	14	2022-07-14	BC Summer Provincials
6	30.03 L	F	*I Jackson Wang	14	2002-01-02	T.A.S. BC Senior Champs Long C
7	30.71 L	F	*I Kevin McDonough	14	2011-06-03	Kamloops June Classic 2011
8	31.61 L	F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
9	32.11 L	P	*I Cory Bullock	14	2015-05-30	WEST COAST OPEN
10	32.32 L	P	*I Nicky Hou	14	2008-07-24	2008 Age Group Nationals
Male 13-14 100 Fly						
1	1:02.86 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	1:04.34 L	F	*I Kevin McDonough	14	2012-05-18	Hyack Festival AAA Youth Cup 2012
3	1:06.28 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
4	1:06.44 L	F	*I Shingo Kido	14	2000-06-02	Kamloops Classic
5	1:06.97 L	P	Yujun Du	14	2025-07-17	2025 Summer Provincial Championships
6	1:07.27 L	F	*I Marcus Hugo Vilorio	13	2020-02-07	Edmonton Open 2020
7	1:07.51 L	F	Gurshaan Sangha	14	2023-06-02	2023 Annual TRU Wolfpack Invitational
8	1:10.39 L	F	*I Jason Steeple	14	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
9	1:10.69 L	F	*I Harbir Grewal	14	2018-06-01	2nd Annual TRU Wolfpack Invitational
10	1:11.85 L	P	*I Victor Lucy	14	2016-06-03	24th Annual Kamloops June Classic
Male 13-14 200 Fly						
1	2:23.33 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	2:24.32 L	P	*I Kevin McDonough	14	2011-07-27	Championnats canadiens Groupe
3	2:28.70 L	P	*I Shingo Kido	14	2000-06-02	Kamloops Classic
4	2:34.15 L	F	*I Noah Landry	14	2014-06-20	2014 Swim BC Long Course AA Champions
5	2:35.87 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
6	2:40.25 L	P	*I Harbir Grewal	14	2018-07-06	2018 Swim BC Tier II - Summer Champion:

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
7	2:41.15 L	F	*I Marcus Hugo Vloria	13	2019-05-17	2019 Hyack Festival Youth Cup
8	2:44.13 L	F	*I Jason Steeple	14	2000-05-06	West Coast Open LC - Morning
9	2:46.93 L	P	*I Victor Lucy	14	2016-06-03	24th Annual Kamloops June Classic
10	2:47.60 L	P	*I Akashvir Bhangu	14	2018-06-01	2nd Annual TRU Wolfpack Invitational
Male 13-14 200 IM						
1	2:24.61 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	2:26.50 L	F	*I Kevin McDonough	14	2012-05-05	WEST COAST OPEN
3	2:30.56 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023
4	2:31.92 L	F	*I Marcus Hugo Vloria	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	2:33.96 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
6	2:34.74 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
7	2:34.80 L	P	*I Jackson Wang	14	2001-07-13	TRIPLE AAA'S LONG COURSE
8	2:34.86 L	P	*I Alan Lu	14	2012-05-18	Hyack Festival AAA Youth Cup 2012
9	2:35.36 L	F	Yujun Du	14	2025-06-13	2025 June Classic Invitational
10	2:36.48 L	F	*I Kevin Ge	14	2008-03-29	LOSC 6th Annual Long Course Invitational
Male 13-14 400 IM						
1	5:05.77 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	5:09.06 L	F	*I Kevin McDonough	14	2012-05-05	WEST COAST OPEN
3	5:25.35 L	F	*I Michael Milic	14	2013-04-06	LOSC 11th Annual Long Course Invitational
4	5:26.76 L	F	*I Noah Landry	14	2014-06-20	2014 Swim BC Long Course AA Champions
5	5:26.81 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
6	5:29.96 L	P	*I Harbir Grewal	14	2018-07-06	2018 Swim BC Tier II - Summer Champions
7	5:30.05 L	F	*I Marcus Hugo Vloria	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	5:31.11 L	F	*I Shingo Kido	14	2000-05-06	West Coast Open LC - Morning
9	5:31.16 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
10	5:34.49 L	F	*I Kevin Ge	14	2008-05-03	WEST COAST OPEN
Male 15 & Over 50 Free						
1	24.62 L	F	*I Jackson Wang	18	2005-08-08	2005 Canada Games - Regina
2	25.17 L	F	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
3	26.09 L	F	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
4	26.39 L L	F	*I Daniel Wang	16	2023-06-02	2023 Annual TRU Wolfpack Invitational
5	26.47 L	P	*I Jonaas Landry	15	2025-03-06	2025 Winter Provincial Championships
6	26.79 L	F	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
7	26.86 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
8	26.91 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
9	26.92 L	F	Max Zha	16	2024-05-03	West Coast Open 2024
10	26.93 L	P	*I Alan Lu	15	2012-07-25	2012 Canadian Age Group Championships
Male 15 & Over 100 Free						
1	53.49 L	F	*I Jackson Wang	17	2005-05-10	World Trials - Montreal
2	55.52 L	F	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
3	57.06 L	P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
4	57.18 L	P	*I Jonaas Landry	15	2025-03-06	2025 Winter Provincial Championships
5	57.92 L	P	Max Zha	16	2023-06-02	2023 Annual TRU Wolfpack Invitational
6	58.24 L	F	*I Daniel Wang	16	2023-05-05	West Coast Open 2023
7	58.40 L	F	*I Nicholas Kidd	17	2015-04-11	2015 NRST Spring Sprint
8	58.44 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
9	59.50 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
10	59.68 L	P	*I Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 15 & Over 200 Free						
1	1:57.91 L	P	*I Jackson Wang	18	2005-07-21	2005 Canadian Long Course Club Nationals
2	2:01.97 L	F	Max Zha	17	2024-07-11	2024 Summer Provincial Championships
3	2:09.46 L	F	*I Nicholas Kidd	17	2015-04-11	2015 NRST Spring Sprint
4	2:09.99 L	P	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

Time		P/F/S	Name	Age/Yr		
5	2:11.01 L	F	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
6	2:11.02 L	P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
7	2:11.24 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
8	2:11.36 L	P	*I Nicky Hou	15	2009-06-05	Kamloops June Classic 2009
9	2:11.41 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
10	2:11.65 L	P	*I Kevin McDonough	15	2012-06-08	Kamloops June Classic 2012
Male 15 & Over 400 Free						
1	4:17.78 L	F	Max Zha	17	2024-06-21	2024 Mel Zajac Jr. International Swim Meet
2	4:27.78 L	P	*I Nicholas Kidd	17	2015-05-22	2015 Mel Zajac Jr International
3	4:28.30 L	F	*I Jackson Wang	17	2005-01-15	TAS Senior Circuit
4	4:33.81 L	P	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
5	4:35.91 L	F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
6	4:37.14 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
7	4:39.29 L	P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
8	4:40.75 L	F	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
9	4:41.15 L	F	*I Nicky Hou	16	2010-05-01	WEST COAST OPEN
10	4:43.55 L	F	*I Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
Male 15 & Over 800 Free						
1	8:52.53 L	F	Max Zha	17	2024-06-21	2024 Mel Zajac Jr. International Swim Meet
2	9:20.12 L	F	*I Nicholas Kidd	17	2015-05-22	2015 Mel Zajac Jr International
3	9:33.68 L	F	*I Michael Milic	15	2014-04-11	LOSC 12th Annual Long Course Meet
4	10:37.97 L	F	*I Ricky Bal	17	2007-05-05	West Coast Open 2007
Male 15 & Over 1500 Free						
1	16:59.34 L	F	Max Zha	16	2024-03-21	2024 Speedo Western Canadian Champion
2	17:37.05 L	F	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champior
3	17:40.84 L	F	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	18:35.75 L	F	*I Nicky Hou	16	2010-03-27	LOSC 8th Annual Long Course Invitational
5	18:48.79 L	F	*I Stephen Riggs	16	2010-03-27	LOSC 8th Annual Long Course Invitational
6	19:03.61 L	F	*I Colton DeCecco	17	2010-03-27	LOSC 8th Annual Long Course Invitational
7	19:45.32 L	F	*I Victor Lucy	15	2017-06-16	2017 AA LCM Championships
8	20:35.11 L	F	*I Joseph Kidd	15	2011-04-02	9th Annual Langley Olympians Long Course
9	20:56.08 L	F	*I Todd Vintr	15	2010-03-27	LOSC 8th Annual Long Course Invitational
10	21:46.50 L	F	*I Wai-Lun Chung	15	2011-04-02	9th Annual Langley Olympians Long Course
Male 15 & Over 50 Back						
1	29.65 L	F	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
2	29.70 L	F	*I Kevin McDonough	15	2012-06-08	Kamloops June Classic 2012
3	29.80 L	P	*I Jonaas Landry	15	2025-03-06	2025 Winter Provincial Championships
4	30.05 L	P	*I Jackson Wang	17	2005-06-17	2005 Mel Zajac Jr International Swim Meet
5	30.95 L	F	*I Scott Hanna	15	2007-06-01	June Classic 2007 SBC0751
6	31.93 L	F	*I Hector Rodriguez Hernandez	16	2014-04-11	LOSC 12th Annual Long Course Meet
7	32.02 L	F	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
8	32.27 L	P	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
9	32.41 L L	F	Manraj Johal	15	2023-06-02	2023 Annual TRU Wolfpack Invitational
10	32.60 L	P	*I Nicholas Kidd	16	2014-05-30	22nd Annual Kamloops June Classic
Male 15 & Over 100 Back						
1	1:03.21 L	F	*I Jackson Wang	17	2004-07-15	2004 TAS AAA LC Championships
2	1:03.27 L	F	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
3	1:04.76 L	P	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	1:04.86 L	P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
5	1:04.96 L	P	*I Jonaas Landry	15	2025-03-06	2025 Winter Provincial Championships
6	1:05.79 L	P	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champior
7	1:07.95 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
8	1:08.15 L	F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
9	1:08.42 L		F	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
10	1:09.00 L		F	*I Daniel Wang	16	2023-05-05	West Coast Open 2023
Male 15 & Over 200 Back							
1	2:14.07 L		F	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
2	2:18.03 L		F	*I Jackson Wang	17	2004-07-15	2004 TAS AAA LC Championships
3	2:18.48 L		P	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	2:20.73 L		P	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champions
5	2:21.45 L		F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
6	2:24.27 L		P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
7	2:29.81 L		F	*I Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
8	2:30.44 L		P	*I Scott Hanna	15	2007-06-01	June Classic 2007 SBC0751
9	2:31.77 L		P	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
10	2:33.01 L		P	*I Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 15 & Over 50 Breast							
1	32.21 L		P	*I Daniel Wang	16	2023-07-13	2023 Swim BC Summer Provincials
2	32.76 L		P	Gurshaan Sangha	16	2025-03-06	2025 Winter Provincial Championships
3	32.87 L		P	*I Jagdeesh Uppal	24	2020-02-07	Edmonton Open 2020
4	33.35 L		P	*I Alan Lu	15	2012-07-25	2012 Canadian Age Group Championships
5	33.89 L		F	*I Nicky Hou	15	2009-04-17	Mies Schootman Invitational 2009
6	34.98 L		P	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	35.02 L		F	*I Connor Warkentin	17	2014-04-11	LOSC 12th Annual Long Course Meet
8	35.39 L		F	*I Justin Tetrault	16	2008-03-06	2008 TAS BC Sr Championships LC
9	35.42 L		F	*I Wai-Lun Chung	16	2012-04-13	Mies Schootman Invitational 2012
10	36.04 L		F	*I Arnav Sharma	16	2023-06-02	2023 Annual TRU Wolfpack Invitational
Male 15 & Over 100 Breast							
1	1:10.73 L		P	*I Daniel Wang	16	2023-07-13	2023 Swim BC Summer Provincials
2	1:11.64 L		P	Gurshaan Sangha	16	2025-03-06	2025 Winter Provincial Championships
3	1:12.10 L		F	*I Jagdeesh Uppal	21	2017-03-11	2017 Swim BC Senior Open
4	1:14.38 L		P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
5	1:14.42 L		P	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	1:16.26 L		F	*I Nicky Hou	15	2009-04-17	Mies Schootman Invitational 2009
7	1:16.37 L		F	*I Alan Lu	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
8	1:16.42 L		F	*I Connor Warkentin	17	2013-06-07	Kamloops June Classic 2013
9	1:17.73 L		P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
10	1:19.54 L		F	*I Justin Tetrault	16	2008-03-06	2008 TAS BC Sr Championships LC
Male 15 & Over 200 Breast							
1	2:38.23 L		P	Gurshaan Sangha	16	2025-03-06	2025 Winter Provincial Championships
2	2:38.83 L		P	*I Daniel Wang	16	2023-07-13	2023 Swim BC Summer Provincials
3	2:39.33 L		F	*I Jagdeesh Uppal	21	2017-03-11	2017 Swim BC Senior Open
4	2:40.11 L		P	*I Connor Warkentin	18	2014-07-03	2014 Swim BC AAA Long Course Meet
5	2:41.45 L		F	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
6	2:44.43 L		P	*I Nicky Hou	16	2010-07-08	2010 TAS BC Long Course AAA Champions
7	2:44.53 L		P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
8	2:45.21 L		F	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
9	2:51.70 L		F	*I Noah Landry	16	2016-05-14	WEST COAST OPEN 2016
10	2:53.49 L		P	*I Alan Lu	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
Male 15 & Over 50 Fly							
1	26.35 L		P	*I Jackson Wang	18	2006-06-02	2006 Mel Zajac Jr International Swim Meet
2	27.62 L		F	Max Zha	16	2023-06-02	2023 Annual TRU Wolfpack Invitational
3	28.95 L		F	Manraj Johal	17	2025-05-02	2025 West Coast Open
4	29.13 L		F	*I Joseph Kidd	16	2012-06-08	Kamloops June Classic 2012
5	29.16 L		P	*I Daniel Wang	16	2023-07-13	2023 Swim BC Summer Provincials
6	29.31 L		P	Gurshaan Sangha	15	2024-06-07	2024 Annual TRU Wolfpack Invitational

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
7	29.54 L	F	*I	Arnav Sharma	17	2024-01-26	SKSC January LC Invite
8	29.60 L	F	*I	Akashvir Bhangu	19	2023-05-05	West Coast Open 2023
9	29.82 L	F	*I	Stephen Riggs	17	2011-05-07	WEST COAST OPEN
10	29.95 L	P	*I	Shingo Kido	16	2002-02-01	TAS BC Senior Championships
Male 15 & Over 100 Fly							
1	58.10 L	F	*I	Jackson Wang	17	2005-05-10	World Trials - Montreal
2	1:00.24 L	F		Max Zha	16	2024-03-07	2024 Swim BC Winter Provincials
3	1:04.03 L	P	*I	Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
4	1:04.58 L	P		Manraj Johal	16	2024-06-07	2024 Annual TRU Wolfpack Invitational
5	1:04.93 L	F	*I	Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
6	1:04.94 L	P	*I	Arnav Sharma	17	2024-02-10	PSW Winter Invitational 2024
7	1:05.33 L	P	*I	Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
8	1:05.67 L	F	*I	Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
9	1:06.26 L	P		Gurshaan Sangha	15	2024-06-07	2024 Annual TRU Wolfpack Invitational
10	1:06.89 L	F	*I	Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
Male 15 & Over 200 Fly							
1	2:12.92 L	P		Max Zha	16	2023-08-01	2023 Speedo Canadian Swimming
2	2:16.47 L	P	*I	Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
3	2:19.52 L	F	*I	Jackson Wang	17	2005-04-30	WEST COAST OPEN
4	2:20.93 L	P	*I	Kevin McDonough	15	2012-07-25	2012 Canadian Age Group Championships
5	2:21.05 L	P	*I	Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
6	2:25.72 L	F	*I	Arnav Sharma	17	2024-01-26	SKSC January LC Invite
7	2:34.48 L	F	*I	Nicholas Kidd	16	2014-06-20	2014 Swim BC Long Course AA Champions
8	2:35.34 L	P	*I	Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
9	2:35.39 L	P	*I	Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	2:37.62 L	P	*I	Victor Lucy	15	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 15 & Over 200 IM							
1	2:19.70 L	F	*I	Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
2	2:19.75 L	P	*I	Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
3	2:20.05 L	P	*I	Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
4	2:20.35 L	F		Max Zha	16	2024-02-10	PSW Winter Invitational 2024
5	2:23.66 L	P	*I	Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
6	2:24.92 L	P	*I	Daniel Wang	16	2024-02-10	PSW Winter Invitational 2024
7	2:26.89 L	F	*I	Jackson Wang	16	2004-03-12	2004 TAS BC Sr Championships LC
8	2:27.95 L	P	*I	Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
9	2:28.44 L	P	*I	Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
10	2:28.81 L	P	*I	Victor Lucy	15	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 15 & Over 400 IM							
1	4:52.67 L	P	*I	Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
2	4:57.04 L	F		Max Zha	17	2024-07-11	2024 Summer Provincial Championships
3	5:06.96 L	P	*I	Kevin McDonough	15	2012-07-25	2012 Canadian Age Group Championships
4	5:07.17 L	F	*I	Jackson Wang	17	2005-04-30	WEST COAST OPEN
5	5:14.61 L	P	*I	Michael Milic	15	2013-07-04	2013 Swim BC AAA Long Course Champior
6	x5:15.28 L	F	*I	Nicky Hou	16	2010-06-04	Kamloops June Classic 2010
7	5:19.89 L	P	*I	Shingo Kido	16	2002-07-11	TAS BC Open AAA Champs LC 2002
8	5:23.52 L	F	*I	Daniel Wang	16	2023-05-05	West Coast Open 2023
9	5:23.85 L	P	*I	Harbir Grewal	15	2019-07-04	2019 BC Summer Provincial Championship
10	5:34.00 L	F	*I	Nicholas Kidd	16	2014-05-30	22nd Annual Kamloops June Classic