

## UVic - Pacific Coast Swimming Assoc.

## RECORDS VIR Regional LC Rec

## LC Meters-Female

10 & U	50 Free	30.02	<b>1-Jul-95</b>	COMOX	Jessie Bradshaw
	100 Free	1:08.14	<b>1-Jan-03</b>	UVPCS	Alyssa Bakken
	200 Free	2:26.18	<b>2-Jul-15</b>	RAC	Camryn Stannard
	400 Free	5:12.45	<b>1-Jul-95</b>	COMOX	Jessie Bradshaw
	800 Free	10:44.00	<b>2-Jul-15</b>	CRKW	Kara Beauregard
	1500 Free	22:18.67	<b>18-Apr-03</b>	DST	Stephanie Ridenour at Island Invitational
	50 Back	33.45	<b>18-Jul-03</b>	UVPCS	Alyssa Bakken
	100 Back	1:15.30	<b>1-Jan-02</b>	UVPCS	Alyssa Bakken
	200 Back	2:39.06	<b>10-Jul-03</b>	UVPCS	Alyssa Bakken
	50 Breast	39.13	<b>18-Jan-14</b>	UN-BC	Asia Minnes at 2014 SwimBC Senior Circuit #2
	100 Breast	1:24.00	<b>7-Jul-12</b>	LCSC	Faith Knelson
	200 Breast	3:06.34	<b>5-Jul-12</b>	LCSC	Faith Knelson
	50 Fly	33.93	<b>10-Jun-12</b>	LCSC	Faith Knelson
	100 Fly	1:17.49	<b>25-May-13</b>	RAC	Sophie Lorette
	200 Fly	2:47.34	<b>5-Jul-13</b>	RAC	Sophie Lorette
	200 IM	2:45.18	<b>4-Jul-15</b>	RAC	Camryn Stannard
	400 IM	5:59.49	<b>5-Jul-15</b>	RAC	Camryn Stannard
	200 Free Relay	2:13.92	<b>30-Apr-16</b>	CRKW	
	200 Medley Relay	2:36.59	<b>3-Jun-16</b>	CRKW	
	11-12	50 Free	27.60	<b>6-Jul-17</b>	UVPCS
100 Free		59.65	<b>7-Jul-17</b>	UVPCS	Camryn Stannard at 2017 Swim BC LCM AAA Championships
200 Free		2:10.17	<b>6-Jul-17</b>	UVPCS	Camryn Stannard at 2017 Swim BC LCM AAA Championships
400 Free		4:36.38	<b>1-Jul-97</b>	COMOX	Jessie Bradshaw
800 Free		9:37.02	<b>1-Jan-90</b>	DST	Leanne Wilkinson
1500 Free		18:25.48	<b>29-Jul-15</b>	UVPCS	Sophie Lorette
50 Back		31.53	<b>26-Jul-12</b>	UVPCS	Lauren Crisp
100 Back		1:06.52	<b>28-Jul-12</b>	UVPCS	Lauren Crisp - BC record
200 Back		2:22.00	<b>24-Nov-05</b>	UVPCS	Alyssa Bakken - Cdn. record
50 Breast		33.31	<b>23-Jul-14</b>	LCSC	Faith Knelson
100 Breast		1:13.49	<b>25-Jul-14</b>	LCSC	Faith Knelson
200 Breast		2:45.47	<b>24-Jul-13</b>	UVPCS	Blaire McDowell at 2013 Canadian Age Group Championships
50 Fly		29.19	<b>27-Jul-14</b>	LCSC	Faith Knelson
100 Fly		1:05.82	<b>23-Jul-14</b>	LCSC	Faith Knelson
200 Fly		2:26.46	<b>27-Jul-05</b>	UVPCS	Alyssa Bakken
200 IM		2:24.59	<b>27-Jul-05</b>	UVPCS	Alyssa Bakken - BC record
400 IM		5:07.42	<b>21-Jul-05</b>	UVPCS	Alyssa Bakken - BC record
200 Free Relay		1:57.79	<b>20-May-05</b>	UVPCS	J Weimer, A Bakken, J Ruffolo, A Hooper
400 Free Relay		4:20.08	<b>29-Apr-16</b>	UVPCS	
800 Free Relay		9:34.86	<b>6-Jul-12</b>	RAC	H Bennett, M Romkes, A Jager, J Redenbach - BC record
200 Medley Relay	2:09.24	<b>25-Apr-15</b>	UVPCS		
400 Medley Relay	4:42.74	<b>6-Jul-06</b>	IS	V Loewen, J Mann, R Fellner, S Moneo - Cdn record	
13-14	50 Free	27.09	<b>23-Jul-14</b>	UVPCS	Molly Gowans at 2014 Canadian Age Group Championships
	100 Free	57.84	<b>3-Jul-14</b>	UVPCS	Molly Gowans at 2014 Swim BC AAA LC Championships
	200 Free	2:03.47	<b>23-Jul-14</b>	UVPCS	Molly Gowans at 2014 Canadian Age Group Championships
	400 Free	4:20.07	<b>23-Jul-14</b>	UVPCS	Molly Gowans at 2014 Canadian Age Group Championships
	800 Free	8:55.45	<b>1-Jul-94</b>	IS	Kate Brambley
	1500 Free	17:06.48	<b>15-Jun-07</b>	UVPCS	Molly Gowans at 2014 Canadian Swimming Championships

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## RECORDS VIR Regional LC Rec

13-14	50 Back	30.27	8-Feb-18	UVPCS	Hana Edwards at UVPCS Blue Gold Time Trial #1 (LC)
	100 Back	1:03.45	8-Feb-18	UVPCS	Hana Edwards at UVPCS Blue Gold Time Trial #1 (LC)
	200 Back	2:16.84	23-Jul-14	UVPCS	Lauren Crisp - BC record
	50 Breast	31.99	27-Jul-16	ISC	Faith Knelson at Canadian Age Group Championships
	100 Breast	1:09.77	7-Apr-16	ISC	Faith Knelson at Canadian Olympic Swimming Trials
	200 Breast	2:35.12	30-Jul-16	ISC	Faith Knelson at Canadian Age Group Championships
	50 Fly	28.03	31-Jul-16	ISC	Faith Knelson at Canadian Age Group Championships
	100 Fly	1:02.40	27-Jul-16	ISC	Faith Knelson at Canadian Age Group Championships
	200 Fly	2:19.10	1-Jan-91	DST	Leanne Wilkinson
	200 IM	2:19.83	4-May-14	ISC	Sarah Darcel
	400 IM	5:00.18	1-Jan-91	DST	Leanne Wilkinson
	200 Free Relay	1:51.44	26-Apr-14	UVPCS	J Andrusak, A Ballantyne, M Gowans, L Crisp - BC Record
	400 Free Relay	4:01.08	25-May-14	UVPCS	J Andrusak, A Ballantyne, M Gowans, L Crisp - BC record
	800 Free Relay	8:43.19	24-May-14	UVPCS	M Gowans, A Ballantyne, L Crisp, J Andrusak - BC Record
	200 Medley Relay	2:04.08	24-Apr-14	UVPCS	L Crisp, E Carter, J Andrusak, M Gowans
	400 Medley Relay	4:28.19	6-Jul-17	UVPCS	H Edwards, K Lancaster, S Lorette, C Stannard
15-17	50 Free	26.19	23-Apr-17	ISC	Jade Hannah at 2017 Eastern Canadian Championships
	100 Free	56.58	7-Jul-16	ISC	Molly Gowans at Swim BC AAA Long Course Championships
	200 Free	2:00.24	1-Apr-15	ISC	Sydney Pickrem
	400 Free	4:11.16	29-Aug-14	ISC	Alexandra Aitchison at Junior Pan Pacific Championships
	800 Free	8:39.17	1-Nov-05	PSNSC	Brittany Reimer
	1500 Free	16:46.28	30-Aug-14	ISC	Alexandra Aitchison at Junior Pan Pacific Championships
	50 Back	28.38	10-Apr-18	ISC	Jade Hannah at XXI Commonwealth Games
	100 Back	1:00.69	10-Apr-18	ISC	Jade Hannah at XXI Commonwealth Games
	200 Back	2:12.05	8-Apr-17	ISC	Jade Hannah at 2017 Canadian Swimming Trials
	50 Breast	30.98	6-Apr-18	ISC	Faith Knelson at XXI Commonwealth Games
	100 Breast	1:07.84	9-Apr-18	ISC	Faith Knelson at XXI Commonwealth Games
	200 Breast	2:27.70	22-Jul-18	ISC	Faith Knelson at 2018 Canadian Swimming Trials
	50 Fly	27.07	26-May-17	ISC	Jade Hannah at 54th Annual Mel Zajac International
	100 Fly	1:01.09	22-Apr-17	ISC	Jade Hannah at 2017 Eastern Canadian Championships
	200 Fly	2:17.42	2-Mar-17	ISC	Sarah Darcel at 2017 Arena Pro Swim Series at Indianapolis
	200 IM	2:11.90	4-Apr-15	ISC	Sydney Pickrem
	400 IM	4:39.26	2-Apr-15	ISC	Sydney Pickrem
	200 Free Relay	1:49.78	21-Feb-15	UVPCS	
	400 Free Relay	3:51.60	26-May-17	ISC	54th Annual Mel Zajac International
	800 Free Relay	8:26.87	27-May-17	UVPCS	54th Annual Mel Zajac International
	200 Medley Relay	2:00.18	10-Jul-11	IS	V Loewen, J Mann, H Bradley, T Paddington - BC record
	400 Medley Relay	4:19.40	1-Apr-12	ISC	N Ellis, J Mann, H Bradley, T Paddington
15 & O	50 Free	24.68	1-Jan-02	DST	Alison Sheppard - BC Record
	100 Free	54.16	8-Jan-12	VASC	Julia Wilkinson - BC record
	200 Free	1:58.39	6-Apr-17	ISC	Mackenzie Paddington at 2017 Canadian Swimming Trials
	400 Free	4:08.27	1-Jul-11	IS	Alexa Komarnycky
	800 Free	8:28.11	8-Aug-12	IS	Alexa Komarnycky
	1500 Free	16:25.38	21-Jul-18	IS	Mackenzie Paddington at 2018 Canadian Swimming Trials
	50 Back	28.09	24-Jul-11	VASC	Julia Wilkinson - Cdn record
	100 Back	59.85	28-Mar-12	VASC	Julia Wilkinson - BC record
	200 Back	2:07.29	8-Apr-17	ISC	Hilary Caldwell at 2017 Canadian Swimming Trials
	50 Breast	30.98	6-Apr-18	ISC	Faith Knelson at XXI Commonwealth Games
	100 Breast	1:07.84	9-Apr-18	NRST	Faith Knelson at XXI Commonwealth Games
	200 Breast	2:24.41	5-Apr-18	ISC	Sydney Pickrem at 2018 Canadian Swimming Championships

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**RECORDS VIR Regional LC Rec**

15 & O	50 Fly	27.07	<b>26-May-17</b>	ISC	Jade Hannah at 54th Annual Mel Zajac International
	100 Fly	58.86	<b>28-Mar-12</b>	WGB	MacKenzie Downing -past Cdn. record
	200 Fly	2:08.83	<b>14-Aug-07</b>	UVPCS	MacKenzie Downing - BC record
	200 IM	2:09.56	<b>9-Apr-17</b>	ISC	Sydney Pickrem at 2017 Canadian Swimming Trials
	400 IM	4:35.43	<b>7-Apr-17</b>	ISC	Sydney Pickrem at 2017 Canadian Swimming Trials
	200 Free Relay	1:46.28	<b>20-Feb-16</b>	ISC	
	400 Free Relay	3:49.56	<b>18-Feb-16</b>	ISC	
	800 Free Relay	8:11.98	<b>29-Jul-10</b>	IS	A Komarnycky, C Morrice, T Paddington, J Wilkinson
	200 Medley Relay	1:59.95	<b>21-Feb-16</b>	ISC	
	400 Medley Relay	4:08.17	<b>4-Aug-17</b>	ISC	D Hanus, S Darcel, M Paddington, M Gowans

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**RECORDS VIR Regional LC Rec**

**LC Meters-Male**

10 & U	50 Free	30.48	<b>9-Jul-17</b>	UVPCS	Nolan Crisp at 2017 Swim BC LCM AAA Championships
	100 Free	1:07.73	<b>4-Jul-15</b>	TYEE	Ethan Fast
	200 Free	2:25.72	<b>5-Jul-15</b>	TYEE	Ethan Fast
	400 Free	5:09.56	<b>1-Jan-92</b>	IS	Terry Nathan
	800 Free	10:52.49	<b>13-May-06</b>	IS	Mason Loewen
	1500 Free	21:41.10	<b>7-Jul-05</b>	GVAC	Patrick Graham at Team Aquatic BC Provincial
	50 Back	34.20	<b>29-Apr-17</b>	UVPCS	Nolan Crisp at 15th Annual Wavemaker LC Invitational
	100 Back	1:13.32	<b>6-Jul-17</b>	UVPCS	Nolan Crisp at Swim BC AAA Long Course Championships
	200 Back	2:36.94	<b>28-Apr-17</b>	UVPCS	Nolan Crisp at Swim BC AAA Long Course Championships
	50 Breast	38.68	<b>4-Jul-13</b>	UVPCS	Michael Schmidt at 2013 Swim BC AAA Long Course Championships
	100 Breast	1:21.26	<b>4-Jul-13</b>	UVPCS	Michael Schmidt at 2013 Swim BC AAA Long Course Championships
	200 Breast	2:58.26	<b>6-Jun-14</b>	UVPCS	Dylan Kormendy at 2014 VIR LC Championships
	50 Fly	33.79	<b>6-Jul-16</b>	UVPCS	Nolan Crisp at Swim BC AAA Long Course Championships
	100 Fly	1:15.46	<b>1-Jul-93</b>	IS	Jesse Jacks
	200 Fly	2:55.09	<b>6-Jun-14</b>	UVPCS	Dylan Kormendy at 2014 VIR LC Championships
	200 IM	2:45.52	<b>6-Jun-14</b>	UVPCS	Dylan Kormendy at 2014 VIR LC Championships
	400 IM	5:53.92	<b>9-Jun-06</b>	IS	Mason Loewen
	200 Free Relay	2:24.03	<b>7-Jun-15</b>	DST	
	200 Medley Relay	2:40.57	<b>26-Apr-13</b>	UVPCS	D Morrison, M Schmidt, K Ogilvie, C Turpin
	11-12	50 Free	26.32	<b>1-Jan-91</b>	IS
100 Free		57.59	<b>1-Jan-91</b>	IS	Michael Calkins - BC record
200 Free		2:07.74	<b>1-Jul-99</b>	IS	Justin Pommerville - BC record
400 Free		4:28.52	<b>1-Jul-99</b>	IS	Justin Pommerville - BC record
800 Free		9:24.46	<b>15-Jul-09</b>	ISC	Peter Brothers at Canadian Age Group Championships
1500 Free		17:42.40	<b>15-Jul-09</b>	IS	Peter Brothers - BC record
50 Back		32.87	<b>4-Jun-17</b>	RAC	Lochlan Rogers at 2017 VIR LC Championships
100 Back		1:08.20	<b>1-Aug-00</b>	IS	Richard Alexander
200 Back		2:21.20	<b>1-Jul-99</b>	IS	Justin Pommerville
50 Breast		32.74	<b>29-Jul-15</b>	PCS	Michael Schmidt
100 Breast		1:11.77	<b>31-Jul-15</b>	PCS	Michael Schmidt
200 Breast		2:34.24	<b>1-Aug-15</b>	PCS	Michael Schmidt
50 Fly		30.07	<b>9-Jul-15</b>	PCS	Keir Ogilvie
100 Fly		1:03.26	<b>1-Jan-90</b>	IS	Michael Calkins - Cdn. record
200 Fly		2:24.25	<b>1-Jan-90</b>	IS	Michael Calkins
200 IM		2:25.74	<b>1-Jan-89</b>	CRKW	Tony Roberts
400 IM		5:05.38	<b>1-Jul-96</b>	IS	Ken Hamilton
200 Free Relay		1:53.25	<b>25-Apr-15</b>	UVPCS	
400 Free Relay		4:32.86	<b>4-Aug-17</b>	UVPCS	G Arnatt, B Dongfang, M Melvie, A Gutierrez
800 Free Relay		9:08.65	<b>4-Jul-15</b>	UVPCS	
200 Medley Relay	2:05.34	<b>25-Apr-15</b>	UVPCS		
400 Medley Relay	4:57.33	<b>1-Jul-06</b>	IS	M Goulding, M Loewen, B Powell, V Yuan	
13-14	50 Free	25.61	<b>26-Jul-13</b>	IS	Philippe Vellacott
	100 Free	53.75	<b>1-Jan-93</b>	IS	Michael Calkins
	200 Free	1:58.18	<b>7-Aug-08</b>	CRKW	Alec Page
	400 Free	4:07.47	<b>17-Jul-09</b>	VASC	William Brothers
	800 Free	8:30.62	<b>15-Jul-09</b>	IS	William Brothers - BC record
	1500 Free	16:12.14	<b>16-Jul-09</b>	IS	William Brothers - BC record

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**RECORDS VIR Regional LC Rec**

13-14	50 Back	28.86	<b>25-Jul-13</b>	TYEE	August Horeth
	100 Back	1:01.43	<b>29-May-11</b>	UVPCS	Ryan Howe
	200 Back	2:12.49	<b>27-Jul-11</b>	IS	Peter Brothers
	50 Breast	30.53	<b>6-Jul-17</b>	UVPCS	Michael Schmidt at 2017 Swim BC LCM AAA Championships
	100 Breast	1:05.88	<b>8-Jul-17</b>	UVPCS	Brendan Fitzpatrick at 2017 Swim BC LCM AAA Championships
	200 Breast	2:24.62	<b>9-Jul-17</b>	UVPCS	Brendan Fitzpatrick at 2017 Swim BC LCM AAA Championships
	50 Fly	27.17	<b>7-Jul-17</b>	UVPCS	Keir Ogilvie at 2017 Swim BC LCM AAA Championships
	100 Fly	58.74	<b>27-May-17</b>	UVPCS	Keir Ogilvie at 54th Annual Mel Zajac International
	200 Fly	2:09.70	<b>28-May-17</b>	UVPCS	Keir Ogilvie at 54th Annual Mel Zajac International
	200 IM	2:15.00	<b>31-Jul-11</b>	IS	Peter Brothers
	400 IM	4:44.16	<b>5-Aug-09</b>	IS	William Brothers
	200 Free Relay	1:43.67	<b>6-Jul-17</b>	UVPCS	K Ogilvie, B Fitzpatrick, T Chapman, M Schmidt
	400 Free Relay	3:47.36	<b>26-Jul-17</b>	UVPCS	K Ogilvie, M Schmidt, A Gutierrez, B Fitzpatrick
	800 Free Relay	8:33.21	<b>26-Jul-17</b>	UVPCS	K Ogilvie, M Schmidt, T Chapman, B Fitzpatrick
	200 Medley Relay	1:53.14	<b>29-Apr-17</b>	UVPCS	B Fitzpatrick, M Schmidt, K Ogilvie, A Gutierrez
	400 Medley Relay	4:08.22	<b>8-Jul-17</b>	UVPCS	B Fitzpatrick, M Schmidt, K Ogilvie, A Gutierrez
15-17	50 Free	24.00	<b>23-Apr-17</b>	ISC	Brian Ni at 2017 Western Canadian Championships
	100 Free	51.99	<b>16-Jul-09</b>	IS	Jeremy Bagshaw
	200 Free	1:50.51	<b>5-Aug-09</b>	IS	Jeremy Bagshaw
	400 Free	3:52.03	<b>17-Aug-09</b>	IS	Jeremy Bagshaw - Cdn. record
	800 Free	7:58.32	<b>17-Aug-06</b>	IS	Ryan Cochrane - Cdn. record
	1500 Free	15:13.44	<b>17-Aug-06</b>	IS	Ryan Cochrane - BC record
	50 Back	27.04	<b>8-Jul-09</b>	PCS	Nicholas Sinclair
	100 Back	56.81	<b>1-Jan-98</b>	NRST	Chris Sawbridge - PAST BC Record
	200 Back	2:01.87	<b>7-Aug-09</b>	PCS	Nicholas Sinclair - BC record
	50 Breast	30.03	<b>14-Apr-18</b>	UVPCS	Michael Schmidt
	100 Breast	1:04.47	<b>1-Jul-96</b>	CRKW	John Stamhuis
	200 Breast	2:20.92	<b>1-Jul-96</b>	CRKW	John Stamhuis
	50 Fly	25.94	<b>1-Jun-18</b>	UVPCS	Kier Ogilvie at 55th Annual Mel Zajac Jr. International
	100 Fly	56.06	<b>25-Jul-18</b>	UVPCS	Kier Ogilvie at 2018 Canadian Junior Swimming Championships
	200 Fly	2:01.20	<b>15-Aug-10</b>	TYEE	Kyle McIntee
	200 IM	2:08.28	<b>27-May-11</b>	IS	Alec Page
	400 IM	4:20.67	<b>28-Jul-11</b>	VASC	Alec Page - Cdn. record
	200 Free Relay	1:39.91	<b>11-Dec-16</b>	ISC	
	400 Free Relay	3:40.57	<b>27-Apr-18</b>	ISC	S Beyak, M Clavelle, L Yu, G Pardo-Figueroa
	800 Free Relay	7:42.55	<b>7-Apr-09</b>	IS	G Repp, A Page, K Zanatta, J Bagshaw - BC record
	200 Medley Relay	1:50.17	<b>1-Jan-97</b>	NRST	C Sawbridge, J Hunter, T Kruger, O Leroy
	400 Medley Relay	4:02.75	<b>12-Apr-18</b>	UVPCS	G Pardo-Figueroa, M Clavelle, A Phillips, B Ni
15 & O	50 Free	22.29	<b>5-Jul-09</b>	IS	Matt Rose
	100 Free	49.42	<b>27-Jul-06</b>	IS	Rick Say
	200 Free	1:47.44	<b>16-Mar-06</b>	IS	Rick Say
	400 Free	3:43.46	<b>24-Jul-14</b>	ISC	Ryan Cochrane - Cdn. record
	800 Free	7:41.86	<b>24-Jul-11</b>	IS	Ryan Cochrane- Cdn. record
	1500 Free	14:39.63	<b>4-Aug-12</b>	IS	Ryan Cochrane - Cdn. record
	50 Back	25.61	<b>7-Jun-09</b>	IS	Matt Rose - BC record
	100 Back	54.92	<b>16-Jul-08</b>	IS	Matt Rose
	200 Back	1:59.17	<b>1-Jan-04</b>	UVPCS	Nathan O'Brien
	50 Breast	28.93	<b>27-Feb-04</b>	IS	Morgan Knabe at Speedo Ais/Act Open
	100 Breast	1:03.17	<b>1-Jan-00</b>	UVIC	John Stamhuis
	200 Breast	2:15.87	<b>1-Jan-00</b>	UVIC	John Stamhuis

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**RECORDS VIR Regional LC Rec**

15 & O	50 Fly	24.77	<b>24-Jul-08</b>	RAC	Kelly Aspinall
	100 Fly	53.53	<b>8-Jul-09</b>	IS	Stefan Hirniak
	200 Fly	1:57.01	<b>10-Apr-10</b>	VASC	Stefan Hirniak - Cdn record
	200 IM	2:02.46	<b>3-Apr-13</b>	IS	Alec Page at 2013 Canadian World Championship Trials
	400 IM	4:15.80	<b>4-Mar-14</b>	ISC	Alec Page at 2014 Canadian Swimming Trials
	200 Free Relay	1:35.99	<b>1-Jan-99</b>	DST	
	400 Free Relay	3:20.84	<b>1-Jul-08</b>	IS	S Hirniak, R Say, M Rose, E Oleson
	800 Free Relay	7:20.43	<b>17-Jul-14</b>	ISC	E Hedlin, K Zanatta, A Page, JBagshaw
	200 Medley Relay	1:48.47	<b>1-Jan-00</b>	IS	R Say, J Stamhuis, J Jacks, R Laurin
	400 Medley Relay	3:50.48	<b>19-Jul-14</b>	ISC	P Brothers, A Page, K Zanatta, J Bagshaw