



# CLUB RECORDS [SCM and LCM]

**BC:** Current BC Record

**CDN:** Current Canadian Record

*Compiled by Alex Fraser & James Hooper*

*Current Update: April 7, 2026*

*Please contact the club for any errors or omissions.*

MEN – 18-24 SHORT COURSE				WOMEN – 18-24 SHORT COURSE		
			<b>25 FREE</b>			
Vincent Chung / Nathan Li	25.87	UBC 2015 / EB 2023	<b>50 FREE</b>	Fernanda Vejar-Richter	28.12	Chilliwack 2022
Duffy Cutler	54.74	Provincials 1987	<b>100 FREE</b>	Gia Bogetti	1:01.35	UBC 2011
Duffy Cutler	2:02.67 BC	Provincials 1987	<b>200 FREE</b>	Courtney Northrup	2:30.48	Nanaimo 2009
Derek Westra-Luney	4:50.94	EBSC 2007	<b>400 FREE</b>	Saly Gilbert	4:50.07	Provincials 1993
			<b>800 FREE</b>	Kortney Hillier	11:29.55	Provincials 2002
			<b>1500 FREE</b>	Kortney Hiller	21:32.97	Provincials 2002
			<b>25 FLY</b>			
Duffy Cutler	26.73	Provincials 1987	<b>50 FLY</b>	Fernanda Vejar-Richter	30.03	Chilliwack 2022
Duffy Cutler	59.94	Provincials 1987	<b>100 FLY</b>	Gia Bogetti	1:07.61	UBC 2011
Dan Minster	2:22.29	UBC 2006	<b>200 FLY</b>	Haruka Higo	3:02.56	North Shore 2015
			<b>25 BACK</b>			
Vincent Chung	31.66	UBC 2015	<b>50 BACK</b>	Haruka Higo	35.64	UBC 2015
Matthew McCusker	1:06.43	Winskill 1996	<b>100 BACK</b>	Gia Bogetti	1:09.75	UBC 2011
Louis Fok	3:25.01	UBC 2015	<b>200 BACK</b>	Kortney Hillier	2:42.00	UBC 2002
			<b>25 BREAST</b>			
Nathan Li	30.72	North Shore 2022	<b>50 BREAST</b>	Lucinda Kam	36.27	Provincials 2018
Nathan Li	1:11.16	North Shore 2022	<b>100 BREAST</b>	Lucinda Kam	1:18.74	Provincials 2018
			<b>200 BREAST</b>	Stephanie Flynn	2:56.55 BC	UBC 2010
Duffy Cutler	1:03.20	Provincials 1987	<b>100 IM</b>	Haruka Higo	1:16.00	North Shore 2015
Derek Westra-Luney	2:34.98	EBSC 2007	<b>200 IM</b>	Gia Bogetti	2:34.04	UBC 2011
			<b>400 IM</b>	Haruka Higo	5:53.72	UBC 2015
MEN – 18-24 LONG COURSE				WOMEN – 18-24 LONG COURSE		
James Gordon	27.52	Victoria 2001	<b>50 FREE</b>	Colleen Cunningham	33.18	Victoria 2005
James Gordon	1:02.64	Victoria 2001	<b>100 FREE</b>	Colleen Cunningham	1:14.30	Victoria 2001
			<b>200 FREE</b>	Camila Burgess	2:40.76	Victoria 2005
			<b>400 FREE</b>	Lauren Groves	5:00.09 BC	Victoria 2004
			<b>800 FREE</b>	Gillian Richardson	10:37.49 BC	Victoria 1997
			<b>1500 FREE</b>			
Michael Schwandt	31.45	Victoria 2001	<b>50 FLY</b>	Colleen Cunningham	36.12	Victoria 2005
Michael Schwandt	1:12.89	Victoria 2001	<b>100 FLY</b>			
			<b>200 FLY</b>			
			<b>50 BACK</b>			
			<b>100 BACK</b>	Colleen Cunningham	1:28.66	Victoria 2001
			<b>200 BACK</b>	Colleen Cunningham	3:02.50	Victoria 2004
James Gordon	31.65 BC	Provincials 2000	<b>50 BREAST</b>	Stephanie Flynn	39.60	Nationals 2010
James Gordon	1:10.05	Victoria 2001	<b>100 BREAST</b>	Gillian Richardson	1:24.32 BC	Victoria 1997
			<b>200 BREAST</b>	Stephanie Flynn	3:07.98 BC	Nationals 2015
			<b>200 IM</b>	Camila Burgess	2:58.44	Victoria 2005
			<b>400 IM</b>	Colleen Cunningham	6:27.95	Victoria 2005

MEN – 25-29 SHORT COURSE				WOMEN – 25-29 SHORT COURSE		
			<b>25 FREE</b>			
Paul Wilkins	23.50	Provincials 2008	<b>50 FREE</b>	Mariko Ikehata	27.72	Provincials 2012
Graham Welbourn	51.85	Nationals 1987	<b>100 FREE</b>	Mariko Ikehata	1:00.40	Nationals 2012
Graham Welbourn	1:55.71	Nationals 1987	<b>200 FREE</b>	Mariko Ikehata	2:14.99	Nationals 2012
Graham Welbourn	4:04.50 BC	UBC 1987	<b>400 FREE</b>	Pam Kalas	4:45.47	EBSC 2003
Graham Welbourn	8:49.03 BC	Nationals 1987	<b>800 FREE</b>	Pam Kalas	9:51.72	Nationals 2005
Graham Welbourn	16:41.55 BC	Nationals 1987	<b>1500 FREE</b>	Pam Kalas	19:02.52	Provincials 2004
			<b>25 FLY</b>			
Mike Siarkowski	25.73	Provincials 2019	<b>50 FLY</b>	Mariko Ikehata	29.98	Nationals 2012
Graham Welbourn	58.64	Nationals 1987	<b>100 FLY</b>	Debbie Glassman	1:11.11	UBC 1981
Chris Torrance	2:17.96	Provincials 1996	<b>200 FLY</b>	Debbie Glassman	2:46.40	EBSC 1982
			<b>25 BACK</b>			
Paul Wilkins	28.33	Provincials 2007	<b>50 BACK</b>	Mariko Ikehata	31.01	Provincials 2012
Brian Palaschuk	1:01.24	North Shore 2024	<b>100 BACK</b>	Mariko Ikehata	1:08.50	Nationals 2012
John Oram	2:18.36	Provincials 1996	<b>200 BACK</b>	Colleen Cunningham	2:50.47	Provincials 2008
			<b>25 BREAST</b>			
Brian Palaschuk	30.80	North Shore 2024	<b>50 BREAST</b>	Lisa Borsholt	35.07	Nationals 1988
Matthew McCusker	1:10.23	Nationals 1987	<b>100 BREAST</b>	Lisa Borsholt	1:16.44	Nationals 1988
Matthew McCusker	2:32.30	Nationals 1987	<b>200 BREAST</b>	Stephanie Flynn	2:55.50	Nationals 2011
Brian Palaschuk	59.47	North Shore 2024	<b>100 IM</b>	Maia Brundage	1:07.51	North Shore 2021
Matthew McCusker	2:14.03	Provincials 1998	<b>200 IM</b>	Elaine Van Oosten	2:37.54	Provincials 2006
Matthew McCusker	4:49.72	Provincials 1998	<b>400 IM</b>	Mariko Ikehata	5:33.96	EBSC 2012
MEN – 25-29 LONG COURSE				WOMEN – 25-29 LONG COURSE		
Brian Palaschuk	24.44 BC	Winskill 2024	<b>50 FREE</b>	Kelly Davies	30.00	Provincials 2000
Graham Welbourn	54.01 BC	Worlds 1986	<b>100 FREE</b>	Kelly Davies	1:08.11	Provincials 2000
Graham Welbourn	1:58.95 BC	Worlds 1986	<b>200 FREE</b>	Pam Kalas	2:22.66	Victoria 2004
			<b>400 FREE</b>	Pam Kalas	4:56.60	Victoria 2004
			<b>800 FREE</b>	Pam Kalas	10:21.08 BC	Provincials 2005
			<b>1500 FREE</b>	Elaine Van Oosten	20:01.22 BC	Provincials 2005
Michael Siarkowski	25.97	Winskill 2018	<b>50 FLY</b>	Yuriko Ikeda	33.14	Provincials 2000
Paul Wilkins	1:03.02	Nationals 2010	<b>100 FLY</b>	Zoe Menge	1:24.64	Victoria 2001
Chris Torrance	2:25.08 BC	Vancouver 1995	<b>200 FLY</b>			
Brian Palaschuk	28.50	Winskill 2024	<b>50 BACK</b>	Yuriko Ikeda	36.56	Provincials 2000
			<b>100 BACK</b>	Nicole Boduel	1:24.59	Victoria 2015
Doug Doyley	2:26.03	Worlds 1986	<b>200 BACK</b>	Colleen Cunningham	3:03.86	Victoria 2007
Brian Palaschuk	31.20	Winskill 2024	<b>50 BREAST</b>	Shana Lum	37.52	Provincials 2000
Doug Doyley	1:14.79	Worlds 1986	<b>100 BREAST</b>	Shana Lum	1:23.78	Provincials 2000
Ian Jackson	2:26.89 CDN	Provincials 2000	<b>200 BREAST</b>	Shana Lum	3:03.34	Provincials 2000
Maric Tse	3:09.47	Victoria 2006	<b>200 IM</b>	Yuriko Ikeda	2:54.82	Provincials 2000
			<b>400 IM</b>	Colleen Cunningham	6:13.15	Victoria 2007

MEN – 30-34 SHORT COURSE				WOMEN – 30-34 SHORT COURSE		
			<b>25 FREE</b>			
Paul Wilkins	23.90	Nationals 2012	<b>50 FREE</b>	Mariko Ikehata	27.64	Provincials 2014
Graham Welbourn	52.58	Nationals 1991	<b>100 FREE</b>	Victoria Naess	1:01.00	Provincials 2009
Graham Welbourn	1:56.61	Nationals 1991	<b>200 FREE</b>	Victoria Naess	2:15.61	Provincials 2009
Graham Welbourn	4:13.24	Nationals 1991	<b>400 FREE</b>	Pam Kalas	4:49.64	Nationals 2006
Sean Swain	9:04.98	Provincials 2003	<b>800 FREE</b>	Pam Kalas	9:59.19	Provincials 2006
Dale Robinson	18:45.63	Nationals 2007	<b>1500 FREE</b>	Pam Kalas	19:20.08	Provincials 2006
			<b>25 FLY</b>			
Paul Wilkins	26.13	EBSC 2012	<b>50 FLY</b>	Mariko Ikehata	30.46	Provincials 2014
Alex Fraser	1:05.62	Provincials 2024	<b>100 FLY</b>	Mariko Ikehata	1:08.07	Provincials 2014
Chris Torrance	2:32.53	Provincials 2001	<b>200 FLY</b>	Pam Kalas	2:57.24	EBSC 2006
			<b>25 BACK</b>			
Paul Wilkins	28.72	Fed Way 2012	<b>50 BACK</b>	Mariko Ikehata	31.73	Provincials 2014
Paul Wilkins	1:04.63	Nationals 2012	<b>100 BACK</b>	Victoria Naess	1:11.75	UBC 2008
David Ferguson	2:21.17	Provincials 2003	<b>200 BACK</b>	Adrienne Friesen	2:40.80	Provincials 2025
			<b>25 BREAST</b>			
Ian Jackson	31.74	Nanaimo 2003	<b>50 BREAST</b>	Adrienne Friesen	38.32	Nationals 2025
Ian Jackson	1:08.12	UBC 2004	<b>100 BREAST</b>	Adrienne Friesen	1:22.76	Provincials 2025
Maric Tse	2:46.27	UBC 2013	<b>200 BREAST</b>	Stephanie Flynn	3:00.67	EBSC 2016
Paul Wilkins	1:03.67	Provincials 2011	<b>100 IM</b>	Victoria Naess	1:12.62	UBC 2008
Graham Welbourn	2:15.55	Nationals 1991	<b>200 IM</b>	Adrienne Friesen	2:41.30	Nationals 2025
Sean Swain	4:54.36	Provincials 2003	<b>400 IM</b>	Pam Kalas	5:53.60	EBSC 2006
MEN – 30-34 LONG COURSE				WOMEN – 30-34 LONG COURSE		
Paul Wilkins	25.43	Victoria 2013	<b>50 FREE</b>	Victoria Naess	28.45	Victoria 2009
Dave Ferguson	59.86	Victoria 2005	<b>100 FREE</b>	Mariko Ikehata	1:05.39	Victoria 2014
Dave Ferguson	2:13.04	Victoria 2004	<b>200 FREE</b>	Pam Kalas	2:25.09	Victoria 2006
Chris Torrance	5:05.16	Victoria 2001	<b>400 FREE</b>	Pam Kalas	5:02.18	Victoria 2006
			<b>800 FREE</b>	Pam Kalas	10:16.85 BC	Worlds 2006
Dale Robinson	20:13.08	Victoria 2008	<b>1500 FREE</b>	Pam Kalas	20:18.95	Nationals 2010
Paul Wilkins	27.31	Victoria 2013	<b>50 FLY</b>	Mariko Ikehata	32.13	Victoria 2014
Dave Ferguson	1:04.87	Victoria 2006	<b>100 FLY</b>	Jane Halton	1:28.50	Victoria 2009
Chris Torrance	2:41.38	Provincials 2000	<b>200 FLY</b>			
John Oram	29.40	Provincials 2000	<b>50 BACK</b>	Adrienne Friesen	35.06	Ottermania 2024
John Oram	1:07.00	Provincials 2000	<b>100 BACK</b>	Adrienne Friesen	1:20.24	Ottermania 2024
Jeff Bishop	2:26.17	Provincials 2005	<b>200 BACK</b>			
James Hooper	32.89	Worlds 2006	<b>50 BREAST</b>	Victoria Naess	40.64	Victoria 2009
James Hooper	1:15.06	Worlds 2006	<b>100 BREAST</b>	Jane Halton	1:35.54	Victoria 2006
Maric Tse	2:45.12	Worlds 2012	<b>200 BREAST</b>			
Dale Robinson	2:41.88	Victoria 2007	<b>200 IM</b>	Pam Kalas	2:59.43	Victoria 2010
Chris Torrance	5:35.61	Provincials 2000	<b>400 IM</b>			

MEN – 35-39 SHORT COURSE				WOMEN – 35-39 SHORT COURSE		
			<b>25 FREE</b>			
David Ferguson	25.99	Provincials 2008	<b>50 FREE</b>	Robin Russell	30.07	Provincials 1986
David Ferguson	55.86	Provincials 2008	<b>100 FREE</b>	Gwen Chambers	1:08.03	UBC 2001
David Ferguson	2:04.47	Provincials 2011	<b>200 FREE</b>	Pam Kalas	2:20.54	Nationals 2011
Ralph Hutton	4:25.02	Nationals 1987	<b>400 FREE</b>	Pam Kalas	4:52.98	Nationals 2011
David Ferguson	9:16.65	Nationals 2012	<b>800 FREE</b>	Pam Kalas	10:09.07	Nationals 2011
Ralph Hutton	17:35.29 BC	Nationals 1987	<b>1500 FREE</b>	Pam Kalas	19:23.03	Nationals 2011
			<b>25 FLY</b>			
Scott Cospers	28.16	Provincials 2007	<b>50 FLY</b>	Trilby McGaw	34.26	Provincials 2014
David Ferguson	1:04.71	Cowichan 2009	<b>100 FLY</b>	Trilby McGaw	1:19.52	Provincials 2014
Ralph Hutton	2:20.40	Nationals 1987	<b>200 FLY</b>			
			<b>25 BACK</b>			
David Ferguson	30.85	UBC 2008	<b>50 BACK</b>	Mary Kay Wing	35.98	Delta 1996
David Ferguson	1:07.47	Provincials 2008	<b>100 BACK</b>	Mary Kay Wing	1:17.50	Delta 1996
David Ferguson	2:23.52	Provincials 2011	<b>200 BACK</b>	Mary Kay Wing	2:46.62	Provincials 1996
			<b>25 BREAST</b>			
James Hooper	33.14	Provincials 2007	<b>50 BREAST</b>	Jane Halton	42.31	Nationals 2012
Norihito Yoshioka	1:12.35	Nationals 2015	<b>100 BREAST</b>	Gwen Chambers	1:28.78	UBC 2000
Norihito Yoshioka	2:36.70	Nationals 2015	<b>200 BREAST</b>	Jane Halton	3:15.54	Nationals 2012
Nathaniel Janzen	1:06.21	EBSC 2026	<b>100 IM</b>	Pam Kalas	1:21.82	Provincials 2012
Tor Aamodt	2:24.40	Nationals 2012	<b>200 IM</b>	Pam Kalas	2:47.59	Nationals 2012
Dale Robinson	5:17.92	Provincials 2009	<b>400 IM</b>			
MEN – 35-39 LONG COURSE				WOMEN – 35-39 LONG COURSE		
Scott Cospers	27.19	Victoria 2007	<b>50 FREE</b>	Pam Kalas	32.05	Victoria 2015
Scott Cospers	1:01.25	Victoria 2006	<b>100 FREE</b>	Gwen Chambers	1:08.16	Provincials 2000
Dave Ferguson	2:13.37	Victoria 2008	<b>200 FREE</b>	Pam Kalas	2:25.02	Victoria 2015
Dave Ferguson	4:45.35	Victoria 2011	<b>400 FREE</b>	Pam Kalas	5:00.89	Worlds 2014
Dave Ferguson	9:55.34	Victoria 2011	<b>800 FREE</b>	Pam Kalas	10:20.25	Worlds 2014
Dave Ferguson	19:33.09	Victoria 2008	<b>1500 FREE</b>	Julie Morgan	21:39.16	Victoria 2013
Scott Cospers	28.67	Victoria 2007	<b>50 FLY</b>	Gwen Chambers	34.28	Provincials 2000
Dave Ferguson	1:05.55	Victoria 2008	<b>100 FLY</b>	Kathryn Bolt	1:25.81	Provincials 2000
			<b>200 FLY</b>	***		
Nathaniel Janzen	34.80	Ottermania 2025	<b>50 BACK</b>			
			<b>100 BACK</b>	Kathryn Bolt	1:26.58	Provincials 2000
Luis Alonso	2:55.71	Provincials 2000	<b>200 BACK</b>	Pam Kalas	3:05.95	Victoria 2015
James Hooper	33.84	Nationals 2010	<b>50 BREAST</b>	Trilby McGaw	45.07	Victoria 2014
James Hooper	1:16.71	Nationals 2010	<b>100 BREAST</b>	Gwen Chambers	1:32.20	Provincials 2000
James Hooper	2:54.23	Nationals 2010	<b>200 BREAST</b>	Jane Halton	3:27.62	Victoria 2014
James Hooper	2:39.51	Nationals 2010	<b>200 IM</b>	Kathryn Bolt	3:11.91	Provincials 2000
Dale Robinson	5:43.66	Nationals 2010	<b>400 IM</b>			

MEN – 40-44 SHORT COURSE				WOMEN – 40-44 SHORT COURSE		
			<b>25 FREE</b>			
Erik Kerasiotis	25.58	Provincials 2008	<b>50 FREE</b>	Morgan Van Vliet	29.50	Provincials 2025
Scott Cospers	57.30	Nationals 2009	<b>100 FREE</b>	Morgan Van Vliet	1:04.89	Provincials 2024
Ralph Hutton	2:06.18	Nationals 1991	<b>200 FREE</b>	Morgan Van Vliet	2:22.50	Provincials 2025
Graham Welbourn	4:11.94 BC	Provincials 2003	<b>400 FREE</b>	Morgan Van Vliet	5:07.16	Provincials 2025
Graham Welbourn	8:46.43 BC	Nationals 2003	<b>800 FREE</b>	Morgan Van Vliet	10:34.19	Chilliwack 2026
Ralph Hutton	17:44.08	Nationals 1991	<b>1500 FREE</b>	Mina Nozar	28:59.13	Provincials 2009
			<b>25 FLY</b>	Melissa Pak	18.41	Chilliwack 2024
Scott Cospers	27.91	EBSC 2009	<b>50 FLY</b>	Morgan Van Vliet	32.39	Chilliwack 2026
Ralph Hutton	1:04.04	Nationals 1991	<b>100 FLY</b>	Morgan Van Vliet	1:15.37	Provincials 2025
Ralph Hutton	2:25.19	Nationals 1991	<b>200 FLY</b>	Kathryn Bolt	3:22.59	Provincials 2008
			<b>25 BACK</b>			
Chris Erickson	32.31	UBC 2013	<b>50 BACK</b>	Morgan Van Vliet	34.73	Provincials 2025
Kyle Heaton	1:06.67	North Shore 2021	<b>100 BACK</b>	Morgan Van Vliet	1:14.37	Nanaimo 2025
			<b>200 BACK</b>	Morgan Van Vliet	2:44.23	Nanaimo 2025
			<b>25 BREAST</b>			
James Hooper	31.20	Provincials 2015	<b>50 BREAST</b>	Morgan Van Vliet	38.36	Chilliwack 2026
James Hooper	1:09.51	Provincials 2015	<b>100 BREAST</b>	Morgan Van Vliet	1:25.13	Nanaimo 2025
James Hooper	2:39.54	Nationals 2012	<b>200 BREAST</b>	Morgan Van Vliet	3:11.07	Nanaimo 2025
James Hooper	1:06.20	Provincials 2015	<b>100 IM</b>	Morgan Van Vliet	1:14.17	Chilliwack 2026
Tor Aamodt	2:25.17	UBC 2013	<b>200 IM</b>	Morgan Van Vliet	2:45.13	Provincials 2025
			<b>400 IM</b>			
MEN – 40-44 LONG COURSE				WOMEN – 40-44 LONG COURSE		
Erik Kerasiotis	25.61	WPFG 2009	<b>50 FREE</b>	Tami Grenon	48.18	Victoria 2008
Graham Welbourn	56.61 BC	Victoria 2002	<b>100 FREE</b>			
Graham Welbourn	2:03.53 BC	Victoria 2002	<b>200 FREE</b>	Tami Grenon	3:58.23	Victoria 2008
Graham Welbourn	4:22.55 BC	Victoria 2002	<b>400 FREE</b>	Pam Kalas	5:00.53	Worlds 2017
Graham Welbourn	8:46.43 BC	Victoria 2002	<b>800 FREE</b>	Pam Kalas	10:21.78	Worlds 2017
Jamie Anfossi	21:34.11	Nationals 2010	<b>1500 FREE</b>			
Scott Cospers	29.04	Victoria 2009	<b>50 FLY</b>			
Jamie Anfossi	1:15.11	Victoria 2010	<b>100 FLY</b>			
Jamie Anfossi	3:06.06	Victoria 2011	<b>200 FLY</b>			
Paul Hasegawa	34.26	Victoria 2005	<b>50 BACK</b>			
			<b>100 BACK</b>			
			<b>200 BACK</b>			
James Hooper	32.54	WPFG 2015	<b>50 BREAST</b>	Tami Grenon	58.15	Victoria 2008
James Hooper	1:13.99	WPFG 2015	<b>100 BREAST</b>			
			<b>200 BREAST</b>	Tami Grenon	4:23.51	Victoria 2008
James Hooper	2:39.12	WPFG 2015	<b>200 IM</b>			
Jamie Anfossi	6:17.27	Victoria 2011	<b>400 IM</b>			

MEN – 45-49 SHORT COURSE				WOMEN – 45-49 SHORT COURSE		
James Hooper	12.09	Nationals 2019	25 FREE			
Erik Kerasiotis	25.40	WPFG 2011	50 FREE	Maja Krzic	31.28	Nationals 2012
Graham Welbourn	55.03 BC	Nationals 2006	100 FREE	Maja Krzic	1:09.38	Nationals 2012
Ralph Hutton	2:12.53	Nationals 1993	200 FREE	Maja Krzic	2:32.47	Nationals 2012
Ralph Hutton	4:40.63	Nationals 1993	400 FREE	Maja Krzic	5:29.67	Comox 2012
Graham Welbourn	9:09.29 BC	Provincials 2007	800 FREE			
Ralph Hutton	18:37.73	Nationals 1993	1500 FREE			
			25 FLY			
James Hooper	30.92	Burnaby 2016	50 FLY	Maja Krzic	34.17	Nationals 2012
Chris Dallin	1:20.55	Provincials 2009	100 FLY	Maja Krzic	1:22.62	North Shore 2012
			200 FLY			
			25 BACK			
Chris Erickson	32.33	Provincials 2014	50 BACK	Francine Vickery	39.79	UBC 2005
Julian Ospina	1:28.19	UBC 2012	100 BACK	Francine Vickery	1:25.37	UBC 2007
			200 BACK			
James Hooper	14.39	North Shore 2019	25 BREAST			
James Hooper	30.56	Federal Way 2018	50 BREAST	Chantal Lauzon	40.87	Nanaimo 2019
James Hooper	1:07.94	Federal Way 2018	100 BREAST	Chantal Lauzon	1:29.72	Nanaimo 2019
James Hooper	2:39.67	Nationals 2016	200 BREAST			
James Hooper	1:05.65	Nationals 2019	100 IM	Chantal Lauzon	1:21.79	EBSC 2020
Jack Kelso	2:31.47	Nationals 1988	200 IM			
Jack Kelso	5:32.71	Nationals 1988	400 IM			
MEN – 45-49 LONG COURSE				WOMEN – 45-49 LONG COURSE		
Chris Erickson	26.11	Worlds 2014	50 FREE			
Chris Erickson	57.86 BC	Worlds 2014	100 FREE			
Chris Erickson	2:13.58	Worlds 2014	200 FREE			
			400 FREE			
Roger Barron	11:12.41	Provincials 2000	800 FREE			
Roger Barron	21:29.89	Provincials 2000	1500 FREE			
Erik Kerasiotis	30.87	Victoria 2015	50 FLY			
			100 FLY			
			200 FLY			
			50 BACK			
			100 BACK			
			200 BACK			
James Hooper	31.44 BC	Winskill 2018	50 BREAST			
James Hooper	1:11.80 BC	Winskill 2018	100 BREAST			
James Hooper	2:49.52	Oregon 2017	200 BREAST			
			200 IM			
			400 IM			

MEN – 50-54 SHORT COURSE				WOMEN – 50-54 SHORT COURSE		
Mark Kennedy	12.57	Nanaimo 2022	25 FREE			
Mark Kennedy	25.79	Chilliwack 2024	50 FREE	Maja Krzic	30.55	Provincials 2015
Mark Kennedy	58.59	Provincials 2025	100 FREE	Maja Krzic	1:08.85	Nationals 2015
Mark Kennedy	2:14.26	Provincials 2025	200 FREE	Maja Krzic	2:31.51	Nationals 2014
Richard Buckley	5:29.58	Chilliwack 2024	400 FREE	Maja Krzic	5:24.97	Provincials 2013
Richard Buckley	11:34.75	Chilliwack 2024	800 FREE			
			1500 FREE			
Mark Kennedy	12.44	Chilliwack 2024	25 FLY			
Mark Kennedy	30.04	Chilliwack 2022	50 FLY	Maja Krzic	33.84	Nationals 2014
Bruce Sutherland	1:08.43	UBC 2001	100 FLY	Maja Krzic	1:17.39	Provincials 2013
			200 FLY			
			25 BACK			
Doug Doyley	35.42	EBSC 2008	50 BACK	Shirley Cazelet	37.18	Nationals 2001
John Christensen	1:30.37	Provincials 2014	100 BACK	Shirley Cazelet	1:21.65	Nationals 2001
			200 BACK			
James Hooper	15.12	North Shore 2024	25 BREAST			
James Hooper	31.35 BC	Provincials 2022	50 BREAST	Maja Krzic	43.35	EBSC 2016
James Hooper	1:10.26 BC	Provincials 2022	100 BREAST			
James Hooper	2:44.67	Provincials 2022	200 BREAST	Joy Richman	4:24.64	UBC 2006
Jack Kelso	1:07.77	Nationals 1990	100 IM	Maja Krzic	1:23.72	EBSC 2014
Jack Kelso	2:33.11	Nationals 1990	200 IM	Shirley Cazelet	3:00.28	Nationals 2001
Bruce Sutherland	5:43.53	January 1999	400 IM			
MEN – 50-54 LONG COURSE				WOMEN – 50-54 LONG COURSE		
Mark Kennedy	26.46 BC	PNA 2023	50 FREE	Maja Krzic	32.90	Victoria 2017
Mark Kennedy	1:00.70	USMS Nats 2024	100 FREE			
Mark Kennedy	2:18.65	Worlds 2023	200 FREE			
Richard Buckley	5:37.18	Winskill 2024	400 FREE			
Richard Buckley	12:06.68	Winskill 2024	800 FREE			
			1500 FREE			
Mark Kennedy	28.13	Victoria 2025	50 FLY	Maja Krzic	36.55	Victoria 2017
Bruce Sutherland	1:09.98	Provincials 2008	100 FLY			
			200 FLY			
Doug Doyley	34.16	Provincials 2008	50 BACK	Marily Mearns	43.89	Provincials 2000
John Christensen	1:32.70	Victoria 2014	100 BACK			
Doug Doyley	2:42.56	Worlds 2008	200 BACK			
James Hooper	32.01 BC	WPFG 2022	50 BREAST	Maja Krzic	48.07	Victoria 2017
James Hooper	1:14.69 BC	WPFG 2022	100 BREAST			
Doug Doyley	2:52.97 BC	Worlds 2008	200 BREAST			
Doug Doyley	2:37.55	Worlds 2008	200 IM			
Doug Doyley	5:48.82 BC	Worlds 2008	400 IM			

MEN – 55-59 SHORT COURSE				WOMEN – 55-59 SHORT COURSE		
			<b>25 FREE</b>			
Bruce Sutherland	27.78	EBSC 2003	<b>50 FREE</b>	Deb Price-Kruecken	30.59	Nationals 2014
Steve Rasmussen	1:06.27	Provincials 2012	<b>100 FREE</b>	Deb Price-Kruecken	1:10.55	Nationals 2014
Bruce Sutherland	2:51.60	Provincials 2003	<b>200 FREE</b>	Maja Krzic	2:37.35	Provincials 2018
Steve Rasmussen	5:12.49	Provincials 2012	<b>400 FREE</b>	Maja Krzic	5:38.78	EBSC 2020
Bruce Sutherland	11:26.56	Provincials 2003	<b>800 FREE</b>	Leonie Sandercock	14:11.81	Provincials 2004
Bruce Sutherland	21:27.30	Provincials 2003	<b>1500 FREE</b>			
			<b>25 FLY</b>			
Jack Kelso	31.22	Nationals 1995	<b>50 FLY</b>	Maja Krzic	34.83	Provincials 2018
Bruce Sutherland	1:15.89	Provincials 2003	<b>100 FLY</b>	Maja Krzic	1:27.69	Provincials 2022
Bruce Sutherland	2:48.75	UBC 2004	<b>200 FLY</b>			
			<b>25 BACK</b>			
Jack Kelso	35.79	Provincials 1996	<b>50 BACK</b>	Deb Price-Kruecken	38.34	Nationals 2014
			<b>100 BACK</b>	Francine Vickery	1:30.35	UBC 2013
			<b>200 BACK</b>			
			<b>25 BREAST</b>			
Jack Kelso	34.99	Provincials 1996	<b>50 BREAST</b>	Maja Krzic	44.24	Provincials 2018
Jack Kelso	1:18.03	Provincials 1996	<b>100 BREAST</b>	Monique Schimann	2:14.83	UBC 2005
Jack Kelso	2:54.59	Nationals 1996	<b>200 BREAST</b>			
Jack Kelso	1:10.34	Provincials 1996	<b>100 IM</b>	Maja Krzic	1:26.83	Anacortes 2020
Jack Kelso	2:34.42 BC	Nationals 1995	<b>200 IM</b>			
Bruce Sutherland	5:51.09	Provincials 2003	<b>400 IM</b>			
MEN – 55-59 LONG COURSE				WOMEN – 55-59 LONG COURSE		
			<b>50 FREE</b>	Maja Krzic	32.30	Perth 2019
			<b>100 FREE</b>	Maja Krzic	1:12.98	Perth 2019
			<b>200 FREE</b>	Maja Krzic	2:42.06	Perth 2019
			<b>400 FREE</b>	Maja Krzic	6:11.74	Belgrade 2021
			<b>800 FREE</b>			
			<b>1500 FREE</b>			
			<b>50 FLY</b>	Maja Krzic	35.79	Perth 2019
			<b>100 FLY</b>			
			<b>200 FLY</b>			
			<b>50 BACK</b>			
			<b>100 BACK</b>			
			<b>200 BACK</b>			
Jack Kelso	36.21	Nationals 1996	<b>50 BREAST</b>	Maja Krzic	45.54	Perth 2019
			<b>100 BREAST</b>			
			<b>200 BREAST</b>			
			<b>200 IM</b>			
			<b>400 IM</b>			

MEN – 60-64 SHORT COURSE				WOMEN – 60-64 SHORT COURSE		
			<b>25 FREE</b>	Maja Krzic	15.08	Chilliwack 2026
Bruce Sutherland	28.29	Nationals 2011	<b>50 FREE</b>	Maja Krzic	33.32	Provincials 2025
Bruce Sutherland	1:04.70	Nationals 2011	<b>100 FREE</b>	Maja Krzic	1:14.61	Provincials 2025
Ivan Szasz	3:18.10	UBC 2000	<b>200 FREE</b>	Maja Krzic	2:47.75	EBSC 2024
Steve Rasmussen	5:19.99	EBSC 2014	<b>400 FREE</b>	Leonie Sandercock	6:52.34	Provincials 2012
Ivan Szasz	13:48.70	Provincials 2000	<b>800 FREE</b>	Maja Krzic	13:16.99	Huntsman 2024
Steve Rasmussen	21:23.78	Nationals 2016	<b>1500 FREE</b>	Leonie Sandercock	28:15.65	Provincials 2012
			<b>25 FLY</b>			
Jack Kelso	31.21	Nationals 1999	<b>50 FLY</b>	Maja Krzic	35.61	Provincials 2025
Bruce Sutherland	1:14.84	Nationals 2010	<b>100 FLY</b>	Maja Krzic	1:27.73	Huntsman 2024
			<b>200 FLY</b>			
Phil Evans	19.34	North Shore 2019	<b>25 BACK</b>			
Jack Kelso	34.20 BC	Nationals 1999	<b>50 BACK</b>	Francine Vickery	40.50	Provincials 2018
Steve Rasmussen	1:23.71	Provincials 2016	<b>100 BACK</b>	Francine Vickery	1:29.28	Provincials 2018
Ivan Szasz	3:55.60	Provincials 2000	<b>200 BACK</b>	Leonie Sandercock	4:02.73	UBC 2009
			<b>25 BREAST</b>			
Jack Kelso	35.86	Nationals 1999	<b>50 BREAST</b>	Marla Gilsig	1:07.57	UBC 2015
Jack Kelso	1:17.85	Nationals 1999	<b>100 BREAST</b>	Marla Gilsig	2:30.85	UBC 2015
			<b>200 BREAST</b>			
Jack Kelso	1:09.93 BC	Nationals 1999	<b>100 IM</b>	Francine Vickery	1:34.90	North Shore 2021
Jack Kelso	2:35.04 CDN	Nationals 1999	<b>200 IM</b>			
Jack Kelso	5:49.45	Nationals 1999	<b>400 IM</b>			
MEN – 60-64 LONG COURSE				WOMEN – 60-64 LONG COURSE		
Jack Kelso	28.96	Provincials 2000	<b>50 FREE</b>	Maja Krzic	33.59	Pan Pacific 2024
Jack Kelso	1:05.57	Provincials 2000	<b>100 FREE</b>	Maja Krzic	1:17.12	Pan Pacific 2024
Ivan Szasz	3:06.16	Provincials 2000	<b>200 FREE</b>	Maja Krzic	2:50.72	Pan Pacific 2024
Steve Rasmussen	5:39.51	Victoria 2016	<b>400 FREE</b>	Leonie Sandercock	7:02.52	Nationals 2010
Steve Rasmussen	1:58.06	Victoria 2016	<b>800 FREE</b>			
			<b>1500 FREE</b>	Leonie Sandercock	28:21.14	Nationals 2010
Jack Kelso	32.90	Provincials 2000	<b>50 FLY</b>	Maja Krzic	35.94	Pac Pacific 2024
			<b>100 FLY</b>			
			<b>200 FLY</b>			
Jack Kelso	35.24	Provincials 2000	<b>50 BACK</b>			
			<b>100 BACK</b>			
Ivan Szasz	3:55.60	Provincials 2000	<b>200 BACK</b>			
Jack Kelso	36.29 BC	Provincials 2000	<b>50 BREAST</b>			
			<b>100 BREAST</b>			
			<b>200 BREAST</b>			
Jack Kelso	2:47.02 BC	Provincials 2000	<b>200 IM</b>			
			<b>400 IM</b>			

MEN – 65-69 SHORT COURSE				WOMEN – 65-69 SHORT COURSE		
Phil Evans	14.85	Chilliwack 2024	25 FREE			
Jack Kelso	29.43	Provincials 2007	50 FREE			
Bruce Sutherland	1:10.14	Huntsman 2015	100 FREE			
Bruce Sutherland	2:30.52	Huntsman 2014	200 FREE			
Bruce Sutherland	5:48.98	Huntsman 2015	400 FREE			
Ivan Szasz	13:48.30	Provincials 2001	800 FREE			
			1500 FREE			
Phil Evans	18.02	Chilliwack 2023	25 FLY			
Bruce Sutherland	32.92	Huntsman 2013	50 FLY			
Bruce Sutherland	1:25.52	Huntsman 2015	100 FLY			
Bruce Sutherland	3:05.19	UBC 2013	200 FLY			
			25 BACK			
Bruce Sutherland	37.69	Huntsman 2013	50 BACK			
Bruce Sutherland	1:31.75	Huntsman 2015	100 BACK			
			200 BACK			
			25 BREAST			
Jack Kelso	36.96	Provincials 2007	50 BREAST			
Jack Kelso	1:22.11	Provincials 2007	100 BREAST			
Jack Kelso	3:07.53	Provincials 2007	200 BREAST			
Jack Kelso	1:14.93	Provincials 2007	100 IM	Heather Robertson	1:23.90	EBSC 2006
Jack Kelso	2:49.00	Provincials 2007	200 IM			
Bruce Sutherland	6:40.00	Huntsman 2013	400 IM			
MEN – 65-69 LONG COURSE				WOMEN – 65-69 LONG COURSE		
Jack Kelso	29.96 BC	Provincials 2005	50 FREE			
Jack Kelso	1:06.86 BC	Provincials 2005	100 FREE			
			200 FREE			
Ivan Szasz	6:46.77	Victoria 2005	400 FREE			
			800 FREE			
			1500 FREE			
Ivan Szasz	41.71	Victoria 2001	50 FLY			
			100 FLY			
			200 FLY			
Ivan Szasz	49.44	Victoria 2007	50 BACK			
			100 BACK			
			200 BACK			
			50 BREAST			
			100 BREAST			
			200 BREAST			
Jack Kelso	2:56.53	Nationals 2005	200 IM			
			400 IM			

MEN – 70-74 SHORT COURSE				WOMEN – 70-74 SHORT COURSE		
			<b>25 FREE</b>			
Jack Kelso	29.87	Provincials 2009	<b>50 FREE</b>	Marla Gilsig	54.59	EBSC 2025
Jack Kelso	1:07.71	Provincials 2010	<b>100 FREE</b>	Marla Gilsig	2:04.49	EBSC 2025
Jack Kelso	2:34.79	Provincials 2010	<b>200 FREE</b>			
Ivan Szasz	6:42.26	Provincials 2007	<b>400 FREE</b>			
			<b>800 FREE</b>			
			<b>1500 FREE</b>			
			<b>25 FLY</b>			
Jack Kelso	33.77	Provincials 2009	<b>50 FLY</b>			
Jack Kelso	1:22.54 <b>BC</b>	Provincials 2009	<b>100 FLY</b>			
Ivan Szasz	4:09.53	Provincials 2007	<b>200 FLY</b>			
			<b>25 BACK</b>			
Jack Kelso	37.65	Provincials 2009	<b>50 BACK</b>			
			<b>100 BACK</b>			
			<b>200 BACK</b>			
			<b>25 BREAST</b>			
Jack Kelso	38.25 <b>BC</b>	Provincials 2010	<b>50 BREAST</b>	Marla Gilsig	1:30.12	EBSC 2025
Jack Kelso	1:24.85 <b>CDN</b>	Provincials 2010	<b>100 BREAST</b>			
Jack Kelso	3:10.40	Provincials 2009	<b>200 BREAST</b>			
Jack Kelso	1:14.73 <b>CDN</b>	Provincials 2009	<b>100 IM</b>			
Jack Kelso	2:49.43 <b>CDN</b>	Provincials 2009	<b>200 IM</b>			
Jack Kelso	6:21.47 <b>CDN</b>	Provincials 2009	<b>400 IM</b>			
MEN – 70-74 LONG COURSE				WOMEN – 70-74 LONG COURSE		
Jack Kelso	30.51	Nationals 2010	<b>50 FREE</b>			
Jack Kelso	1:08.64 <b>BC</b>	Nationals 2010	<b>100 FREE</b>			
			<b>200 FREE</b>			
			<b>400 FREE</b>			
			<b>800 FREE</b>			
			<b>1500 FREE</b>			
Jack Kelso	34.09 <b>BC</b>	Nationals 2010	<b>50 FLY</b>			
Ivan Szasz	1:54.13	Victoria 2008	<b>100 FLY</b>			
Ivan Szasz	4:11.19 <b>BC</b>	Worlds 2006	<b>200 FLY</b>			
Ivan Szasz	55.42	Victoria 2007	<b>50 BACK</b>			
			<b>100 BACK</b>			
Jack Kelso	3:10.30	Nationals 2010	<b>200 BACK</b>			
Jack Kelso	38.28 <b>CDN</b>	Nationals 2010	<b>50 BREAST</b>			
Jack Kelso	1:28.96	Nationals 2010	<b>100 BREAST</b>			
			<b>200 BREAST</b>			
Jack Kelso	2:58.81 <b>CDN</b>	Nationals 2010	<b>200 IM</b>			
			<b>400 IM</b>			

MEN – 75-79 SHORT COURSE				WOMEN – 75-79 SHORT COURSE		
			25 FREE			
Jack Kelso	31.15 BC	Provincials 2014	50 FREE			
Jack Kelso	1:09.15 CDN	Provincials 2014	100 FREE			
			200 FREE			
Ivan Szasz	7:38.67	Huntsman 2014	400 FREE			
			800 FREE			
			1500 FREE			
			25 FLY			
Jack Kelso	35.74 BC	Provincials 2014	50 FLY			
Ivan Szasz	1:50.45 BC	EBSC 2011	100 FLY			
Ivan Szasz	4:17.72 BC	EBSC 2011	200 FLY			
			25 BACK			
Jack Kelso	39.47	Provincials 2014	50 BACK			
Roger Gottardi	1:55.32	Nationals 1987	100 BACK			
Roger Gottardi	4:08.69	Nationals 1987	200 BACK			
			25 BREAST			
Jack Kelso	39.84 CDN	Provincials 2015	50 BREAST			
Jack Kelso	1:29.66 CDN	Provincials 2014	100 BREAST			
			200 BREAST			
Jack Kelso	1:20.43 CDN	Provincials 2015	100 IM			
Jack Kelso	3:03.21 CDN	Provincials 2015	200 IM			
			400 IM			
MEN – 75-79 LONG COURSE				WOMEN – 75-79 LONG COURSE		
Jack Kelso	33.41	Winskill 2014	50 FREE			
			100 FREE			
			200 FREE			
Ivan Szasz	8:46.44	Winskill 2015	400 FREE			
			800 FREE			
			1500 FREE			
Jack Kelso	39.49	Winskill 2014	50 FLY			
Ivan Szasz	1:57.15	Victoria 2011	100 FLY			
Ivan Szasz	4:25.96	Victoria 2011	200 FLY			
Jack Kelso	44.53	Winskill 2014	50 BACK			
			100 BACK			
			200 BACK			
Jack Kelso	42.27	Winskill 2014	50 BREAST			
			100 BREAST			
			200 BREAST			
			200 IM			
			400 IM			

MEN – 80+ SHORT COURSE				WOMEN – 80+ SHORT COURSE		
			<b>25 FREE</b>			
Jack Kelso	33.50 <b>CDN</b>	Nanaimo 2019	<b>50 FREE</b>	Gail Gladwell	1:07.52	Nationals 2012
Jack Kelso	1:14.48 <b>CDN</b>	Nanaimo 2019	<b>100 FREE</b>	Gail Gladwell	2:46.94	Huntsman 2012
			<b>200 FREE</b>	Gail Gladwell	6:25.89	Huntsman 2012
			<b>400 FREE</b>			
			<b>800 FREE</b>			
			<b>1500 FREE</b>			
			<b>25 FLY</b>			
Jack Kelso	41.99 <b>CDN</b>	Nanaimo 2019	<b>50 FLY</b>			
Ivan Szasz	2:23.73 <b>BC</b>	Provincials 2016	<b>100 FLY</b>			
			<b>200 FLY</b>			
			<b>25 BACK</b>			
Jack Kelso	42.25	Nanaimo 2019	<b>50 BACK</b>	Gail Gladwell	1:27.45	Nationals 2012
Jack Kelso	1:34.56	Nationals 2019	<b>100 BACK</b>			
			<b>200 BACK</b>			
			<b>25 BREAST</b>			
Jack Kelso	42.41 <b>CDN</b>	Nanaimo 2019	<b>50 BREAST</b>	Gail Gladwell	1:18.53	Nationals 2012
Jack Kelso	1:38.36	Provincials 2019	<b>100 BREAST</b>	Gail Gladwell	3:38.90	Huntsman 2012
			<b>200 BREAST</b>	Gail Gladwell	7:35.91	Huntsman 2012
Jack Kelso	1:26.73 <b>CDN</b>	Provincials 2019	<b>100 IM</b>	Gail Gladwell	3:10.59	Nationals 2012
Jack Kelso	3:16.32 <b>CDN</b>	Provincials 2019	<b>200 IM</b>			
			<b>400 IM</b>			
MEN – 80+ LONG COURSE				WOMEN – 80+ LONG COURSE		
Ivan Szasz	51.25	Winskill 2016	<b>50 FREE</b>			
Ivan Szasz	1:42.20	Victoria 2015	<b>100 FREE</b>			
			<b>200 FREE</b>			
			<b>400 FREE</b>			
			<b>800 FREE</b>			
			<b>1500 FREE</b>			
Ivan Szasz	1:06.96	Winskill 2016	<b>50 FLY</b>			
Ivan Szasz	2:24.56	Victoria 2016	<b>100 FLY</b>			
			<b>200 FLY</b>			
Ivan Szasz	1:02.06	Victoria 2016	<b>50 BACK</b>			
			<b>100 BACK</b>			
			<b>200 BACK</b>			
			<b>50 BREAST</b>			
			<b>100 BREAST</b>			
			<b>200 BREAST</b>			
			<b>200 IM</b>			
			<b>400 IM</b>			

# RELAY RECORDS

*Club relay records are incomplete as they weren't maintained before 2024 and meet results from previous seasons are now difficult to track down.*

MEN 72-99 – SHORT COURSE				WOMEN 100-119 – SHORT COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN 100-119 – SHORT COURSE				WOMEN 100-119 – SHORT COURSE		
			200 FREE			
			400 FREE			
Dave Ferguson Paul Wilkins Mike Bonner Dan Minster	8:41.15 BC	UBC 2007	800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN – 120-159 – SHORT COURSE				WOMEN 120-159 – SHORT COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
Dave Ferguson James Hooper Mike Bonner Paul Wilkins	1:54.31	UBC 2006	200 MEDLEY			
			400 MEDLEY			

MEN 160-199 – SHORT COURSE				WOMEN 160-199 – SHORT COURSE		
Alex Fraser Dan Southern Richard Buckley Mark Kennedy	1:53.69	Chilliwack 2024	200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN 200+ – SHORT COURSE				WOMEN 200+ – SHORT COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN 72-99 – LONG COURSE				WOMEN 100-119 – LONG COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
John Oram Chris Torrance Matthew McCusker C. Orr	2:00.51 BC	Edmonton 1998	200 MEDLEY			
			400 MEDLEY			

MEN 100-119 – LONG COURSE				WOMEN 100-119 – LONG COURSE		
S. Mynott C. Orr Sean Seal John Oram	1:43.01 BC	Victoria 1997	200 FREE	Pam Kalas Catherine Ashford Mary Lovelace Elaine Van Oosten	2:03.51 BC	Provincials 2000
			400 FREE			
			800 FREE			
			200 MEDLEY	Camila Burgess Colleen Cunningham Pam Kalas Elaine Van Oosten	2:20.74 BC	Provincials 2005
			400 MEDLEY			

MEN – 120-159 – LONG COURSE				WOMEN 120-159 – LONG COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN 160-199 – LONG COURSE				WOMEN 160-199 – LONG COURSE		
			200 FREE			
Bogdan Osidach Leo Cheng Richard Buckley Mark Kennedy	4:52.68	Winskill 2023	400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MEN 200+ – LONG COURSE				WOMEN 200+ – LONG COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MIXED 72-99 – SHORT COURSE				MIXED 72-99 – LONG COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY			
			400 MEDLEY			

MIXED 100-119 – SHORT COURSE				MIXED 100-119 – LONG COURSE		
			200 FREE			
			400 FREE			
			800 FREE			
			200 MEDLEY	John Oram S. Lun M. Ikeda K. Davies	2:06.09 BC	Provincials 2000
			400 MEDLEY			

MIXED 120-159 – SHORT COURSE				MIXED 120-159 – LONG COURSE		
Nathaniel Janzen Adrienne Friesen Alex Fraser Morgan Van Vliet	1.53.42	Nanaimo, Nov 2025	200 FREE			
			400 FREE			
			800 FREE			
Adrienne Friesen Nathaniel Janzen Alex Fraser Morgan Van Vliet	2.03.97	Nanaimo, Nov 2025	200 MEDLEY			
			400 MEDLEY			

MIXED 160-199 – SHORT COURSE				MIXED 160-199 – LONG COURSE		
Alex Fraser Adrienne Friesen Morgan Van Vliet Mark Kennedy	1:52.88	Provincials 2025	200 FREE			
			400 FREE			
			800 FREE			
Alex Fraser Adrienne Friesen Morgan Van Vliet Mark Kennedy	2:09.98	Provincials 2025	200 MEDLEY			
			400 MEDLEY	Adrienne Friesen Annabelle Woo Bogdan Osidach Phil Evans	6:08.61	Winskill 2024

MIXED 200+ – SHORT COURSE				MIXED 200+ – LONG COURSE		
Nathaniel Janzen Maya Krzic Phil Evans Morgan Van Vliet	2:05.55	Chilliwack 2026	200 FREE			
			400 FREE			
			800 FREE			
Alex Fraser Gwen Chambers Maja Krzic Mark Kennedy	2:01.80	EBSC 2024	200 MEDLEY			
			400 MEDLEY			