

Club Records : Girls Long Course

	10&U	11	12	13	14	15	16	17	18&O	Open	
50 Free	29.33	28.06	27.72	26.66	26.50	26.44	25.88	26.03	25.58	25.58	50 Free
	Maxine Clark (19)	Maxine Clark (20)	Kirsten Pomerleau (00)	Maxine Clark (22)	Maxine Clark (22)	Kamryn Cannings (21)	Kamryn Cannings (22)	Kamryn Cannings (23)	Seanna Mitchell (12)	Seanna Mitchell (12)	
100 Free	1:03.17	59.76	1:01.46	56.92	56.76	56.56	55.83	56.27	55.03	55.03	100 Free
	Maxine Clark (19)	Maxine Clark (20)	Kirsten Pomerleau (00)	Maxine Clark (22)	Maxine Clark (22)	Maxine Clark (23)	Kamryn Cannings (22)	Kamryn Cannings (23)	Rebecca Smith (23)	Rebecca Smith (23)	
200 Free	2:17.64	2:16.62	2:15.46	2:04.14	2:03.47	2:01.51	2:01.49	2:00.04	1:58.48	1:58.48	200 Free
	Maxine Clark (19)	Maxine Clark (19)	Teagan McKenzie (17)	Maxine Clark (22)	Maxine Clark (22)	Maxine Clark (23)	Kamryn Cannings (22)	Lindsay Delmar (10)	Rebecca Smith (22)	Rebecca Smith (22)	
400 Free	5:01.55	4:55.94	4:45.10	4:24.84	4:20.96	4:17.70	4:20.88	4:16.01	4:10.01	4:10.01	400 Free
	Maxine Clark (19)	Leah Wookey (09)	Teagan McKenzie (17)	Maxine Clark (22)	Maxine Clark (22)	Maxine Clark (23)	Breanna Hendriks (06)	Lindsay Delmar (10)	Keven Peterson (09)	Keven Peterson (09)	
800 Free	10:33.13	10:11.21	9:53.57	9:25.99	9:01.20	8:55.56	9:02.68	8:44.49	8:38.32	8:38.32	800 Free
	Leah Wookey (08)	Leah Wookey (09)	Kate Rendall (13)	Kyli Olthafer (17)	Erin Holland (87)	Maxine Clark (23)	Breanna Hendriks (06)	Erin Holland (90)	Joanne Malar (99)	Joanne Malar (99)	
1500 Free	21:13.80	19:04.12	18:51.06	18:16.14	17:53.99	17:21.04	17:39.83	17:36.21	16:49.15	16:49.15	1500 Free
	Jessica Warrack (07)	Leah Wookey (09)	Quinnlan Bymoen (18)	Kamryn Cannings (19)	Cassidy Blackwin (12)	Mandy Bell (03)	Mandy Bell (04)	Mandy Bell (05)	Erin Holland (91)	Erin Holland (91)	
50 Back	35.86	32.21	32.17	30.64	30.03	29.17	30.43	29.98	28.57	28.57	50 Back
	Victoria Chen (18)	Alexis Yuan (23)	Teagan McKenzie (17)	Teagan McKenzie (18)	Sienna Rodgers (22)	Sienna Rodgers (23)	Kirsten Pomerleau (04)	Kamryn Cannings (23)	Erin Gammel (02)	Erin Gammel (02)	
100 Back	1:15.98	1:10.45	1:08.02	1:05.68	1:04.57	1:02.36	1:04.94	1:02.45	1:00.21	1:00.21	100 Back
	Alexis Yuan (22)	Alexis Yuan (23)	Teagan McKenzie (17)	Teagan McKenzie (18)	Sienna Rodgers (22)	Sienna Rodgers (23)	Kamryn Cannings (22)	Ella Varga (21)	Katy Murdoch (09)	Katy Murdoch (09)	
200 Back	2:42.13	2:32.45	2:26.62	2:20.20	2:19.54	2:20.58	2:18.99	2:11.95	2:10.74	2:10.74	200 Back
	Maxine Clark (19)	Alexis Yuan (23)	Teagan McKenzie (17)	Teagan McKenzie (18)	Teagan McKenzie (19)	Sienna Rodgers (23)	Nadine Daoud (18)	Ella Varga (21)	Katy Murdoch (09)	Katy Murdoch (09)	
50 Breast	38.30	37.88	35.94	33.71	32.99	33.41	32.44	32.50	30.63	30.63	50 Breast
	Cate McCord (03)	Alicia L'Archeveque (16)	Hayleigh Haines (22)	Hayleigh Haines (23)	Hayleigh Haines (23)	Katie Graboski (22)	Katie Graboski (23)	Alicia L'Archeveque (22)	Racehl Nicol (23)	Racehl Nicol (23)	
100 Breast	1:27.18	1:21.84	1:19.12	1:13.01	1:13.70	1:12.08	1:10.98	1:09.40	1:06.52	1:06.52	100 Breast
	Cate McCord (03)	Emily Bugbee (17)	Quinnlan Bymoen (18)	Hayleigh Haines (23)	Tara Sloan (94)	Alicia L'Archeveque (20)	Alicia L'Archeveque (21)	Tara Sloan (97)	Peny Heyns (99)	Peny Heyns (99)	
200 Breast	3:14.41	2:55.23	2:46.62	2:44.61	2:41.60	2:41.16	2:37.64	2:30.60	2:23.64	2:23.64	200 Breast
	Cate McCord (03)	Alicia L'Archeveque (16)	Emily Bugbee (18)	Allison Long (04)	Tara Sloan (94)	Ryenne Katterhagen (20)	Allison McCloy (16)	Tara Sloan (97)	Peny Heyns (99)	Peny Heyns (99)	
50 Fly	31.44	29.22	30.28	28.34	27.60	27.49	27.02	26.73	27.59	26.73	50 Fly
	Maxine Clark (19)	Maxine Clark (20)	Angelina Wang (23)	Maxine Clark (21)	Maxine Clark (22)	Kamryn Cannings (21)	Kamryn Cannings (22)	Kamryn Cannings (23)	Jessica Amey (98)	Kamryn Cannings (23)	
100 Fly	1:09.80	1:05.56	1:06.91	1:01.55	59.86	1:01.21	59.74	58.67	58.15	58.15	100 Fly
	Maxine Clark (19)	Maxine Clark (20)	Angelina Wang (23)	Maxine Clark (22)	Maxine Clark (22)	Kamryn Cannings (21)	Kamryn Cannings (22)	Kamryn Cannings (23)	Rebecca Smith (22)	Rebecca Smith (22)	
200 Fly	2:38.44	2:31.87	2:32.14	2:19.10	2:23.03	2:17.69	2:13.35	2:11.84	2:12.73	2:11.84	200 Fly
	Maxine Clark (19)	Alexis Yuan (23)	Kate Rendall (13)	Kamryn Cannings (19)	Kate Rendall (15)	Kate Rendall (16)	Kamryn Cannings (22)	Kamryn Cannings (23)	Lindsay Delmar (11)	Kamryn Cannings (23)	
200 IM	2:38.70	2:34.83	2:32.60	2:20.63	2:19.25	2:20.84	2:18.61	2:19.20	2:11.23	2:11.23	200 IM
	Maxine Clark (19)	Maxine Clark (20)	Teagan McKenzie (17)	Maxine Clark (22)	Maxine Clark (22)	Rachel Wiggington (22)	Kamryn Cannings (22)	Allison Higson (90)	Erica Morningstar (11)	Erica Morningstar (11)	
400 IM	5:40.96	5:33.12	5:27.02	5:05.77	5:04.77	5:00.43	4:55.47	4:51.53	4:38.46	4:38.46	400 IM
	Maxine Clark (19)	Alexis Yuan (23)	Kennedy Scott (16)	Maxine Clark (22)	Kate Rendall (15)	Rachel Wiggington (22)	Allison McCloy (16)	Carrie Burgoyne (99)	Joanne Malar (99)	Joanne Malar (99)	



**2022-2023
Record**



**Alberta
record**



**Canadian
Record**

Updated: August 16, 2023