

**Female 18 to 24**

<b>50 Free</b>	<b>Club Rec: :33.32</b>	<b>Gilbert, Jenn</b>		
Jenn Gilbert	24	NEPEAN	02/15/1997	:33.32
Sadie Scapillato	24	CMCS 2010	05/23/2010	:35.97
Kenzie Simpson	18	CMCS 2010	05/23/2010	:40.75
<b>100 Free</b>	<b>Club Rec: 1:13.34</b>	<b>Gilbert, Jenn</b>		
Jenn Gilbert	24	NEPEAN	02/15/1997	1:13.34
Sadie Scapillato	24	CMCS 2010	05/23/2010	1:23.33
<b>200 Free</b>	<b>Club Rec: 2:47.34</b>	<b>Gilbert, Jenn</b>		
Jenn Gilbert	24	NEPEAN	02/15/1997	2:47.34
Sadie Scapillato	24	CMCS 2010	05/23/2010	3:04.80
Kenzie Simpson	18	CMCS 2010	05/23/2010	3:18.95
<b>400 Free</b>	<b>Club Rec: 6:05.03</b>	<b>Gilbert, Jenn</b>		
Jenn Gilbert	24	NEPEAN	02/15/1997	6:05.03
Kenzie Simpson	18	CMCS 2010	05/23/2010	7:03.82
<b>800 Free</b>	<b>Club Rec: 15:05.27</b>	<b>Simpson, Kenzie</b>		
Kenzie Simpson	18	CMCS 2010	05/23/2010	15:05.27
<b>1500 Free</b>	<b>Club Rec: 26:39.26</b>	<b>Scapillato, Sadie</b>		
Sadie Scapillato	24	CMCS 2010	05/23/2010	26:39.26
<b>50 Back</b>	<b>Club Rec: :44.09</b>	<b>Ray, Heidi</b>		
Heidi Ray	24	NEPEAN	02/15/1997	:44.09
<b>100 Back</b>	<b>Club Rec: 1:29.90</b>	<b>Ray, Heidi</b>		
Heidi Ray	24	NEPEAN	02/15/1997	1:29.90
<b>200 Back</b>	<b>Club Rec: 2:51.81</b>	<b>Coda, Isabelle</b>		
Isabelle Coda	24	NEPEAN	02/15/1997	2:51.81
Heidi Ray	24	NEPEAN	02/15/1997	3:11.66
<b>50 Breast</b>	<b>Club Rec: :48.86</b>	<b>Simpson, Kenzie</b>		
Kenzie Simpson	18	CMCS 2010	05/23/2010	:48.86
<b>100 Breast</b>	<b>Club Rec: 1:32.10</b>	<b>Coda, Isabelle</b>		
Isabelle Coda	24	NEPEAN	02/15/1997	1:32.10
Jenn Gilbert	24	NEPEAN	02/15/1997	1:46.97
Kenzie Simpson	18	CMCS 2010	05/23/2010	1:47.08
<b>200 Breast</b>	<b>Club Rec: 3:55.67</b>	<b>Simpson, Kenzie</b>		
Kenzie Simpson	18	CMCS 2010	05/23/2010	3:55.67
<b>50 Fly</b>	<b>Club Rec: :40.53</b>	<b>Scapillato, Sadie</b>		
Sadie Scapillato	24	CMCS 2010	05/23/2010	:40.53
Heidi Ray	24	NEPEAN	02/15/1997	:44.20
<b>100 Fly</b>	<b>Club Rec: 1:38.75</b>	<b>Scapillato, Sadie</b>		
Sadie Scapillato	24	CMCS 2010	05/23/2010	1:38.75
<b>200 Fly</b>	<b>Club Rec: 4:04.28</b>	<b>Scapillato, Sadie</b>		
Sadie Scapillato	24	CMCS 2010	05/23/2010	4:04.28
<b>200 IM</b>	<b>Club Rec: 2:46.38</b>	<b>Coda, Isabelle</b>		
Isabelle Coda	24	NEPEAN	02/15/1997	2:46.38

**Female 25 to 29**

<b>50 Free</b>	<b>Club Rec: :28.24</b>	<b>Prayal-Brown, Audrey</b>		
Audrey Prayal-Brown	27	FINA 2014	07/28/2014	:28.24
Alienor De Steur	26	FINA19	08/12/2019	:29.37
Christine Moore	26	NEPEAN	02/15/1997	:31.31
Daphne Jara-Charbonneau	28	PAN AM 18	07/27/2018	:32.16
Michelle Whitty	28	CMCS 2010	05/23/2010	:33.67
Joanne Tognarelli	29	WINTERLUD	02/14/2004	:33.74
Shannon Davis	29	WINTERLUD	02/14/2004	:34.38
Heather Fairbanks	27	NEPEAN	02/26/2000	:34.54
Lindsay Drennan	26	TECH	05/12/2006	:34.84
Monika Brumar	28	WINT19	02/16/2019	:35.27

<b>100 Free</b>	<b>Club Rec: 1:10.97</b>	<b>Jara-Charbonneau, Daphne</b>		
Daphne Jara-Charbonneau	28	PAN AM 18	07/27/2018	1:10.97
Joanne Tognarelli	29	WINTERLUD	02/14/2004	1:12.22
Jenn Gilbert	25	NEPEAN	02/21/1998	1:14.90
Michelle Whitty	28	CMCS 2010	05/23/2010	1:16.88
Heather Fairbanks	27	NEPEAN	02/26/2000	1:18.29
Lindsay Drennan	26	TECH	05/12/2006	1:18.63
Kristine Randall	28	QUEBEC	04/17/2009	1:20.63
Shannon Davis	29	WINTERLUD	02/14/2004	1:23.30
Lucy Nottingham	27	NEPEAN	02/10/1996	1:27.89
<b>200 Free</b>	<b>Club Rec: 2:27.17</b>	<b>De Steur, Alienor</b>		
Alienor De Steur	26	FINA19	08/12/2019	2:27.17
Shannon Davis	29	WINTERLUD	02/14/2004	2:52.56
Lindsay Drennan	26	TECH	05/12/2006	2:55.17
Laetitia Martin	28	CMCS 2010	05/23/2010	3:52.53
<b>400 Free</b>	<b>Club Rec: 5:38.15</b>	<b>Grant, Alexandra</b>		
Alexandra Grant	29	FINA 2014	07/28/2014	5:38.15
Shannon Davis	29	WINTERLUD	02/14/2004	5:47.81
Laetitia Martin	28	CMCS 2010	05/23/2010	8:06.20
<b>800 Free</b>	<b>Club Rec: 11:39.36</b>	<b>Grant, Alexandra</b>		
Alexandra Grant	29	FINA 2014	07/28/2014	11:39.36
Kristine Randall	28	QUEBEC	04/17/2009	13:27.18
Laetitia Martin	28	CMCS 2010	05/23/2010	17:09.95
<b>1500 Free</b>	<b>Club Rec: 33:06.83</b>	<b>Martin, Laetitia</b>		
Laetitia Martin	28	CMCS 2010	05/23/2010	33:06.83
<b>50 Back</b>	<b>Club Rec: :33.13</b>	<b>De Steur, Alienor</b>		
Alienor De Steur	25	PAN AM 18	07/27/2018	:33.13
Michelle Whitty	28	CMCS 2010	05/23/2010	:42.12
Kristine Randall	28	QUEBEC	04/17/2009	:43.19
Lucy Nottingham	27	NEPEAN	02/10/1996	:49.28
<b>100 Back</b>	<b>Club Rec: 1:13.65</b>	<b>De Steur, Alienor</b>		
Alienor De Steur	26	FINA19	08/12/2019	1:13.65
Christine Moore	26	NEPEAN	02/15/1997	1:17.59
Kristine Randall	28	QUEBEC	04/17/2009	1:32.15
Heather Fairbanks	27	NEPEAN	02/26/2000	1:42.70
<b>200 Back</b>	<b>Club Rec: 2:45.78</b>	<b>De Steur, Alienor</b>		
Alienor De Steur	26	FINA19	08/12/2019	2:45.78
Kristine Randall	28	QUEBEC	04/17/2009	3:26.90
Laetitia Martin	28	CMCS 2010	05/23/2010	5:01.54
<b>50 Breast</b>	<b>Club Rec: :34.00</b>	<b>Prayal-Brown, Audrey</b>		
Audrey Prayal-Brown	27	FINA 2014	07/28/2014	:34.00
Michelle Whitty	28	CMCS 2010	05/23/2010	:42.27
Joanne Tognarelli	29	WINTERLUD	02/14/2004	:46.07
Jenn Gilbert	25	TECHNOSPO	03/28/1998	:46.49
Kristine Randall	28	QUEBEC	04/17/2009	:46.51
<b>100 Breast</b>	<b>Club Rec: 1:28.10</b>	<b>De Steur, Alienor</b>		
Alienor De Steur	25	PAN AM 18	07/27/2018	1:28.10
Alexandra Grant	29	FINA 2014	07/28/2014	1:31.47
Daphne Jara-Charbonneau	28	PAN AM 18	07/27/2018	1:33.79
Monika Brumar	28	WINT19	02/16/2019	1:40.74
Jenn Gilbert	25	TECHNOSPO	03/28/1998	1:42.59
Laetitia Martin	28	CMCS 2010	05/23/2010	2:12.15
<b>200 Breast</b>	<b>Club Rec: 3:15.79</b>	<b>Grant, Alexandra</b>		
Alexandra Grant	29	FINA 2014	07/28/2014	3:15.79
Daphne Jara-Charbonneau	28	PAN AM 18	07/27/2018	3:23.75
Michelle Whitty	28	CMCS 2010	05/23/2010	3:29.81
Jenn Gilbert	25	NEPEAN	02/21/1998	3:37.66
Laetitia Martin	28	CMCS 2010	05/23/2010	4:30.67

## Technosport - 1995/2022 - Long Course Metres Tag Times

<b>50 Fly</b>	<b>Club Rec: :33.05</b>	<b>Moore, Christine</b>	<b>50 Back</b>	<b>Club Rec: :37.59</b>	<b>Strano, Laurie</b>
Christine Moore	26	NEPEAN 02/15/1997 :33.05	Laurie Strano	30	WINTERLUD 02/14/2004 :37.59
Michelle Whitty	28	CMCS 2010 05/23/2010 :35.89	Katy Chancey	34	FINA-Relay 07/28/2014 :40.52
Monika Brumar	28	WINT19 02/16/2019 :39.92	Kristy Fleet	33	CMCS 2010 05/23/2010 :44.52
<b>100 Fly</b>	<b>Club Rec: 1:26.66</b>	<b>Davis, Shannon</b>	Karen Kryviak	31	CMCS 2010 05/23/2010 :44.53
Shannon Davis	29	WINTERLUD 02/14/2004 1:26.66	Diana Fuller	31	TECH 04/24/2004 :46.00
Michelle Whitty	28	CMCS 2010 05/23/2010 1:31.05	Laurie Weir	30	TECH 05/07/2005 :48.23
<b>200 IM</b>	<b>Club Rec: 3:06.10</b>	<b>Jara-Charbonneau, Daphne</b>	<b>100 Back</b>	<b>Club Rec: 1:39.37</b>	<b>Fleet, Kristy</b>
Daphne Jara-Charbonneau	28	PAN AM 18 07/27/2018 3:06.10	Kristy Fleet	33	CMCS 2010 05/23/2010 1:39.37
Shannon Davis	29	WINTERLUD 02/14/2004 3:06.47	Amna Khan	33	WINTL 2010 02/28/2010 1:43.12
Michelle Whitty	28	CMCS 2010 05/23/2010 3:09.63	<b>200 Back</b>	<b>Club Rec: 3:32.45</b>	<b>Fleet, Kristy</b>
Lindsay Drennan	26	TECH 05/12/2006 3:23.93	Kristy Fleet	33	CMCS 2010 05/23/2010 3:32.45
Monika Brumar	28	WINT19 02/16/2019 3:25.91	Amna Khan	33	WINTL 2010 02/28/2010 3:36.49
Heather Fairbanks	27	NEPEAN 02/26/2000 3:33.81	<b>50 Breast</b>	<b>Club Rec: :42.85</b>	<b>Desmarais, Catherine</b>
<b>400 IM</b>	<b>Club Rec: 6:42.89</b>	<b>Grant, Alexandra</b>	Catherine Desmarais	30	CMCS 2010 05/23/2010 :42.85
Alexandra Grant	29	FINA 2014 07/28/2014 6:42.89	Laurie Weir	30	TECH 05/07/2005 :49.58
<b>Female 30 to 34</b>			<b>100 Breast</b>	<b>Club Rec: 1:34.30</b>	<b>Desmarais, Catherine</b>
<b>50 Free</b>	<b>Club Rec: :30.66</b>	<b>Strano, Laurie</b>	Catherine Desmarais	30	CMCS 2010 05/23/2010 1:34.30
Laurie Strano	30	WINTERLUD 02/14/2004 :30.66	<b>200 Breast</b>	<b>Club Rec: 3:30.24</b>	<b>Desmarais, Catherine</b>
Catherine Desmarais	30	CMCS 2010 05/23/2010 :33.52	Catherine Desmarais	30	CMCS 2010 05/23/2010 3:30.24
Nadja Roy	33	TECHNOSPO 03/28/1998 :36.20	<b>100 Fly</b>	<b>Club Rec: 1:16.93</b>	<b>Clarke, Nikki</b>
Kristy Fleet	33	CMCS 2010 05/23/2010 :36.82	Nikki Clarke	34	WINTERLUD 02/14/2004 1:16.93
Diana Fuller	31	TECH 04/24/2004 :37.50	Nancy Irvin	32	NEPEAN 02/21/1998 1:18.29
Tanis Browning Shelp	31	NEPEAN 02/10/1996 :37.81	<b>200 IM</b>	<b>Club Rec: 3:05.03</b>	<b>Strano, Laurie</b>
Laurie Weir	30	TECH 05/07/2005 :37.93	Laurie Strano	30	WINTERLUD 02/14/2004 3:05.03
<b>100 Free</b>	<b>Club Rec: 1:07.15</b>	<b>Irvin, Nancy</b>	Carol Mothersill	33	TECH 05/07/2005 3:18.93
Nancy Irvin	32	EDMONTON 05/15/1998 1:07.15	Kristy Fleet	33	CMCS 2010 05/23/2010 3:30.62
Laurie Strano	30	WINTERLUD 02/14/2004 1:09.29	<b>400 IM</b>	<b>Club Rec: 7:00.39</b>	<b>Drennan, Lindsay</b>
Nikki Clarke	34	WINTERLUD 02/14/2004 1:11.28	Lindsay Drennan	34	FINA 2014 07/28/2014 7:00.39
Carol Mothersill	33	TECH 05/07/2005 1:13.10	<b>Female 35 to 39</b>		
Catherine Desmarais	30	WINTL 2010 02/28/2010 1:16.89	<b>50 Free</b>	<b>Club Rec: :30.66</b>	<b>Sutcliffe, Christina</b>
Nadja Roy	33	TECHNOSPO 03/28/1998 1:17.28	Christina Sutcliffe	37	CMCS 2010 05/23/2010 :30.66
Kristy Fleet	33	CMCS 2010 05/23/2010 1:23.14	France Renaud	36	NEPEAN 02/10/1996 :33.11
Karen Kryviak	31	CMCS 2010 05/23/2010 1:26.32	Susan Kelly	39	CMCS 2010 05/23/2010 :33.93
Tanis Browning Shelp	31	NEPEAN 02/10/1996 1:27.15	Tracey McIlwaine	37	WORLDS 04/15/2008 :33.93
Laurie Weir	30	TECH 05/07/2005 1:27.31	Annie-France Bernier	37	CMCS 2010 05/23/2010 :34.13
<b>200 Free</b>	<b>Club Rec: 2:26.93</b>	<b>Clarke, Nikki</b>	Lynne Bermel	38	NEPEAN 02/21/1998 :34.50
Nikki Clarke	34	WINTERLUD 02/14/2004 2:26.93	Nathalie Ayotte	35	CMCS 2010 05/23/2010 :39.23
Nancy Irvin	32	NEPEAN 02/21/1998 2:30.60	Jennifer Allison	39	CMCS 2010 05/23/2010 :39.23
Catherine Desmarais	30	CMCS 2010 05/23/2010 2:39.40	Ruth Gmehlin	37	CMCS 2010 05/23/2010 :40.97
Nadja Roy	33	TECHNOSPO 03/28/1998 2:47.27	<b>100 Free</b>	<b>Club Rec: 1:09.32</b>	<b>Sutcliffe, Christina</b>
Lindsay Drennan	34	FINA 2014 07/28/2014 2:47.41	Christina Sutcliffe	37	CMCS 2010 05/23/2010 1:09.32
Carol Mothersill	33	TECH 05/07/2005 2:48.50	Valerie Lloyd	36	WORLD 10/10/2009 1:14.72
Kristy Fleet	33	CMCS 2010 05/23/2010 3:18.32	Tracey McIlwaine	37	WORLDS 04/15/2008 1:15.00
Amna Khan	33	WINTL 2010 02/28/2010 3:23.33	Susan Kelly	39	CMCS 2010 05/23/2010 1:15.36
<b>400 Free</b>	<b>Club Rec: 5:19.85</b>	<b>Irvin, Nancy</b>	France Renaud	36	NEPEAN 02/10/1996 1:16.13
Nancy Irvin	32	EDMONTON 05/15/1998 5:19.85	Annie-France Bernier	37	CMCS 2010 05/23/2010 1:16.22
Catherine Desmarais	30	CMCS 2010 05/23/2010 5:57.56	Lynne Bermel	38	NEPEAN 02/21/1998 1:17.69
Karen Kryviak	31	CMCS 2010 05/23/2010 6:31.90	Nathalie Ayotte	35	CMCS 2010 05/23/2010 1:27.28
Tanis Browning Shelp	31	NEPEAN 02/10/1996 7:04.19	Jennifer Allison	39	CMCS 2010 05/23/2010 1:31.22
<b>800 Free</b>	<b>Club Rec: 11:08.44</b>	<b>Irvin, Nancy</b>	<b>200 Free</b>	<b>Club Rec: 2:40.41</b>	<b>Lloyd, Valerie</b>
Nancy Irvin	32	EDMONTON 05/15/1998 11:08.44	Valerie Lloyd	36	WORLD 10/10/2009 2:40.41
Catherine Desmarais	34	FINA 2014 07/28/2014 11:11.63	Christina Sutcliffe	37	CMCS 2010 05/23/2010 2:42.14
Karen Kryviak	31	CMCS 2010 05/23/2010 14:10.39	Tracey McIlwaine	37	WORLDS 04/15/2008 2:49.11
<b>1500 Free</b>	<b>Club Rec: 22:10.60</b>	<b>Roy, Nadja</b>	Lynne Bermel	38	NEPEAN 02/21/1998 2:51.69
Nadja Roy	33	TECHNOSPO 04/18/1998 22:10.60	Susan Kelly	39	CMCS 2010 05/23/2010 2:54.04
Catherine Desmarais	30	CMCS 2010 05/23/2010 23:54.39	Nathalie Ayotte	35	CMCS 2010 05/23/2010 3:12.89
Karen Kryviak	31	CMCS 2010 05/23/2010 26:55.90	Jennifer Allison	39	CMCS 2010 05/23/2010 3:32.14

Sylvie Jacques	35	WINTERLUD	02/23/2008	4:00.29	<b>Female 40 to 44</b>				
<b>400 Free</b>	<b>Club Rec: 6:03.17</b>	<b>Bermel, Lynne</b>			<b>50 Free</b>	<b>Club Rec: :30.56</b>	<b>Deliencourt, Sylvie</b>		
Lynne Bermel	38	NEPEAN	02/21/1998	6:03.17	Sylvie Deliencourt	43	WINTERLUD	02/14/2004	:30.56
Tracey Mcllwaine	39	FINA CHAMP	07/31/2010	6:03.52	Marisha Roman	43	CMCS 2010	05/23/2010	:31.14
Susan Kelly	39	CMCS 2010	05/23/2010	6:20.85	Sarah Hall	43	FINA 2014	07/28/2014	:32.09
Nathalie Ayotte	35	CMCS 2010	05/23/2010	6:56.01	Whitney Bond	44	FINA 2014	07/28/2014	:32.55
Ruth Gmehlin	37	CMCS 2010	05/23/2010	7:12.14	Laurie Strano	40	FINA 2014	07/28/2014	:34.09
Jennifer Allison	39	CMCS 2010	05/23/2010	7:41.14	Tobey Audcent	40	FINA-Relay	07/28/2014	:34.33
<b>800 Free</b>	<b>Club Rec: 13:03.86</b>	<b>Mcllwaine, Tracey</b>			Dominique Champeau	42	TECHNOSPO	03/28/1998	:34.65
Tracey Mcllwaine	39	CMCS 2010	05/23/2010	13:03.86	Genevieve Mackwood	44	TECH	04/24/2004	:35.80
Nathalie Ayotte	35	CMCS 2010	05/23/2010	14:15.01	Betsy Simpson	40	TECH	05/07/2005	:35.93
Ruth Gmehlin	37	CMCS 2010	05/23/2010	14:41.04	Tracey Mcllwaine	44	Winterlude	02/21/2015	:36.92
Jennifer Allison	39	CMCS 2010	05/23/2010	16:28.65	<b>100 Free</b>	<b>Club Rec: 1:09.36</b>	<b>Roman, Marisha</b>		
Sylvie Jacques	35	WINTERLUD	02/23/2008	16:54.53	Marisha Roman	43	CMCS 2010	05/23/2010	1:09.36
Christine Robbins	37	Winterlude	02/21/2015	19:04.20	Sylvie Deliencourt	44	WORLDS	07/22/2005	1:09.80
<b>1500 Free</b>	<b>Club Rec: 23:38.13</b>	<b>Bermel, Lynne</b>			Sarah Hall	43	FINA 2014	07/28/2014	1:11.31
Lynne Bermel	38	TECHNOSPO	04/18/1998	23:38.13	Genevieve Mackwood	44	WINTERLUD	02/14/2004	1:17.29
Nathalie Ayotte	35	CMCS 2010	05/23/2010	28:11.11	Dominique Champeau	40	ANN ARBOR	08/25/1996	1:18.05
Ruth Gmehlin	37	CMCS 2010	05/23/2010	28:16.62	Julia Konzuk	42	WINTERLUD	02/11/2006	1:21.16
Jennifer Allison	39	CMCS 2010	05/23/2010	32:12.62	Betsy Simpson	40	TECH	05/07/2005	1:24.26
Sylvie Jacques	37	CMCS 2010	05/23/2010	33:17.86	Carolyn Stewart	43	TECH	06/04/2005	1:24.70
<b>50 Back</b>	<b>Club Rec: :37.40</b>	<b>Rowan-Legg, Anne</b>			Tracey Mcllwaine	44	Winterlude	02/21/2015	1:24.98
Anne Rowan-Legg	37	FINA-Relay	07/28/2014	:37.40	Marianne Quain	43	TECHNOSPO	03/28/1998	1:29.02
France Renaud	36	NEPEAN	02/10/1996	:40.43	<b>200 Free</b>	<b>Club Rec: 2:38.62</b>	<b>Hall, Sarah</b>		
Annie-France Bernier	37	CMCS 2010	05/23/2010	:40.83	Sarah Hall	43	FINA 2014	07/28/2014	2:38.62
Tracey Mcllwaine	39	CMCS 2010	05/23/2010	:41.17	Genevieve Mackwood	44	WINTERLUD	02/14/2004	2:48.83
Susan Kelly	39	CMCS 2010	05/23/2010	:44.64	Dominique Champeau	40	NEPEAN	02/15/1997	2:49.85
Annabelle Mineault	38	FINA-Relay	07/28/2014	:49.56	Sylvie Deliencourt	43	WINTERLUD	02/14/2004	2:53.01
<b>100 Back</b>	<b>Club Rec: 1:29.62</b>	<b>Sutcliffe, Christina</b>			Carolyn Stewart	43	TECH	06/04/2005	2:55.60
Christina Sutcliffe	37	CMCS 2010	05/23/2010	1:29.62	Marianne Quain	43	TECHNOSPO	03/28/1998	3:14.31
France Renaud	36	NEPEAN	02/10/1996	1:30.14	Valerie Turchan	43	winterlude	02/24/2007	4:07.87
Tracey Mcllwaine	37	WORLDS	04/15/2008	1:31.07	<b>400 Free</b>	<b>Club Rec: 5:40.56</b>	<b>Mackwood, Genevieve</b>		
<b>50 Breast</b>	<b>Club Rec: :39.71</b>	<b>Sutcliffe, Christina</b>			Genevieve Mackwood	44	WINTERLUD	02/14/2004	5:40.56
Christina Sutcliffe	37	CMCS 2010	05/23/2010	:39.71	Sarah Hall	43	FINA 2014	07/28/2014	5:41.62
Annie-France Bernier	37	CMCS 2010	05/23/2010	:46.85	Carolyn Stewart	43	TECH	06/04/2005	5:59.87
<b>100 Breast</b>	<b>Club Rec: 1:29.16</b>	<b>Sutcliffe, Christina</b>			Sylvie Deliencourt	44	WORLDS	07/22/2005	6:00.28
Christina Sutcliffe	37	CMCS 2010	05/23/2010	1:29.16	Dominique Champeau	40	ANN ARBOR	08/25/1996	6:07.03
Sylvie Jacques	35	WINTERLUD	02/23/2008	2:14.36	Valerie Turchan	43	winterlude	02/24/2007	6:36.67
<b>200 Breast</b>	<b>Club Rec: 5:00.08</b>	<b>Jacques, Sylvie</b>			Lyne Richer	44	CMCS 2010	05/23/2010	9:13.09
Sylvie Jacques	37	CMCS 2010	05/23/2010	5:00.08	Alison Storm	41	CMCS 2010	05/23/2010	9:28.82
<b>50 Fly</b>	<b>Club Rec: :34.87</b>	<b>Sutcliffe, Christina</b>			<b>800 Free</b>	<b>Club Rec: 12:07.73</b>	<b>Stewart, Carolyn</b>		
Christina Sutcliffe	37	CMCS 2010	05/23/2010	:34.87	Carolyn Stewart	43	TECH	06/04/2005	12:07.73
Annie-France Bernier	37	CMCS 2010	05/23/2010	:37.01	Dominique Champeau	40	WINNIPEG	05/20/1996	12:49.13
Valerie Lloyd	36	WORLD	10/10/2009	:37.72	Jennifer Steinberg	43	CMCS 2010	05/23/2010	14:30.80
Nathalie Ayotte	35	CMCS 2010	05/23/2010	:52.85	Valerie Turchan	44	WINTERLUD	02/23/2008	17:22.96
<b>100 Fly</b>	<b>Club Rec: 1:28.54</b>	<b>Lloyd, Valerie</b>			Lyne Richer	44	CMCS 2010	05/23/2010	19:00.26
Valerie Lloyd	37	WINTL 2010	02/28/2010	1:28.54	Alison Storm	41	CMCS 2010	05/23/2010	19:18.15
Annie-France Bernier	37	CMCS 2010	05/23/2010	1:31.16	<b>1500 Free</b>	<b>Club Rec: 22:42.28</b>	<b>Stewart, Carolyn</b>		
Sylvie Jacques	35	WINTERLUD	02/23/2008	2:12.85	Carolyn Stewart	43	TECH	06/04/2005	22:42.28
<b>200 Fly</b>	<b>Club Rec: 3:24.11</b>	<b>Lloyd, Valerie</b>			Dominique Champeau	41	ORLANDO	08/01/1997	24:12.61
Valerie Lloyd	36	WORLD	10/10/2009	3:24.11	Celine Morin	44	TECH	06/03/2006	26:00.63
<b>200 IM</b>	<b>Club Rec: 3:15.78</b>	<b>Bernier, Annie-France</b>			Marianne Quain	43	TECHNOSPO	06/06/1998	26:56.37
Annie-France Bernier	37	CMCS 2010	05/23/2010	3:15.78	Jennifer Steinberg	43	CMCS 2010	05/23/2010	28:25.46
<b>400 IM</b>	<b>Club Rec: 9:33.84</b>	<b>Jacques, Sylvie</b>			Valerie Turchan	42	TECH	06/03/2006	35:05.07
Sylvie Jacques	37	CMCS 2010	05/23/2010	9:33.84	Lyne Richer	44	CMCS 2010	05/23/2010	36:01.40
<b>50 Back</b>	<b>Club Rec: :37.26</b>	<b>Roman, Marisha</b>			<b>50 Back</b>	<b>Club Rec: :37.26</b>	<b>Roman, Marisha</b>		
Marisha Roman	43	CMCS 2010	05/23/2010	:37.26	Marisha Roman	43	CMCS 2010	05/23/2010	:37.26
Laurie Strano	40	FINA-Relay	07/28/2014	:39.28	Laurie Strano	40	FINA-Relay	07/28/2014	:39.28
Dominique Champeau	42	NEPEAN	02/21/1998	:42.31	Dominique Champeau	42	NEPEAN	02/21/1998	:42.31

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Jane Taber	42	NEPEAN	02/13/1999	:42.61	<b>400 IM</b>	<b>Club Rec: 8:13.19</b>	<b>Steinberg, Jennifer</b>			
Betsy Simpson	40	TECH	05/07/2005	:42.96	Jennifer Steinberg	43	CMCS 2010	05/23/2010	8:13.19	
Pamela Lemay	44	NEPEAN	02/10/1996	:46.38						
Tracey McIlwaine	44	Winterlude	02/21/2015	:47.58	<b>Female 45 to 49</b>					
Marianne Quain	43	TECHNOSPO	03/28/1998	:51.04	<b>50 Free</b>	<b>Club Rec: :31.61</b>	<b>Deliencourt, Sylvie</b>			
Alison Storm	41	CMCS 2010	05/23/2010	:57.87	Sylvie Deliencourt	49	CMCS 2010	05/23/2010	:31.61	
Joanne Khouryati	44	FINA-Relay	07/28/2014	1:07.59	Claire Laflamme	45	FINA 2014	07/28/2014	:32.72	
<b>100 Back</b>	<b>Club Rec: 1:23.19</b>	<b>Roman, Marisha</b>			Karen Zerr	45	FINA-Relay	07/28/2014	:33.16	
Marisha Roman	43	CMCS 2010	05/23/2010	1:23.19	Wendy Buckner	49	WORLDS	04/15/2008	:35.18	
Laurie Strano	40	FINA 2014	07/28/2014	1:28.53	Pamela Lemay	49	NEPEAN	02/26/2000	:35.31	
Dominique Champeau	40	NEPEAN	02/15/1997	1:30.64	Sheila Wood	46	FINA-Relay	07/28/2014	:35.46	
Betsy Simpson	40	TECH	05/07/2005	1:32.58	Janice McGuinness	49	FINA-Relay	07/28/2014	:35.80	
Pamela Lemay	44	NEPEAN	02/10/1996	1:39.55	Kathleen Milne	47	EDMONTON	05/15/1998	:36.50	
Valerie Turchan	44	WINTERLUD	02/23/2008	2:30.69	Margaret Bakish	49	NEPEAN	02/21/1998	:37.18	
<b>200 Back</b>	<b>Club Rec: 3:07.21</b>	<b>Roman, Marisha</b>			Karen March	45	NEPEAN	02/26/2000	:37.94	
Marisha Roman	43	CMCS 2010	05/23/2010	3:07.21	<b>100 Free</b>	<b>Club Rec: 1:10.87</b>	<b>Deliencourt, Sylvie</b>			
Dominique Champeau	40	WINNIPEG	05/20/1996	3:26.58	Sylvie Deliencourt	49	CMCS 2010	05/23/2010	1:10.87	
<b>50 Breast</b>	<b>Club Rec: :43.38</b>	<b>Roman, Marisha</b>			Caroline Ladanowski	47	NEPEAN '14	02/15/2014	1:13.96	
Marisha Roman	43	CMCS 2010	05/23/2010	:43.38	Carolyn Stewart	45	winterlude	02/24/2007	1:15.15	
Tobey Audcent	40	FINA 2014	07/28/2014	:44.00	Wendy Buckner	49	WORLDS	04/15/2008	1:18.52	
Jane Taber	41	NEPEAN	02/21/1998	:44.03	Genevieve Mackwood	46	WINTERLUD	02/11/2006	1:19.04	
Genevieve Mackwood	44	WINTERLUD	02/14/2004	:45.02	Kelly Robertson	46	WORLD	10/10/2009	1:22.58	
Julia Konzuk	42	WINTERLUD	02/11/2006	:47.80	Pamela Lemay	45	NEPEAN	02/15/1997	1:22.73	
Dominique Champeau	42	TECHNOSPO	03/28/1998	:49.40	Kathleen Milne	47	NEPEAN	02/21/1998	1:23.81	
Pamela Lemay	44	NEPEAN	02/10/1996	:50.12	Wendy Milford	49	WINTL 2010	02/28/2010	1:25.61	
Alison Storm	41	CMCS 2010	05/23/2010	:58.01	Hazel Ulyatt	48	WORLDS	07/22/2005	1:44.29	
Lyne Richer	44	CMCS 2010	05/23/2010	1:12.82	<b>200 Free</b>	<b>Club Rec: 2:38.35</b>	<b>Ladanowski, Caroline</b>			
<b>100 Breast</b>	<b>Club Rec: 1:37.38</b>	<b>Hall, Sarah</b>			Caroline Ladanowski	47	FINA 2014	07/28/2014	2:38.35	
Sarah Hall	43	FINA 2014	07/28/2014	1:37.38	Carolyn Stewart	45	winterlude	02/24/2007	2:42.83	
Genevieve Mackwood	44	TECH	04/24/2004	1:37.72	Genevieve Mackwood	45	WORLDS	07/22/2005	2:43.18	
Jane Taber	42	NEPEAN	02/13/1999	1:40.45	Betsy Simpson	45	CMCS 2010	05/23/2010	2:57.74	
Julia Konzuk	42	WINTERLUD	02/11/2006	1:48.48	Kelly Robertson	49	WORLDS	06/03/2012	2:59.64	
<b>200 Breast</b>	<b>Club Rec: 3:26.18</b>	<b>Mackwood, Genevieve</b>			Kathleen Milne	47	NEPEAN	02/21/1998	3:03.16	
Genevieve Mackwood	44	WINTERLUD	02/14/2004	3:26.18	Margaret Bakish	47	WINNIPEG	05/20/1996	3:10.35	
Julia Konzuk	42	WINTERLUD	02/11/2006	3:52.83	Karen March	45	NEPEAN	02/26/2000	3:19.98	
Jennifer Steinberg	43	CMCS 2010	05/23/2010	4:25.20	Hazel Ulyatt	48	WORLDS	07/22/2005	3:51.31	
<b>50 Fly</b>	<b>Club Rec: :32.99</b>	<b>Deliencourt, Sylvie</b>			<b>400 Free</b>	<b>Club Rec: 5:29.67</b>	<b>Ladanowski, Caroline</b>			
Sylvie Deliencourt	44	WORLDS	07/22/2005	:32.99	Caroline Ladanowski	47	FINA 2014	07/28/2014	5:29.67	
Marisha Roman	43	CMCS 2010	05/23/2010	:36.69	Genevieve Mackwood	45	WORLDS	07/22/2005	5:45.90	
Jane Taber	42	NEPEAN	02/13/1999	:39.16	Betsy Simpson	45	CMCS 2010	05/23/2010	6:01.54	
Dominique Champeau	41	ORLANDO	08/01/1997	:40.43	Kelly Robertson	46	WORLD	10/10/2009	6:18.54	
Pamela Lemay	44	NEPEAN	02/10/1996	:42.87	Kathleen Milne	47	EDMONTON	05/15/1998	6:19.72	
Marianne Quain	43	TECHNOSPO	03/28/1998	:43.58	Margaret Bakish	49	NEPEAN	02/21/1998	7:04.00	
Jennifer Steinberg	43	CMCS 2010	05/23/2010	:46.54	Hazel Ulyatt	48	WORLDS	07/22/2005	8:22.26	
<b>100 Fly</b>	<b>Club Rec: 1:19.21</b>	<b>Deliencourt, Sylvie</b>			<b>800 Free</b>	<b>Club Rec: 11:28.29</b>	<b>Ladanowski, Caroline</b>			
Sylvie Deliencourt	44	WORLDS	07/22/2005	1:19.21	Caroline Ladanowski	47	FINA 2014	07/28/2014	11:28.29	
Dominique Champeau	40	NEPEAN	02/15/1997	1:45.95	Genevieve Mackwood	45	WORLDS	07/22/2005	11:35.38	
<b>200 Fly</b>	<b>Club Rec: 4:07.60</b>	<b>Steinberg, Jennifer</b>			Claire Laflamme	45	FINA 2014	07/28/2014	12:03.37	
Jennifer Steinberg	43	CMCS 2010	05/23/2010	4:07.60	Carolyn Stewart	48	WINTL 2010	02/28/2010	12:05.01	
<b>200 IM</b>	<b>Club Rec: 2:59.75</b>	<b>Deliencourt, Sylvie</b>			Betsy Simpson	45	CMCS 2010	05/23/2010	12:40.96	
Sylvie Deliencourt	44	WORLDS	07/22/2005	2:59.75	Kelly Robertson	46	WORLD	10/10/2009	12:54.92	
Whitney Bond	44	FINA 2014	07/28/2014	3:03.61	Kathleen Milne	47	TECHNOSPO	04/18/1998	13:14.61	
Jane Taber	42	NEPEAN	02/13/1999	3:16.81	Wendy Milford	49	CMCS 2010	05/23/2010	13:40.84	
Laurie Strano	40	FINA 2014	07/28/2014	3:18.48	Margaret Bakish	47	WINNIPEG	05/20/1996	14:05.44	
Dominique Champeau	40	NEPEAN	02/15/1997	3:23.70	Hazel Ulyatt	48	TECH	06/04/2005	17:20.47	
Pamela Lemay	44	NEPEAN	02/10/1996	3:36.26	<b>1500 Free</b>	<b>Club Rec: 23:59.69</b>	<b>Simpson, Betsy</b>			
Jennifer Steinberg	43	CMCS 2010	05/23/2010	3:53.86	Betsy Simpson	45	CMCS 2010	05/23/2010	23:59.69	
					Kathleen Milne	47	TECHNOSPO	04/18/1998	25:04.45	
					Wendy Milford	49	CMCS 2010	05/23/2010	25:23.73	

<b>50 Back</b>	<b>Club Rec: :38.92</b>	<b>Lafamme, Claire</b>	Wendy Milford	49	CMCS 2010	05/23/2010	4:01.10
Claire Lafamme	45	FINA 2014 07/28/2014	:38.92	<b>200 IM</b>	<b>Club Rec: 2:48.85</b>	<b>Ward, Cheryl</b>	
Sylvie Deliencourt	49	CMCS 2010 05/23/2010	:39.43	Cheryl Ward	48	FINA 2014 07/28/2014	2:48.85
Betsy Simpson	45	CMCS 2010 05/23/2010	:40.92	Pamela Lemay	45	NEPEAN 02/15/1997	3:31.53
Janice McGuinness	49	FINA-Relay 07/28/2014	:43.61	Margaret Bakish	47	WINNIPEG 05/20/1996	3:39.13
Pamela Lemay	49	NEPEAN 02/26/2000	:46.93	Kathleen Milne	47	TECHNOSPO 05/23/1998	3:40.30
<b>100 Back</b>	<b>Club Rec: 1:16.74</b>	<b>Ward, Cheryl</b>	<b>400 IM</b>	<b>Club Rec: 6:29.82</b>	<b>Ladanowski, Caroline</b>		
Cheryl Ward	48	FINA 2014 07/28/2014	1:16.74	Caroline Ladanowski	47	FINA 2014 07/28/2014	6:29.82
Jennifer Mcarton	46	FINA 2014 07/28/2014	1:20.24	Janice McGuinness	49	FINA 2014 07/28/2014	7:08.08
Sylvie Deliencourt	45	TECH 05/12/2006	1:27.21	Wendy Milford	49	CMCS 2010 05/23/2010	7:25.20
Betsy Simpson	45	CMCS 2010 05/23/2010	1:27.79				
Janice McGuinness	49	FINA 2014 07/28/2014	1:31.88	<b>Female 50 to 54</b>			
Pamela Lemay	49	NEPEAN 02/26/2000	1:37.42	<b>50 Free</b>	<b>Club Rec: :32.04</b>	<b>Deliencourt, Sylvie</b>	
<b>200 Back</b>	<b>Club Rec: 3:14.16</b>	<b>Simpson, Betsy</b>	Sylvie Deliencourt	53	FINA 2014 07/28/2014	:32.04	
Betsy Simpson	45	CMCS 2010 05/23/2010	3:14.16	Krista Klassen	52	FINA 2014 07/28/2014	:33.66
Sylvie Deliencourt	49	CMCS 2010 05/23/2010	3:14.75	Fiona Grant	54	NEPEAN '14 02/15/2014	:35.08
<b>50 Breast</b>	<b>Club Rec: :42.33</b>	<b>Lafamme, Claire</b>	Margaret Bakish	53	COUPE 11/30/2002	:35.85	
Claire Lafamme	45	FINA 2014 07/28/2014	:42.33	Kathleen Milne	50	WINT 2001 02/17/2001	:36.12
Sylvie Deliencourt	49	CMCS 2010 05/23/2010	:42.99	Patricia Angus	54	TECHNOSPO 03/28/1998	:37.13
Wendy Milford	49	CMCS 2010 05/23/2010	:43.30	France Girard	52	FINA-Relay 07/28/2014	:39.28
Wendy Buckner	49	WINTERLUD 02/23/2008	:43.75	Marian Jordan	54	CMCS 2010 05/23/2010	:46.16
Kathleen Milne	47	EDMONTON 05/15/1998	:43.86	Heike Scheffler	54	CMCS 2010 05/23/2010	:52.69
Margaret Bakish	49	NEPEAN 02/21/1998	:44.83	Shelley Featherstone	53	Winterlude 02/21/2015	:54.12
Caroline Ladanowski	47	NEPEAN '14 02/15/2014	:45.15	<b>100 Free</b>	<b>Club Rec: 1:17.39</b>	<b>Grant, Fiona</b>	
<b>100 Breast</b>	<b>Club Rec: 1:36.71</b>	<b>Buckner, Wendy</b>	Fiona Grant	54	NEPEAN '14 02/15/2014	1:17.39	
Wendy Buckner	49	WINTERLUD 02/23/2008	1:36.71	Krista Klassen	52	FINA 2014 07/28/2014	1:18.55
Wendy Milford	49	CMCS 2010 05/23/2010	1:37.88	Carolyn Stewart	50	WINTERLUD 02/25/2012	1:18.66
Kathleen Milne	45	WINNIPEG 05/20/1996	1:38.26	Patricia Angus	51	NEPEAN 02/10/1996	1:22.20
Genevieve Mackwood	45	WORLDS 07/22/2005	1:40.23	Kelly Robertson	51	FINA 2014 07/28/2014	1:24.26
Margaret Bakish	47	WINNIPEG 05/20/1996	1:43.06	Margaret Bakish	50	NEPEAN 02/13/1999	1:24.31
Kelly Robertson	47	CMCS 2010 05/23/2010	1:44.18	Marianne Quain	50	TECH 06/04/2005	1:36.29
<b>200 Breast</b>	<b>Club Rec: 3:32.83</b>	<b>Deliencourt, Sylvie</b>	Shelley Featherstone	53	Winterlude 02/21/2015	2:00.88	
Sylvie Deliencourt	45	TECH 05/12/2006	3:32.83	Heike Scheffler	54	CMCS 2010 05/23/2010	2:01.40
Genevieve Mackwood	45	WORLDS 07/22/2005	3:33.83	<b>200 Free</b>	<b>Club Rec: 2:36.59</b>	<b>Grant, Fiona</b>	
Wendy Milford	49	CMCS 2010 05/23/2010	3:36.59	Fiona Grant	50	CMCS 2010 05/23/2010	2:36.59
Kelly Robertson	47	CMCS 2010 05/23/2010	3:41.76	Genevieve Mackwood	50	CMCS 2010 05/23/2010	2:53.93
Sheila Wood	46	FINA 2014 07/28/2014	3:42.66	Patricia Angus	54	TECHNOSPO 03/28/1998	3:01.48
Margaret Bakish	47	WINNIPEG 05/20/1996	3:43.85	Kelly Robertson	51	FINA 2014 07/28/2014	3:01.56
Kathleen Milne	45	WINNIPEG 05/20/1996	3:44.33	Marianne Quain	50	TECH 06/04/2005	3:34.29
<b>50 Fly</b>	<b>Club Rec: :33.36</b>	<b>Mcarton, Jennifer</b>	Shelley Featherstone	53	Winterlude 02/21/2015	4:25.43	
Jennifer Mcarton	46	FINA 2014 07/28/2014	:33.36	Marian Jordan	54	CMCS 2010 05/23/2010	4:27.44
Sylvie Deliencourt	49	CMCS 2010 05/23/2010	:34.35	Heike Scheffler	54	CMCS 2010 05/23/2010	4:29.40
Claire Lafamme	45	FINA 2014 07/28/2014	:35.61	<b>400 Free</b>	<b>Club Rec: 5:34.85</b>	<b>Grant, Fiona</b>	
Caroline Ladanowski	47	NEPEAN '14 02/15/2014	:36.16	Fiona Grant	50	CMCS 2010 05/23/2010	5:34.85
Kathleen Milne	47	EDMONTON 05/15/1998	:38.25	Carolyn Stewart	52	FINA 2014 07/28/2014	6:00.04
Wendy Buckner	49	WINTERLUD 02/23/2008	:38.37	Genevieve Mackwood	50	CMCS 2010 05/23/2010	6:04.76
Pamela Lemay	45	NEPEAN 02/15/1997	:42.17	Kelly Robertson	51	FINA 2014 07/28/2014	6:23.63
<b>100 Fly</b>	<b>Club Rec: 1:23.96</b>	<b>Ladanowski, Caroline</b>	Patricia Angus	54	EDMONTON 05/15/1998	6:23.93	
Caroline Ladanowski	47	NEPEAN '14 02/15/2014	1:23.96	Kathleen Milne	50	WINT 2001 02/17/2001	6:39.00
Janice McGuinness	49	FINA 2014 07/28/2014	1:29.30	Marianne Quain	50	TECH 06/04/2005	7:35.36
Kathleen Milne	47	EDMONTON 05/15/1998	1:33.58	Heike Scheffler	54	CMCS 2010 05/23/2010	9:31.41
Genevieve Mackwood	46	WINTERLUD 02/11/2006	1:42.06	Marian Jordan	54	CMCS 2010 05/23/2010	9:39.36
Pamela Lemay	45	NEPEAN 02/15/1997	1:42.49	<b>800 Free</b>	<b>Club Rec: 11:35.64</b>	<b>Grant, Fiona</b>	
<b>200 Fly</b>	<b>Club Rec: 2:59.20</b>	<b>Chubb, Courtney</b>	Fiona Grant	53	PAN AM 06/08/2013	11:35.64	
Courtney Chubb	48	Winterlude 02/25/2017	2:59.20	Carolyn Stewart	50	WINTERLUD 02/25/2012	12:24.53
Caroline Ladanowski	47	FINA 2014 07/28/2014	3:16.86	Genevieve Mackwood	50	CMCS 2010 05/23/2010	12:29.42
Janice McGuinness	49	FINA 2014 07/28/2014	3:27.78	Kelly Robertson	51	FINA 2014 07/28/2014	13:03.62
Kathleen Milne	45	WINNIPEG 05/20/1996	3:36.79	Margaret Bakish	53	FINA 03/24/2002	13:18.63
Jennifer Steinberg	47	FINA 2014 07/28/2014	3:57.88	Wendy Buckner	51	CMCS 2010 05/23/2010	13:43.18
				Marianne Quain	50	TECH 06/04/2005	15:22.17

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Marian Jordan	54	CMCS 2010	05/23/2010	18:27.81	<b>Female 55 to 59</b>				
Heike Scheffler	54	CMCS 2010	05/23/2010	20:01.65	<b>50 Free</b>				
<b>1500 Free</b>					<b>Club Rec: :34.27</b>	<b>Bakish, Margaret</b>			
Fiona Grant	50	CMCS 2010	05/23/2010	22:12.74	Margaret Bakish	55	FINA MAST	06/03/2004	:34.27
Genevieve Mackwood	50	CMCS 2010	05/23/2010	23:37.77	Patricia Angus	56	NEPEAN	02/26/2000	:37.63
Patricia Angus	51	ANN ARBOR	08/25/1996	24:42.46	Celine Morisset	56	FINA 2014	07/28/2014	:47.98
Wendy Buckner	51	CMCS 2010	05/23/2010	26:24.96	Cathy Brooks	57	CMCS 2010	05/23/2010	1:04.25
Marianne Quain	50	TECH	06/04/2005	28:46.77	<b>100 Free</b>				
Marian Jordan	54	CMCS 2010	05/23/2010	34:12.36	Margaret Bakish	55	FINA MAST	06/03/2004	1:17.18
Heike Scheffler	54	CMCS 2010	05/23/2010	37:50.31	Patricia Angus	55	NEPEAN	02/13/1999	1:22.75
<b>50 Back</b>					Kathleen Milne	56	winterlude	02/24/2007	1:53.02
<b>Club Rec: :39.39</b>					Celine Morisset	56	FINA 2014	07/28/2014	1:54.36
Sylvie Deliencourt	53	FINA-Relay	07/28/2014	:39.39	Cathy Brooks	57	CMCS 2010	05/23/2010	2:28.07
Fiona Grant	54	NEPEAN '14	02/15/2014	:45.14	<b>200 Free</b>				
Margaret Bakish	53	COUPE	11/30/2002	:49.95	Margaret Bakish	55	TECH	05/08/2004	2:58.05
Kelly Robertson	51	FINA-Relay	07/28/2014	:52.81	Patricia Angus	55	NEPEAN	02/13/1999	3:09.25
Marian Jordan	54	CMCS 2010	05/23/2010	:55.93	Kathleen Milne	55	TECH	05/12/2006	3:23.55
Jennifer Sloan	50	FINA-Relay	07/28/2014	:58.01	<b>400 Free</b>				
<b>200 Back</b>					Fiona Grant	57	WMG-NZ	04/21/2017	5:58.21
<b>Club Rec: 3:13.24</b>					Margaret Bakish	55	WINTERLUD	02/14/2004	6:26.74
Sylvie Deliencourt	53	FINA 2014	07/28/2014	3:13.24	Patricia Angus	55	NEPEAN	02/13/1999	6:32.35
<b>50 Breast</b>					Cathy Brooks	57	CMCS 2010	05/23/2010	11:19.78
<b>Club Rec: :42.82</b>					<b>800 Free</b>				
Fiona Grant	54	NEPEAN '14	02/15/2014	:42.82	Fiona Grant	57	WMG-NZ	04/21/2017	12:24.11
Kathleen Milne	53	TECH	04/24/2004	:43.14	Margaret Bakish	58	winterlude	02/24/2007	13:07.62
Margaret Bakish	53	FINA	03/24/2002	:43.24	France Saint-Denis	55	Winterlude	02/25/2017	16:53.62
Krista Klassen	52	FINA 2014	07/28/2014	:43.74	Diane Grant	58	CMCS 2010	05/23/2010	19:01.07
Wendy Buckner	51	WINTL 2010	02/28/2010	:44.57	Cathy Brooks	57	CMCS 2010	05/23/2010	23:23.77
Genevieve Mackwood	50	CMCS 2010	05/23/2010	:45.90	<b>1500 Free</b>				
Marian Jordan	54	CMCS 2010	05/23/2010	1:07.53	Kathleen Milne	55	TECH	06/03/2006	26:55.74
<b>100 Breast</b>					Lizanne Collie	55	TECH	06/05/2004	35:10.97
<b>Club Rec: 1:34.37</b>					Diane Grant	58	CMCS 2010	05/23/2010	37:03.63
Fiona Grant	53	PAN AM	06/08/2013	1:34.37	Cathy Brooks	57	CMCS 2010	05/23/2010	44:51.02
Sylvie Deliencourt	53	FINA 2014	07/28/2014	1:35.17	<b>50 Back</b>				
Margaret Bakish	53	FINA	03/24/2002	1:35.98	Wendy Moore	56	FINA-Relay	07/28/2014	:50.22
Krista Klassen	52	FINA 2014	07/28/2014	1:37.36	Margaret Bakish	58	winterlude	02/24/2007	:52.09
Kelly Robertson	51	FINA 2014	07/28/2014	1:44.92	Kathleen Milne	55	TECH	05/12/2006	:55.07
<b>200 Breast</b>					Cathy Brooks	57	CMCS 2010	05/23/2010	1:06.92
<b>Club Rec: 3:21.72</b>					<b>100 Back</b>				
Fiona Grant	50	CMCS 2010	05/23/2010	3:21.72	Cathy Brooks	57	CMCS 2010	05/23/2010	2:25.55
Margaret Bakish	53	FINA	03/24/2002	3:32.05	Diane Grant	58	CMCS 2010	05/23/2010	2:30.54
<b>50 Fly</b>					<b>200 Back</b>				
<b>Club Rec: :34.97</b>					Liliana Rusu	57	FINA 2014	07/28/2014	3:40.63
Sylvie Deliencourt	53	FINA 2014	07/28/2014	:34.97	Cathy Brooks	57	CMCS 2010	05/23/2010	5:09.05
Wendy Buckner	51	WINTL 2010	02/28/2010	:38.80	Diane Grant	58	CMCS 2010	05/23/2010	5:46.65
Kathleen Milne	50	WINT 2001	02/17/2001	:39.18	<b>50 Breast</b>				
Patricia Angus	52	NEPEAN	02/15/1997	:44.34	<b>Club Rec: :43.67</b>				
Margaret Bakish	53	COUPE	11/30/2002	:47.35	Margaret Bakish	55	FINA MAST	06/03/2004	:43.67
<b>100 Fly</b>					Fiona Grant	57	WMG-NZ	04/21/2017	:45.40
<b>Club Rec: 1:34.97</b>					Kathleen Milne	55	WINTERLUD	02/11/2006	:45.85
Patricia Angus	51	NEPEAN	02/10/1996	1:34.97	<b>100 Breast</b>				
Kathleen Milne	51	WINTERLUD	02/09/2002	1:37.01	Margaret Bakish	55	FINA MAST	06/03/2004	1:35.24
France Girard	52	FINA 2014	07/28/2014	1:40.03	Fiona Grant	57	WMG-NZ	04/21/2017	1:39.26
Wendy Buckner	51	WINTL 2010	02/28/2010	1:41.46	Liliana Rusu	57	FINA 2014	07/28/2014	1:42.48
<b>200 Fly</b>					<b>200 Breast</b>				
<b>Club Rec: 3:29.71</b>					Margaret Bakish	55	FINA MAST	06/03/2004	3:30.80
Patricia Angus	54	NEPEAN	02/21/1998	3:29.71	Liliana Rusu	57	FINA 2014	07/28/2014	3:42.12
France Girard	52	FINA 2014	07/28/2014	3:42.39	Diane Grant	58	CMCS 2010	05/23/2010	5:33.34
<b>200 IM</b>					<b>400 IM</b>				
<b>Club Rec: 3:17.04</b>					<b>Club Rec: 7:22.25</b>				
Wendy Buckner	51	CMCS 2010	05/23/2010	3:17.04	Patricia Angus	51	ANN ARBOR	08/25/1996	7:22.25
Patricia Angus	51	ANN ARBOR	08/25/1996	3:26.51	Wendy Buckner	51	CMCS 2010	05/23/2010	7:38.47
Margaret Bakish	53	FINA	03/24/2002	3:27.90					
Kathleen Milne	51	WINTERLUD	02/09/2002	3:40.36					

<b>50 Fly</b>	<b>Club Rec: :42.09</b>	<b>Milne, Kathleen</b>	Liliane Cardinal	61	CMCS 2010	05/23/2010	1:11.62
Kathleen Milne	55	TECH 05/12/2006	:42.09	<b>100 Breast</b>	<b>Club Rec: 1:32.24</b>	<b>Bakish, Margaret</b>	
Patricia Angus	56	NEPEAN 02/26/2000	:44.06	Margaret Bakish	63	WORLDS 06/03/2012	1:32.24
<b>100 Fly</b>	<b>Club Rec: 1:37.66</b>	<b>Angus, Patricia</b>	Liliana Rusu	62	WINT19	02/16/2019	1:47.93
Patricia Angus	56	NEPEAN 02/26/2000	1:37.66	<b>200 Breast</b>	<b>Club Rec: 3:30.80</b>	<b>Bakish, Margaret</b>	
Margaret Bakish	56	LATYCAR 10/10/2005	1:48.93	Margaret Bakish	63	WORLDS 06/03/2012	3:30.80
<b>200 Fly</b>	<b>Club Rec: 3:50.90</b>	<b>Bakish, Margaret</b>	Liliana Rusu	60	WMG-NZ	04/21/2017	3:49.62
Margaret Bakish	59	WORLDS 04/15/2008	3:50.90	<b>50 Fly</b>	<b>Club Rec: :45.46</b>	<b>Angus, Patricia</b>	
Liliana Rusu	57	FINA 2014 07/28/2014	4:27.70	Patricia Angus	64	WORLDS 04/15/2008	:45.46
<b>200 IM</b>	<b>Club Rec: 3:25.71</b>	<b>Bakish, Margaret</b>	Margaret Bakish	60	QUEBEC	04/17/2009	:47.91
Margaret Bakish	56	LATYCAR 10/10/2005	3:25.71	<b>100 Fly</b>	<b>Club Rec: 1:37.75</b>	<b>Bakish, Margaret</b>	
Patricia Angus	56	NEPEAN 02/26/2000	3:38.35	Margaret Bakish	60	QUEBEC 04/17/2009	1:37.75
Kathleen Milne	57	WINTERLUD 02/23/2008	3:44.29	Patricia Angus	60	WINTERLUD 02/14/2004	1:43.53
<b>400 IM</b>	<b>Club Rec: 7:19.44</b>	<b>Bakish, Margaret</b>	Liliana Rusu	60	WMG-NZ	04/21/2017	1:50.06
Margaret Bakish	59	WORLDS 04/15/2008	7:19.44	<b>200 Fly</b>	<b>Club Rec: 3:35.41</b>	<b>Bakish, Margaret</b>	
Liliana Rusu	57	FINA 2014 07/28/2014	7:44.66	Margaret Bakish	60	QUEBEC 04/17/2009	3:35.41
<b>Female 60 to 64</b>			Patricia Angus	60	FINA MAST	06/03/2004	3:44.12
<b>50 Free</b>	<b>Club Rec: :34.27</b>	<b>Bakish, Margaret</b>	Liliana Rusu	60	WMG-NZ	04/21/2017	4:12.18
Margaret Bakish	63	WORLDS 06/03/2012	:34.27	<b>200 IM</b>	<b>Club Rec: 3:31.65</b>	<b>Bakish, Margaret</b>	
Patricia Niblett	63	WINNIPEG 05/20/1996	:39.46	Margaret Bakish	61	CMCS 2010 05/23/2010	3:31.65
Patricia Angus	60	WINTERLUD 02/14/2004	:40.53	Patricia Angus	60	FINA MAST 06/03/2004	3:47.65
Liliane Cardinal	61	CMCS 2010 05/23/2010	:52.60	Liliana Rusu	62	WINT19 02/16/2019	3:50.04
Cathy Brooks	61	FINA-Relay 07/28/2014	1:12.79	<b>400 IM</b>	<b>Club Rec: 7:09.00</b>	<b>Bakish, Margaret</b>	
<b>100 Free</b>	<b>Club Rec: 1:17.18</b>	<b>Bakish, Margaret</b>	Margaret Bakish	60	QUEBEC 04/17/2009	7:09.00	
Margaret Bakish	63	WORLDS 06/03/2012	1:17.18	Patricia Angus	60	FINA MAST 06/03/2004	7:50.62
Patricia Niblett	63	WINNIPEG 05/20/1996	1:30.52	Liliane Cardinal	61	CMCS 2010 05/23/2010	11:35.34
Patricia Angus	60	WINTERLUD 02/14/2004	1:33.82	<b>Female 65 to 69</b>			
Liliane Cardinal	61	CMCS 2010 05/23/2010	1:59.99	<b>50 Free</b>	<b>Club Rec: :40.15</b>	<b>Niblett, Patricia</b>	
<b>200 Free</b>	<b>Club Rec: 3:00.79</b>	<b>Bakish, Margaret</b>	Patricia Niblett	66	NEPEAN 02/21/1998	:40.15	
Margaret Bakish	60	QUEBEC 04/17/2009	3:00.79	Patricia Angus	65	QUEBEC 04/17/2009	:42.19
Patricia Angus	60	TECH 05/08/2004	3:17.20	<b>100 Free</b>	<b>Club Rec: 1:31.73</b>	<b>Niblett, Patricia</b>	
Patricia Niblett	63	WINNIPEG 05/20/1996	3:21.56	Patricia Niblett	66	NEPEAN 02/21/1998	1:31.73
Liliana Rusu	62	WINT19 02/16/2019	3:29.44	<b>200 Free</b>	<b>Club Rec: 3:20.85</b>	<b>Angus, Patricia</b>	
Liliane Cardinal	61	CMCS 2010 05/23/2010	4:18.73	Patricia Angus	65	QUEBEC 04/17/2009	3:20.85
<b>400 Free</b>	<b>Club Rec: 6:36.45</b>	<b>Bakish, Margaret</b>	Patricia Niblett	65	ORLANDO 08/01/1997	3:27.45	
Margaret Bakish	60	QUEBEC 04/17/2009	6:36.45	<b>400 Free</b>	<b>Club Rec: 7:03.94</b>	<b>Angus, Patricia</b>	
Patricia Angus	60	FINA MAST 06/03/2004	6:46.57	Patricia Angus	65	QUEBEC 04/17/2009	7:03.94
Patricia Niblett	63	WINNIPEG 05/20/1996	7:05.49	Patricia Niblett	65	ORLANDO 08/01/1997	7:22.39
Liliane Cardinal	61	CMCS 2010 05/23/2010	9:08.76	<b>800 Free</b>	<b>Club Rec: 14:53.67</b>	<b>Niblett, Patricia</b>	
<b>800 Free</b>	<b>Club Rec: 13:20.26</b>	<b>Bakish, Margaret</b>	Patricia Niblett	65	ORLANDO 08/01/1997	14:53.67	
Margaret Bakish	60	QUEBEC 04/17/2009	13:20.26	Patricia Angus	66	CMCS 2010 05/23/2010	14:54.51
Patricia Niblett	63	WINNIPEG 05/20/1996	14:50.21	Liliane Cardinal	66	Winterlude 02/21/2015	17:49.56
Diane Grant	62	FINA 2014 07/28/2014	16:59.61	<b>1500 Free</b>	<b>Club Rec: 28:03.57</b>	<b>Niblett, Patricia</b>	
Liliane Cardinal	61	CMCS 2010 05/23/2010	18:43.45	Patricia Niblett	65	ORLANDO 08/01/1997	28:03.57
<b>1500 Free</b>	<b>Club Rec: 24:58.87</b>	<b>Bakish, Margaret</b>	Patricia Angus	66	CMCS 2010 05/23/2010	28:26.37	
Margaret Bakish	60	QUEBEC 04/17/2009	24:58.87	<b>50 Back</b>	<b>Club Rec: :56.17</b>	<b>Niblett, Patricia</b>	
Patricia Niblett	63	WINNIPEG 05/20/1996	27:58.54	Patricia Niblett	66	EDMONTON 05/15/1998	:56.17
<b>50 Back</b>	<b>Club Rec: :49.45</b>	<b>Angus, Patricia</b>	<b>100 Back</b>	<b>Club Rec: 2:35.70</b>	<b>Cardinal, Liliane</b>		
Patricia Angus	60	FINA MAST 06/03/2004	:49.45	Liliane Cardinal	68	LaSalle 04/01/2017	2:35.70
Liliana Rusu	62	WINT19 02/16/2019	:54.17	<b>200 Back</b>	<b>Club Rec: 5:24.45</b>	<b>Cardinal, Liliane</b>	
Cathy Brooks	61	FINA-Relay 07/28/2014	1:11.73	Liliane Cardinal	68	LaSalle 04/01/2017	5:24.45
Liliane Cardinal	61	CMCS 2010 05/23/2010	1:20.07	<b>50 Breast</b>	<b>Club Rec: 1:03.49</b>	<b>Moody-corbett, Penny</b>	
<b>200 Back</b>	<b>Club Rec: 3:48.26</b>	<b>Bakish, Margaret</b>	Penny Moody-corbett	65	NEPEAN '14 02/15/2014	1:03.49	
Margaret Bakish	61	WINTL 2010 02/28/2010	3:48.26	<b>100 Breast</b>	<b>Club Rec: 2:26.63</b>	<b>Moody-corbett, Penny</b>	
<b>50 Breast</b>	<b>Club Rec: :43.67</b>	<b>Bakish, Margaret</b>	Penny Moody-corbett	65	NEPEAN '14 02/15/2014	2:26.63	
Margaret Bakish	63	WORLDS 06/03/2012	:43.67				
Liliana Rusu	60	WMG-NZ 04/21/2017	:48.46				
Patricia Niblett	63	WINNIPEG 05/20/1996	:55.40				

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<b>50 Fly</b>	<b>Club Rec: :46.74</b>	<b>Angus, Patricia</b>		<b>200 Free</b>	<b>Club Rec: 3:49.79</b>	<b>Niblett, Patricia</b>	
Patricia Angus	66	CMCS 2010 05/23/2010	:46.74	Patricia Niblett	76	WORLDS 04/15/2008	3:49.79
<b>100 Fly</b>	<b>Club Rec: 1:51.10</b>	<b>Angus, Patricia</b>		<b>400 Free</b>	<b>Club Rec: 8:17.89</b>	<b>Niblett, Patricia</b>	
Patricia Angus	66	WINTL 2010 02/28/2010	1:51.10	Patricia Niblett	76	WORLDS 04/15/2008	8:17.89
Liliane Cardinal	68	LaSalle 04/01/2017	2:51.43	<b>800 Free</b>	<b>Club Rec: 16:51.76</b>	<b>Niblett, Patricia</b>	
<b>200 Fly</b>	<b>Club Rec: 4:14.99</b>	<b>Angus, Patricia</b>		Patricia Niblett	75	winterlude 02/24/2007	16:51.76
Patricia Angus	66	CMCS 2010 05/23/2010	4:14.99	<b>50 Back</b>	<b>Club Rec: :57.32</b>	<b>Niblett, Patricia</b>	
<b>200 IM</b>	<b>Club Rec: 4:01.83</b>	<b>Angus, Patricia</b>		Patricia Niblett	76	WORLDS 04/15/2008	:57.32
Patricia Angus	65	QUEBEC 04/17/2009	4:01.83	<b>50 Breast</b>	<b>Club Rec: 1:01.38</b>	<b>Niblett, Patricia</b>	
Liliane Cardinal	66	Winterlude 02/21/2015	5:20.76	Patricia Niblett	77	QUEBEC 04/17/2009	1:01.38
<b>Female 70 to 74</b>				<b>100 Breast</b>	<b>Club Rec: 2:26.86</b>	<b>Niblett, Patricia</b>	
<b>50 Free</b>	<b>Club Rec: :40.07</b>	<b>Milburn-Smith, Dorothy</b>		Patricia Niblett	78	CMCS 2010 05/23/2010	2:26.86
Dorothy Milburn-Smith	70	FINA-Relay 07/28/2014	:40.07	<b>Female 80 to 84</b>			
Patricia Niblett	72	TECH 05/08/2004	:40.98	<b>100 Free</b>	<b>Club Rec: 1:49.14</b>	<b>Niblett, Patricia</b>	
Patricia Angus	70	NEPEAN '14 02/15/2014	:45.96	Patricia Niblett	80	WINTERLUD 02/25/2012	1:49.14
<b>100 Free</b>	<b>Club Rec: 1:34.29</b>	<b>Niblett, Patricia</b>		<b>200 Free</b>	<b>Club Rec: 4:10.24</b>	<b>Niblett, Patricia</b>	
Patricia Niblett	70	FINA 03/24/2002	1:34.29	Patricia Niblett	80	WINTERLUD 02/25/2012	4:10.24
Patricia Angus	70	QueCircuit 05/31/2014	1:44.65	<b>400 Free</b>	<b>Club Rec: 9:30.29</b>	<b>Niblett, Patricia</b>	
<b>200 Free</b>	<b>Club Rec: 3:27.67</b>	<b>Niblett, Patricia</b>		Patricia Niblett	80	WINTERLUD 02/25/2012	9:30.29
Patricia Niblett	70	FINA 03/24/2002	3:27.67	<b>800 Free</b>	<b>Club Rec: 19:13.00</b>	<b>Niblett, Patricia</b>	
Dorothy Milburn-Smith	70	FINA 2014 07/28/2014	5:20.99	Patricia Niblett	80	WINTERLUD 02/25/2012	19:13.00
<b>400 Free</b>	<b>Club Rec: 7:26.22</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	70	FINA 03/24/2002	7:26.22				
Patricia Angus	70	FINA 2014 07/28/2014	7:31.09				
<b>800 Free</b>	<b>Club Rec: 15:05.32</b>	<b>Angus, Patricia</b>					
Patricia Angus	70	FINA 2014 07/28/2014	15:05.32				
Patricia Niblett	70	FINA 03/24/2002	15:10.32				
<b>1500 Free</b>	<b>Club Rec: 31:02.21</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	70	COUPE 11/30/2002	31:02.21				
<b>50 Back</b>	<b>Club Rec: :51.94</b>	<b>Milburn-Smith, Dorothy</b>					
Dorothy Milburn-Smith	70	FINA-Relay 07/28/2014	:51.94				
Patricia Niblett	72	WINTERLUD 02/14/2004	:54.19				
Patricia Angus	70	QueCircuit 05/31/2014	1:03.06				
<b>100 Back</b>	<b>Club Rec: 2:02.75</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	73	TECH 05/07/2005	2:02.75				
<b>50 Breast</b>	<b>Club Rec: :54.12</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	72	WINTERLUD 02/14/2004	:54.12				
Patricia Angus	70	QueCircuit 05/31/2014	1:02.35				
<b>100 Breast</b>	<b>Club Rec: 2:09.62</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	72	TECH 04/24/2004	2:09.62				
<b>50 Fly</b>	<b>Club Rec: :52.65</b>	<b>Angus, Patricia</b>					
Patricia Angus	70	NEPEAN '14 02/15/2014	:52.65				
<b>100 Fly</b>	<b>Club Rec: 1:51.58</b>	<b>Angus, Patricia</b>					
Patricia Angus	70	FINA 2014 07/28/2014	1:51.58				
<b>200 Fly</b>	<b>Club Rec: 4:11.69</b>	<b>Angus, Patricia</b>					
Patricia Angus	70	QueCircuit 05/31/2014	4:11.69				
<b>400 IM</b>	<b>Club Rec: 9:02.06</b>	<b>Angus, Patricia</b>					
Patricia Angus	70	FINA 2014 07/28/2014	9:02.06				
<b>Female 75 to 79</b>							
<b>50 Free</b>	<b>Club Rec: :45.18</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	76	WORLDS 04/15/2008	:45.18				
<b>100 Free</b>	<b>Club Rec: 1:42.79</b>	<b>Niblett, Patricia</b>					
Patricia Niblett	76	WORLDS 04/15/2008	1:42.79				



<b>Male 18 to 24</b>					<b>100 Back</b>	<b>Club Rec: 1:27.52</b>	<b>Boileau, Justin</b>		
<b>50 Free</b>	<b>Club Rec: :31.71</b>	<b>Boileau, Michel</b>			Justin Boileau	25	EDMONTON	05/15/1998	1:27.52
Michel Boileau	22	NEPEAN	02/10/1996	:31.71	<b>50 Breast</b>				
					<b>Club Rec: :35.36</b>	<b>Kennedy, Ian</b>			
<b>100 Free</b>	<b>Club Rec: 1:09.02</b>	<b>Boileau, Michel</b>			Ian Kennedy	27	WINTERLUD	02/14/2004	:35.36
Michel Boileau	22	NEPEAN	02/10/1996	1:09.02	Mark McKenna	29	NEPEAN	02/15/1997	:35.76
Maurice Gibbs	24	NEPEAN	02/15/1997	1:19.15	Brian (dob) Morgan	25	TECH	04/24/2004	:38.34
					Rob Clay	28	NEPEAN	02/21/1998	:40.18
<b>400 Free</b>	<b>Club Rec: 5:44.34</b>	<b>Boileau, Michel</b>			Mike Vanderveer	29	NEPEAN	02/21/1998	:41.77
Michel Boileau	22	NEPEAN	02/10/1996	5:44.34	Harrison Andrews	27	WINT19	02/16/2019	:48.32
					<b>100 Breast</b>	<b>Club Rec: 1:18.30</b>	<b>McKenna, Mark</b>		
<b>1500 Free</b>	<b>Club Rec: 24:49.40</b>	<b>Kokotailo, Jason</b>			Mark McKenna	29	NEPEAN	02/15/1997	1:18.30
Jason Kokotailo	21	TECH	06/05/2004	24:49.40	Justin Boileau	25	NEPEAN	02/21/1998	1:26.01
					Jorge (dob) Prieto	26	WINTERLUD	02/11/2006	1:30.64
<b>50 Breast</b>	<b>Club Rec: :37.70</b>	<b>Christie, Jonathon</b>			Rob Clay	25	NEPEAN	02/10/1996	1:36.02
Jonathon Christie	24	NEPEAN	02/21/1998	:37.70	Harrison Andrews	27	WINT19	02/16/2019	1:49.95
Maurice Gibbs	24	NEPEAN	02/15/1997	:40.93	<b>200 Breast</b>				
					<b>Club Rec: 3:31.15</b>	<b>Clay, Rob</b>			
<b>100 Breast</b>	<b>Club Rec: 1:34.31</b>	<b>Gibbs, Maurice</b>			Rob Clay	28	NEPEAN	02/21/1998	3:31.15
Maurice Gibbs	24	NEPEAN	02/15/1997	1:34.31	<b>50 Fly</b>				
					<b>Club Rec: :27.82</b>	<b>Paquette, Daniel</b>			
<b>50 Fly</b>	<b>Club Rec: :32.15</b>	<b>Christie, Jonathon</b>			Daniel Paquette	25	NEPEAN	02/13/1999	:27.82
Jonathon Christie	24	NEPEAN	02/21/1998	:32.15	Ian Kennedy	27	WINTERLUD	02/14/2004	:29.05
Michel Boileau	22	NEPEAN	02/10/1996	:34.33	Michel Elibani	26	NEPEAN	02/15/1997	:31.93
					Michel Boileau	25	TECHNOSPO	03/28/1998	:33.02
<b>Male 25 to 29</b>					Justin Boileau	25	NEPEAN	02/21/1998	:34.60
<b>50 Free</b>	<b>Club Rec: :26.37</b>	<b>Paquette, Daniel</b>			<b>100 Fly</b>				
Daniel Paquette	25	NEPEAN	02/13/1999	:26.37	<b>Club Rec: 1:21.75</b>	<b>Boileau, Michel</b>			
Ian Kennedy	27	WINTERLUD	02/14/2004	:26.59	Michel Boileau	26	NEPEAN	02/13/1999	1:21.75
Mark McKenna	29	NEPEAN	02/15/1997	:28.38	Daniel Brumar	26	WINT19	02/16/2019	1:22.37
Michel Elibani	26	NEPEAN	02/15/1997	:29.52	<b>200 IM</b>				
Daniel Brumar	26	WINT19	02/16/2019	:29.98	<b>Club Rec: 2:41.36</b>	<b>Brumar, Daniel</b>			
Brian (dob) Morgan	25	TECH	04/24/2004	:30.28	Daniel Brumar	26	WINT19	02/16/2019	2:41.36
Nathaniel Mallet	28	NEPEAN	02/26/2000	:30.63	Justin Boileau	25	EDMONTON	05/15/1998	2:48.25
Michel Boileau	25	NEPEAN	02/21/1998	:31.37	Michel Boileau	25	NEPEAN	02/21/1998	2:52.93
Rob Clay	26	NEPEAN	02/15/1997	:34.53	Michel Elibani	26	NEPEAN	02/15/1997	2:54.62
Eppo Maertens	26	TECHNOSPO	05/23/1998	:36.57	Brian (dob) Morgan	25	TECH	04/24/2004	2:56.43
					Jorge (dob) Prieto	26	WINTERLUD	02/11/2006	3:11.22
<b>100 Free</b>	<b>Club Rec: :58.02</b>	<b>Paquette, Daniel</b>			<b>Male 30 to 34</b>				
Daniel Paquette	25	NEPEAN	02/13/1999	:58.02	<b>50 Free</b>	<b>Club Rec: :25.96</b>	<b>Yogi, Alvaro</b>		
Ian Kennedy	27	WINTERLUD	02/14/2004	:59.69	Alvaro Yogi	34	FINA-Relay	07/28/2014	:25.96
Mark McKenna	29	NEPEAN	02/15/1997	1:03.17	Scott Dick	33	LAKESIDE	08/12/2004	:26.87
Justin Boileau	25	EDMONTON	05/15/1998	1:04.76	Danny Finch	34	COUPE	11/30/2002	:27.19
Michel Elibani	26	NEPEAN	02/15/1997	1:04.86	Ken Sabourin	31	NEPEAN	02/10/1996	:29.54
Michel Boileau	25	TECHNOSPO	03/28/1998	1:10.33	Michael Robern	34	NEPEAN	02/10/1996	:29.88
Marco Carlone	29	NEPEAN	02/10/1996	1:11.27	Steven Cann	30	TECH	05/07/2005	:30.68
Mike Vanderveer	29	NEPEAN	02/21/1998	1:17.49	Lee Storm	34	TECH	04/24/2004	:31.81
Eppo Maertens	26	TECHNOSPO	05/23/1998	1:26.49	Marco Carlone	30	WINNIPEG	05/20/1996	:31.86
					Ian Fraser	31	NEPEAN	02/10/1996	:32.14
<b>200 Free</b>	<b>Club Rec: 2:29.36</b>	<b>Boileau, Justin</b>			Tim Lang	34	NEPEAN	02/10/1996	:32.89
Justin Boileau	26	NEPEAN	02/13/1999	2:29.36	<b>100 Free</b>				
Marco Carlone	29	NEPEAN	02/10/1996	2:35.64	<b>Club Rec: :57.30</b>	<b>Dick, Scott</b>			
Michel Boileau	25	TECHNOSPO	03/28/1998	2:41.54	Scott Dick	34	WORLDS	07/22/2005	:57.30
					Danny Finch	34	COUPE	11/30/2002	:58.84
<b>400 Free</b>	<b>Club Rec: 5:25.57</b>	<b>Boileau, Justin</b>			Mo Grimshaw	31	TECHNOSPO	03/28/1998	1:03.14
Justin Boileau	25	EDMONTON	05/15/1998	5:25.57	Steven Cann	30	TECH	05/07/2005	1:06.15
Michel Elibani	26	NEPEAN	02/15/1997	5:42.91	Michael Robern	34	NEPEAN	02/10/1996	1:07.40
Michel Boileau	25	NEPEAN	02/21/1998	5:52.69	Ken Sabourin	31	NEPEAN	02/10/1996	1:09.61
					Marco Carlone	30	WINNIPEG	05/20/1996	1:10.01
<b>800 Free</b>	<b>Club Rec: 14:22.17</b>	<b>Maertens, Eppo</b>			Tim Lang	34	NEPEAN	02/10/1996	1:10.95
Eppo Maertens	26	TECHNOSPO	06/06/1998	14:22.17	<b>200 Free</b>				
					<b>Club Rec: 2:09.38</b>	<b>Dick, Scott</b>			
<b>1500 Free</b>	<b>Club Rec: 27:05.03</b>	<b>Maertens, Eppo</b>			Scott Dick	34	WORLDS	07/22/2005	2:09.38
Eppo Maertens	26	TECHNOSPO	03/28/1998	27:05.03	Mo Grimshaw	31	TECHNOSPO	03/28/1998	2:21.30
					Tim Lang	34	NEPEAN	02/10/1996	2:27.55
<b>50 Back</b>	<b>Club Rec: :33.76</b>	<b>Brumar, Daniel</b>			Ian Fraser	31	NEPEAN	02/10/1996	2:28.88
Daniel Brumar	26	WINT19	02/16/2019	:33.76	<b>Male 30 to 34</b>				
Jorge (dob) Prieto	26	WINTERLUD	02/11/2006	:38.33	<b>50 Free</b>	<b>Club Rec: :25.96</b>	<b>Yogi, Alvaro</b>		
Marco Carlone	29	NEPEAN	02/10/1996	:42.97	Alvaro Yogi	34	FINA-Relay	07/28/2014	:25.96
					Scott Dick	33	LAKESIDE	08/12/2004	:26.87
					Danny Finch	34	COUPE	11/30/2002	:27.19
					Ken Sabourin	31	NEPEAN	02/10/1996	:29.54
					Michael Robern	34	NEPEAN	02/10/1996	:29.88
					Steven Cann	30	TECH	05/07/2005	:30.68
					Lee Storm	34	TECH	04/24/2004	:31.81
					Marco Carlone	30	WINNIPEG	05/20/1996	:31.86
					Ian Fraser	31	NEPEAN	02/10/1996	:32.14
					Tim Lang	34	NEPEAN	02/10/1996	:32.89
					<b>100 Free</b>				
					<b>Club Rec: :57.30</b>	<b>Dick, Scott</b>			
					Scott Dick	34	WORLDS	07/22/2005	:57.30
					Danny Finch	34	COUPE	11/30/2002	:58.84
					Mo Grimshaw	31	TECHNOSPO	03/28/1998	1:03.14
					Steven Cann	30	TECH	05/07/2005	1:06.15
					Michael Robern	34	NEPEAN	02/10/1996	1:07.40
					Ken Sabourin	31	NEPEAN	02/10/1996	1:09.61
					Marco Carlone	30	WINNIPEG	05/20/1996	1:10.01
					Tim Lang	34	NEPEAN	02/10/1996	1:10.95
					<b>200 Free</b>				
					<b>Club Rec: 2:09.38</b>	<b>Dick, Scott</b>			
					Scott Dick	34	WORLDS	07/22/2005	2:09.38
					Mo Grimshaw	31	TECHNOSPO	03/28/1998	2:21.30
					Tim Lang	34	NEPEAN	02/10/1996	2:27.55
					Ian Fraser	31	NEPEAN	02/10/1996	2:28.88

## Technosport - 1995/2022 - Long Course Metres Tag Times

Steven Cann	30	TECH	05/07/2005	2:29.89	<b>100 Fly</b>	<b>Club Rec: 1:04.08</b>	<b>Dick, Scott</b>		
Marco Carlone	30	WINNIPEG	05/20/1996	2:34.39	Scott Dick	34	WORLDS	07/22/2005	1:04.08
Maurice Gibbs	33	WORLDS	07/22/2005	2:40.92	Danny Finch	30	TECHNOSPO	05/23/1998	1:07.24
<b>400 Free</b>	<b>Club Rec: 4:44.21</b>	<b>Finch, Danny</b>			Alvaro Yogi	34	NEPEAN '14	02/15/2014	1:08.84
Danny Finch	34	COUPE	11/30/2002	4:44.21	Mark McKenna	33	NEPEAN	02/26/2000	1:12.42
Scott Dick	33	WINTERLUD	02/14/2004	5:02.04	<b>200 Fly</b>	<b>Club Rec: 2:23.81</b>	<b>Finch, Danny</b>		
Tim Lang	34	NEPEAN	02/10/1996	5:09.67	Danny Finch	34	WINTERLUD	02/09/2002	2:23.81
Michael Lane	33	NEPEAN	02/26/2000	5:18.73	Scott Dick	34	WORLDS	07/22/2005	2:29.15
Marco Carlone	30	WINNIPEG	05/20/1996	5:40.21	<b>200 IM</b>	<b>Club Rec: 2:24.27</b>	<b>Finch, Danny</b>		
Maurice Gibbs	33	WORLDS	07/22/2005	6:02.71	Danny Finch	34	WINTERLUD	02/09/2002	2:24.27
<b>800 Free</b>	<b>Club Rec: 10:04.92</b>	<b>Finch, Danny</b>			Scott Dick	32	WINTERLUD	02/08/2003	2:39.41
Danny Finch	34	COUPE	11/30/2002	10:04.92	Steven Cann	30	TECH	05/07/2005	2:56.81
Maurice Gibbs	33	WORLDS	07/22/2005	12:35.04	Lee Storm	34	TECH	04/24/2004	3:10.06
<b>1500 Free</b>	<b>Club Rec: 18:49.91</b>	<b>Finch, Danny</b>			Maurice Gibbs	33	WORLDS	07/22/2005	3:14.23
Danny Finch	34	COUPE	11/30/2002	18:49.91	<b>400 IM</b>	<b>Club Rec: 5:09.90</b>	<b>Finch, Danny</b>		
Michael Lane	33	BALTIMORE	08/17/2000	20:06.72	Danny Finch	34	WINTERLUD	02/09/2002	5:09.90
Mo Grimshaw	31	TECHNOSPO	04/18/1998	20:48.48	Alvaro Yogi	34	FINA 2014	07/28/2014	5:18.07
<b>50 Back</b>	<b>Club Rec: :32.65</b>	<b>Yogi, Alvaro</b>			Scott Dick	34	WORLDS	07/22/2005	5:21.34
Alvaro Yogi	34	NEPEAN '14	02/15/2014	:32.65	Michael Lane	33	BALTIMORE	08/17/2000	5:41.54
Ken Sabourin	31	NEPEAN	02/10/1996	:35.00	<b>Male 35 to 39</b>				
Michael Robern	34	NEPEAN	02/10/1996	:41.70	<b>50 Free</b>	<b>Club Rec: :26.35</b>	<b>Dick, Scott</b>		
Marco Carlone	30	WINNIPEG	05/20/1996	:45.12	Scott Dick	36	winterlude	02/24/2007	:26.35
<b>100 Back</b>	<b>Club Rec: 1:05.34</b>	<b>Yogi, Alvaro</b>			Danny Finch	36	TECH	05/08/2004	:27.56
Alvaro Yogi	34	FINA 2014	07/28/2014	1:05.34	Oliver Gomes	39	CMCS 2010	05/23/2010	:27.58
Danny Finch	34	WINTERLUD	02/09/2002	1:09.46	Steve Coles	39	NEPEAN	02/21/1998	:28.86
Scott Dick	33	LAKESIDE	08/12/2004	1:12.73	Clement Chan	35	FINA 2014	07/28/2014	:29.03
Ken Sabourin	31	NEPEAN	02/10/1996	1:14.43	John Timmermans	38	CMCS 2010	05/23/2010	:30.88
Michael Lane	33	NEPEAN	02/26/2000	1:18.84	Kevin Saunders	35	NEPEAN	02/21/1998	:34.41
Maurice Gibbs	33	WORLDS	07/22/2005	3:14.23	Aaron Marsaw	36	QUEBEC	04/17/2009	:41.94
<b>200 Back</b>	<b>Club Rec: 2:24.89</b>	<b>Yogi, Alvaro</b>			Jean Pascal Paris	37	TECHNOSPO	05/23/1998	:45.95
Alvaro Yogi	34	FINA 2014	07/28/2014	2:24.89	Ian Cameron	38	TECHNOSPO	03/28/1998	:51.75
Danny Finch	34	COUPE	11/30/2002	2:32.54	<b>100 Free</b>	<b>Club Rec: :56.56</b>	<b>Dick, Scott</b>		
Scott Dick	33	WINTERLUD	02/14/2004	2:43.33	Scott Dick	37	WINTERLUD	02/23/2008	:56.56
Michael Lane	33	NEPEAN	02/26/2000	2:50.85	Danny Finch	36	TECH	05/08/2004	:59.57
<b>50 Breast</b>	<b>Club Rec: :32.62</b>	<b>Pilon, Christian</b>			Oliver Gomes	39	CMCS 2010	05/23/2010	1:01.85
Christian Pilon	30	NEPEAN	02/10/1996	:32.62	Steve Coles	39	NEPEAN	02/21/1998	1:05.18
Danny Finch	34	COUPE	11/30/2002	:34.51	Clement Chan	35	FINA 2014	07/28/2014	1:05.82
Michael Lane	33	BALTIMORE	08/17/2000	:34.95	John Timmermans	38	CMCS 2010	05/23/2010	1:05.93
Mark McKenna	33	NEPEAN	02/26/2000	:35.85	Lee Storm	35	TECH	05/07/2005	1:10.79
Mo Grimshaw	31	TECHNOSPO	03/28/1998	:38.89	Kevin Saunders	35	NEPEAN	02/21/1998	1:17.87
<b>100 Breast</b>	<b>Club Rec: 1:16.56</b>	<b>Finch, Danny</b>			Aaron Marsaw	36	QUEBEC	04/17/2009	1:35.88
Danny Finch	34	COUPE	11/30/2002	1:16.56	Jean Pascal Paris	37	TECHNOSPO	05/23/1998	1:50.28
Alvaro Yogi	34	NEPEAN '14	02/15/2014	1:18.35	<b>200 Free</b>	<b>Club Rec: 2:08.05</b>	<b>Dick, Scott</b>		
Michael Lane	33	BALTIMORE	08/17/2000	1:18.78	Scott Dick	37	WINTERLUD	02/23/2008	2:08.05
Mark McKenna	31	NEPEAN	02/21/1998	1:19.96	Danny Finch	36	NATIONALS	05/21/2004	2:08.17
<b>200 Breast</b>	<b>Club Rec: 2:48.02</b>	<b>Finch, Danny</b>			Oliver Gomes	39	CMCS 2010	05/23/2010	2:27.18
Danny Finch	31	NEPEAN	02/13/1999	2:48.02	Clement Chan	35	FINA 2014	07/28/2014	2:31.06
Michael Lane	33	BALTIMORE	08/17/2000	2:54.26	John Timmermans	38	CMCS 2010	05/23/2010	2:33.63
Alvaro Yogi	34	NEPEAN '14	02/15/2014	2:56.61	Lee Storm	35	TECH	05/07/2005	2:40.98
<b>50 Fly</b>	<b>Club Rec: :29.46</b>	<b>Grimshaw, Mo</b>			Kevin Saunders	35	NEPEAN	02/21/1998	3:05.99
Mo Grimshaw	31	TECHNOSPO	03/28/1998	:29.46	Chris Moule	39	TECH	04/24/2004	4:08.89
Scott Dick	32	WINTERLUD	02/08/2003	:29.83	<b>400 Free</b>	<b>Club Rec: 4:34.49</b>	<b>Finch, Danny</b>		
Alvaro Yogi	34	QueCircuit	05/31/2014	:29.92	Danny Finch	36	NATIONALS	05/21/2004	4:34.49
Danny Finch	34	COUPE	11/30/2002	:30.19	Scott Dick	35	WINTERLUD	02/11/2006	4:51.74
Mark McKenna	31	NEPEAN	02/21/1998	:30.81	Kevin Saunders	35	NEPEAN	02/21/1998	6:50.59
Marco Carlone	30	WINNIPEG	05/20/1996	:35.85	Aaron Marsaw	36	QUEBEC	04/17/2009	7:37.92
					Chris Moule	39	TECH	04/24/2004	8:42.95
					Jean Pascal Paris	37	TECHNOSPO	05/23/1998	9:04.06

<b>800 Free</b>	<b>Club Rec: 9:23.94</b>	<b>Finch, Danny</b>			<b>Male 40 to 44</b>					
Danny Finch	36	TECH	06/05/2004	9:23.94	<b>50 Free</b>	<b>Club Rec: :25.50</b>	<b>Deschenes, Gilles (DOB)</b>			
Aaron Marsaw	35	WINTERLUD	02/23/2008	17:23.40	Gilles (DOB) Deschenes	41	WORLDS	07/22/2005	:25.50	
Ian Cameron	38	TECHNOSPO	04/18/1998	24:45.44	Chris McCarthy	43	CMCS 2010	05/23/2010	:27.39	
<b>1500 Free</b>	<b>Club Rec: 18:15.40</b>	<b>Finch, Danny</b>			Doug Lloyd	40	CMCS 2010	05/23/2010	:28.32	
Danny Finch	38	TECH	06/03/2006	18:15.40	Warren Lloyd	42	CMCS 2010	05/23/2010	:28.54	
James Norman	38	TECHNOSPO	04/18/1998	22:45.05	Iain Meredith	40	WINT19	02/16/2019	:29.03	
Jon Stuart	35	TECHNOSPO	04/18/1998	26:23.16	Steve Coles	41	NEPEAN	02/26/2000	:29.66	
<b>50 Back</b>	<b>Club Rec: :32.47</b>	<b>Finch, Danny</b>			James Norman	44	TECH	04/24/2004	:30.34	
Danny Finch	36	TECH	05/08/2004	:32.47	Allan Walton	41	NEPEAN	02/10/1996	:32.61	
James Wildsmith	35	FINA-Relay	07/28/2014	:33.46	Lee Storm	40	CMCS 2010	05/23/2010	:33.69	
Oliver Gomes	39	CMCS 2010	05/23/2010	:36.25	Peter Scanlan	41	WINTERLUD	02/11/2006	:35.71	
Lee Storm	35	TECH	05/07/2005	:38.13	<b>100 Free</b>	<b>Club Rec: :56.46</b>	<b>Deschenes, Gilles (DOB)</b>			
Clement Chan	35	NEPEAN '14	02/15/2014	:39.86	Gilles (DOB) Deschenes	41	WORLDS	07/22/2005	:56.46	
Reid Van Melle	39	FINA-Relay	07/28/2014	:42.13	Scott Dick	43	FINA 2014	07/28/2014	1:00.00	
John Timmermans	38	CMCS 2010	05/23/2010	:44.86	Stan McLaurin	43	NEPEAN '14	02/15/2014	1:03.02	
<b>100 Back</b>	<b>Club Rec: 1:09.07</b>	<b>Finch, Danny</b>			Doug Lloyd	40	CMCS 2010	05/23/2010	1:03.36	
Danny Finch	35	WINTERLUD	02/08/2003	1:09.07	Iain Meredith	40	WINT19	02/16/2019	1:03.90	
Oliver Gomes	39	CMCS 2010	05/23/2010	1:20.89	Kamal Maghri	41	FINA 2014	07/28/2014	1:08.49	
Lee Storm	35	TECH	05/07/2005	1:25.07	Allan Walton	41	NEPEAN	02/10/1996	1:11.87	
<b>200 Back</b>	<b>Club Rec: 2:28.02</b>	<b>Finch, Danny</b>			James Norman	40	NEPEAN	02/26/2000	1:12.45	
Danny Finch	38	TECH	06/03/2006	2:28.02	Lee Storm	40	CMCS 2010	05/23/2010	1:17.82	
Aaron Marsaw	36	QUEBEC	04/17/2009	2:28.65	Peter Scanlan	41	WINTERLUD	02/11/2006	1:19.18	
<b>50 Breast</b>	<b>Club Rec: :34.33</b>	<b>Finch, Danny</b>			<b>200 Free</b>	<b>Club Rec: 2:06.55</b>	<b>Deschenes, Gilles (DOB)</b>			
Danny Finch	36	TECH	04/24/2004	:34.33	Gilles (DOB) Deschenes	41	WORLDS	07/22/2005	2:06.55	
Alvaro Yogi	35	Winterlude	02/21/2015	:38.93	Scott Dick	43	NEPEAN '14	02/15/2014	2:09.70	
Luc Marineau	39	CMCS 2010	05/23/2010	:40.99	Stan McLaurin	43	FINA 2014	07/28/2014	2:14.20	
Aaron Marsaw	36	QUEBEC	04/17/2009	:51.72	Chris McCarthy	43	WINTL 2010	02/28/2010	2:14.65	
<b>100 Breast</b>	<b>Club Rec: 1:15.61</b>	<b>Finch, Danny</b>			Stan McLaurin	43	NEPEAN '14	02/15/2014	2:22.44	
Danny Finch	37	TECH	05/07/2005	1:15.61	Allan Walton	41	NEPEAN	02/10/1996	2:40.68	
<b>200 Breast</b>	<b>Club Rec: 2:41.90</b>	<b>Finch, Danny</b>			Lee Storm	40	CMCS 2010	05/23/2010	2:41.49	
Danny Finch	38	TECH	05/12/2006	2:41.90	Peter Scanlan	40	TECH	05/07/2005	2:58.59	
Alvaro Yogi	35	Winterlude	02/21/2015	2:56.13	<b>400 Free</b>	<b>Club Rec: 4:35.34</b>	<b>Deschenes, Gilles (DOB)</b>			
Luc Marineau	39	CMCS 2010	05/23/2010	3:25.75	Gilles (DOB) Deschenes	41	WORLDS	07/22/2005	4:35.34	
Aaron Marsaw	35	WINTERLUD	02/23/2008	4:11.14	Dejan Custic	42	CMCS 2010	05/23/2010	4:45.98	
<b>50 Fly</b>	<b>Club Rec: :28.51</b>	<b>Dick, Scott</b>			Chris McCarthy	43	CMCS 2010	05/23/2010	4:50.44	
Scott Dick	37	WINTERLUD	02/23/2008	:28.51	Kamal Maghri	41	FINA 2014	07/28/2014	5:25.30	
Danny Finch	37	TECH	05/07/2005	:29.30	Lee Storm	40	CMCS 2010	05/23/2010	5:47.30	
Alvaro Yogi	35	Winterlude	02/21/2015	:29.84	<b>800 Free</b>	<b>Club Rec: 9:59.08</b>	<b>Custic, Dejan</b>			
Oliver Gomes	39	CMCS 2010	05/23/2010	:31.59	Dejan Custic	42	CMCS 2010	05/23/2010	9:59.08	
Clement Chan	35	FINA 2014	07/28/2014	:31.89	Chris McCarthy	43	CMCS 2010	05/23/2010	10:09.58	
Steve Coles	39	NEPEAN	02/21/1998	:32.88	Scott Dick	43	FINA 2014	07/28/2014	10:23.35	
John Timmermans	38	CMCS 2010	05/23/2010	:35.81	Lee Storm	40	CMCS 2010	05/23/2010	12:02.80	
Luc Marineau	39	CMCS 2010	05/23/2010	:36.05	<b>1500 Free</b>	<b>Club Rec: 20:01.15</b>	<b>McCarthy, Chris</b>			
<b>100 Fly</b>	<b>Club Rec: 1:03.05</b>	<b>Dick, Scott</b>			Chris McCarthy	43	CMCS 2010	05/23/2010	20:01.15	
Scott Dick	37	WINTERLUD	02/23/2008	1:03.05	James Norman	44	TECH	06/05/2004	22:10.53	
Danny Finch	36	WINTERLUD	02/14/2004	1:03.17	Lee Storm	40	CMCS 2010	05/23/2010	23:31.26	
Alvaro Yogi	35	Winterlude	02/21/2015	1:08.65	<b>50 Back</b>	<b>Club Rec: :31.44</b>	<b>McCarthy, Chris</b>			
<b>200 Fly</b>	<b>Club Rec: 2:18.66</b>	<b>Finch, Danny</b>			Chris McCarthy	43	WINTL 2010	02/28/2010	:31.44	
Danny Finch	37	TECH	05/07/2005	2:18.66	Doug Lloyd	40	CMCS 2010	05/23/2010	:32.85	
<b>200 IM</b>	<b>Club Rec: 2:21.84</b>	<b>Finch, Danny</b>			Stan McLaurin	43	NEPEAN '14	02/15/2014	:34.59	
Danny Finch	36	NATIONALS	05/21/2004	2:21.84	Warren Lloyd	42	CMCS 2010	05/23/2010	:35.21	
Alvaro Yogi	35	Winterlude	02/21/2015	2:35.60	Lee Storm	40	CMCS 2010	05/23/2010	:40.14	
Aaron Marsaw	36	QUEBEC	04/17/2009	4:22.92	Peter Scanlan	41	TECH	05/12/2006	:50.16	
<b>400 IM</b>	<b>Club Rec: 5:01.50</b>	<b>Finch, Danny</b>			<b>100 Back</b>	<b>Club Rec: 1:07.72</b>	<b>Mcarton, John</b>			
Danny Finch	36	TECH	04/24/2004	5:01.50	John Mcarton	40	FINA 2014	07/28/2014	1:07.72	
					Chris McCarthy	43	WINTL 2010	02/28/2010	1:08.60	
					Doug Lloyd	40	CMCS 2010	05/23/2010	1:13.85	
					Iain Meredith	40	WINT19	02/16/2019	1:22.91	

## Technosport - 1995/2022 - Long Course Metres Tag Times

Lee Storm	40	CMCS 2010	05/23/2010	1:27.51	James Norman	46	TECH	05/12/2006	1:09.57
<b>200 Back</b>	<b>Club Rec: 2:32.41</b>	<b>McCarthy, Chris</b>			Brian Lehmkuhl	49	CMCS 2010	05/23/2010	1:10.30
Chris McCarthy	43	CMCS 2010	05/23/2010	2:32.41	Daniel Kinsella	46	WINTERLUD	02/14/2004	1:14.33
Lee Storm	40	CMCS 2010	05/23/2010	3:06.75	Peter Konzuk	48	TECH	05/07/2005	1:21.17
<b>50 Breast</b>	<b>Club Rec: :34.74</b>	<b>Partridge, Stephen</b>			Dave Clemis	49	NEPEAN	02/15/1997	1:32.41
Stephen Partridge	41	FINA 2014	07/28/2014	:34.74	Vincent Richer	45	TECH	05/07/2005	2:34.68
Doug Lloyd	40	CMCS 2010	05/23/2010	:35.60	<b>200 Free</b>	<b>Club Rec: 2:12.79</b>	<b>Raymond, Marty</b>		
Warren Lloyd	42	CMCS 2010	05/23/2010	:36.60	Marty Raymond	46	WINTERLUD	02/23/2008	2:12.79
Peter Scanlan	40	TECH	05/07/2005	:45.42	Michael Downing	46	FINA 2014	07/28/2014	2:25.51
<b>100 Breast</b>	<b>Club Rec: 1:17.44</b>	<b>Partridge, Stephen</b>			Alex Hubbard	46	FINA 2014	07/28/2014	2:30.49
Stephen Partridge	41	FINA 2014	07/28/2014	1:17.44	Daniel Kinsella	46	WINTERLUD	02/14/2004	2:35.53
Doug Lloyd	40	CMCS 2010	05/23/2010	1:21.98	Brian Lehmkuhl	49	CMCS 2010	05/23/2010	2:46.35
Scott Dick	43	FINA 2014	07/28/2014	1:22.23	Peter Hamilton	45	WINTERLUD	02/23/2008	2:47.96
Peter Scanlan	41	WINTERLUD	02/11/2006	1:42.53	James Norman	45	TECH	06/04/2005	2:49.26
<b>200 Breast</b>	<b>Club Rec: 3:02.38</b>	<b>Dick, Scott</b>			Peter Scanlan	45	CMCS 2010	05/23/2010	2:54.60
Scott Dick	43	NEPEAN '14	02/15/2014	3:02.38	Vincent Richer	46	TECH	05/12/2006	5:51.68
Peter Scanlan	41	WINTERLUD	02/11/2006	3:43.99	<b>400 Free</b>	<b>Club Rec: 4:57.81</b>	<b>Raymond, Marty</b>		
<b>50 Fly</b>	<b>Club Rec: :27.50</b>	<b>Deschenes, Gilles (DOB)</b>			Marty Raymond	49	HALIFAX	02/19/2011	4:57.81
Gilles (DOB) Deschenes	41	WORLDS	07/22/2005	:27.50	Daniel Kinsella	46	WINTERLUD	02/14/2004	5:22.29
Dejan Custic	42	CMCS 2010	05/23/2010	:29.72	James Norman	45	TECH	06/04/2005	5:55.89
Stan McLaurin	43	FINA 2014	07/28/2014	:30.26	Peter Scanlan	45	CMCS 2010	05/23/2010	6:18.26
Doug Lloyd	40	CMCS 2010	05/23/2010	:31.32	Vincent Richer	45	TECH	06/04/2005	12:06.43
Stan McLaurin	43	NEPEAN '14	02/15/2014	:31.44	<b>800 Free</b>	<b>Club Rec: 10:07.37</b>	<b>Raymond, Marty</b>		
Warren Lloyd	42	CMCS 2010	05/23/2010	:31.54	Marty Raymond	46	WINTERLUD	02/23/2008	10:07.37
Iain Meredith	40	WINT19	02/16/2019	:32.34	James Norman	45	TECH	06/04/2005	12:12.83
Steve Coles	41	NEPEAN	02/26/2000	:34.76	Peter Scanlan	45	CMCS 2010	05/23/2010	13:11.02
<b>100 Fly</b>	<b>Club Rec: 1:05.81</b>	<b>Custic, Dejan</b>			Brian Lehmkuhl	49	CMCS 2010	05/23/2010	13:20.61
Dejan Custic	42	CMCS 2010	05/23/2010	1:05.81	Vincent Richer	45	TECH	06/04/2005	24:28.68
John Mcarton	40	FINA 2014	07/28/2014	1:07.23	<b>1500 Free</b>	<b>Club Rec: 20:17.23</b>	<b>Raymond, Marty</b>		
Scott Dick	43	NEPEAN '14	02/15/2014	1:10.31	Marty Raymond	49	HALIFAX	02/19/2011	20:17.23
Stan McLaurin	43	NEPEAN '14	02/15/2014	1:11.13	Daniel Kinsella	48	OUT GAMES	07/30/2006	21:22.11
Kamal Maghri	41	FINA 2014	07/28/2014	1:13.47	James Norman	46	TECH	06/03/2006	22:25.19
James Norman	44	TECH	04/24/2004	1:17.53	Brian Lehmkuhl	49	CMCS 2010	05/23/2010	26:04.73
<b>200 Fly</b>	<b>Club Rec: 2:33.77</b>	<b>Custic, Dejan</b>			Vincent Richer	45	TECH	06/04/2005	45:58.00
Dejan Custic	42	CMCS 2010	05/23/2010	2:33.77	<b>50 Back</b>	<b>Club Rec: :32.88</b>	<b>March, John</b>		
<b>200 IM</b>	<b>Club Rec: 2:30.48</b>	<b>Custic, Dejan</b>			John March	45	TECHNOSPO	03/28/1998	:32.88
Dejan Custic	42	CMCS 2010	05/23/2010	2:30.48	Alex Hubbard	46	FINA-Relay	07/28/2014	:39.87
Stephen Partridge	41	FINA 2014	07/28/2014	2:34.17	Dave Clemis	49	NEPEAN	02/15/1997	:50.35
<b>400 IM</b>	<b>Club Rec: 5:15.35</b>	<b>Custic, Dejan</b>			<b>100 Back</b>	<b>Club Rec: 1:09.66</b>	<b>March, John</b>		
Dejan Custic	42	CMCS 2010	05/23/2010	5:15.35	John March	46	NEPEAN	02/13/1999	1:09.66
Chris McCarthy	43	CMCS 2010	05/23/2010	5:36.90	<b>200 Back</b>	<b>Club Rec: 2:30.17</b>	<b>March, John</b>		
Lee Storm	40	CMCS 2010	05/23/2010	7:01.74	John March	46	NEPEAN	02/13/1999	2:30.17
<b>Male 45 to 49</b>					<b>50 Breast</b>	<b>Club Rec: :44.49</b>	<b>Mijal, Vello</b>		
<b>50 Free</b>	<b>Club Rec: :27.65</b>	<b>Raymond, Marty</b>			Vello Mijal	49	NEPEAN	02/10/1996	:44.49
Marty Raymond	46	WINTERLUD	02/23/2008	:27.65	Vincent Richer	46	TECH	05/12/2006	1:27.80
Michael Downing	46	FINA 2014	07/28/2014	:28.40	<b>100 Breast</b>	<b>Club Rec: 1:42.43</b>	<b>Scanlan, Peter</b>		
John March	45	TECHNOSPO	03/28/1998	:28.85	Peter Scanlan	45	CMCS 2010	05/23/2010	1:42.43
Alex Hubbard	46	FINA 2014	07/28/2014	:30.78	Vincent Richer	46	WINTERLUD	02/11/2006	3:15.86
Daniel Berube	47	TECH	04/24/2004	:30.89	<b>200 Breast</b>	<b>Club Rec: 3:23.84</b>	<b>Downing, Michael</b>		
Brian Lehmkuhl	49	CMCS 2010	05/23/2010	:31.03	Michael Downing	49	Winterlude	02/25/2017	3:23.84
Peter Hamilton	45	WINTERLUD	02/23/2008	:31.38	Peter Scanlan	45	CMCS 2010	05/23/2010	3:40.90
Vello Mijal	49	NEPEAN	02/10/1996	:34.81	Vincent Richer	46	WINTERLUD	02/11/2006	6:21.18
Peter Scanlan	45	CMCS 2010	05/23/2010	:37.31	<b>50 Fly</b>	<b>Club Rec: :28.90</b>	<b>Raymond, Marty</b>		
Dave Clemis	49	NEPEAN	02/15/1997	:37.98	Marty Raymond	49	HALIFAX	02/19/2011	:28.90
<b>100 Free</b>	<b>Club Rec: :59.99</b>	<b>Raymond, Marty</b>			Michael Downing	49	Winterlude	02/25/2017	:29.18
Marty Raymond	45	winterlude	02/24/2007	:59.99	John March	45	TECHNOSPO	03/28/1998	:31.34
Michael Downing	47	Winterlude	02/21/2015	1:04.22	Daniel Kinsella	48	OUT GAMES	07/30/2006	:32.91
Alex Hubbard	46	FINA 2014	07/28/2014	1:08.42	Brian Lehmkuhl	49	CMCS 2010	05/23/2010	:37.18

<b>100 Fly</b>	<b>Club Rec: 1:06.29</b>	<b>Downing, Michael</b>			<b>1500 Free</b>	<b>Club Rec: 22:48.94</b>	<b>Wright, Jim</b>		
Michael Downing	46	FINA 2014	07/28/2014	1:06.29	Jim Wright	52	NATIONALS	05/21/2004	22:48.94
Dejan Custic	46	FINA 2014	07/28/2014	1:07.09	Vincent Richer	50	CMCS 2010	05/23/2010	52:45.13
Daniel Kinsella	46	WINTERLUD	02/14/2004	1:13.90	<b>50 Back</b>	<b>Club Rec: :35.59</b>	<b>Wright, Jim</b>		
James Norman	46	TECH	05/12/2006	1:21.03	Jim Wright	52	BC PROV	04/13/2004	:35.59
<b>200 Fly</b>	<b>Club Rec: 2:51.22</b>	<b>Downing, Michael</b>			Ian Thomas	53	FINA-Relay	07/28/2014	:37.07
Michael Downing	46	NEPEAN '14	02/15/2014	2:51.22	Anton Lovink	51	TECHNOSPO	03/28/1998	:42.89
<b>200 IM</b>	<b>Club Rec: 2:31.88</b>	<b>Custic, Dejan</b>			<b>100 Back</b>	<b>Club Rec: 1:22.31</b>	<b>Bishop, Douglas</b>		
Dejan Custic	46	FINA 2014	07/28/2014	2:31.88	Douglas Bishop	51	NEPEAN	02/15/1997	1:22.31
Michael Downing	47	Winterlude	02/21/2015	2:47.11	Tony Zezza	50	CMCS 2010	05/23/2010	1:26.89
Daniel Kinsella	48	OUT GAMES	07/30/2006	2:53.83	Vello Mijal	54	NEPEAN	02/26/2000	1:40.51
James Norman	46	TECH	05/12/2006	2:59.73	<b>200 Back</b>	<b>Club Rec: 2:35.99</b>	<b>March, John</b>		
Daniel Berube	47	TECH	04/24/2004	3:18.35	John March	51	TECH	04/24/2004	2:35.99
Peter Scanlan	45	CMCS 2010	05/23/2010	3:34.12	Jim Wright	52	NATIONALS	05/21/2004	3:03.03
<b>400 IM</b>	<b>Club Rec: 5:31.74</b>	<b>Custic, Dejan</b>			<b>50 Breast</b>	<b>Club Rec: :34.99</b>	<b>Dawdy, John</b>		
Dejan Custic	46	FINA 2014	07/28/2014	5:31.74	John Dawdy	50	FINA 2014	07/28/2014	:34.99
Peter Scanlan	45	CMCS 2010	05/23/2010	7:48.83	Jim Wright	52	NATIONALS	05/21/2004	:38.08
<b>Male 50 to 54</b>					Daniel Berube	53	CMCS 2010	05/23/2010	:39.25
<b>50 Free</b>	<b>Club Rec: :28.23</b>	<b>Thomas, Ian</b>			Vello Mijal	53	NEPEAN	02/13/1999	:42.83
Ian Thomas	53	FINA-Relay	07/28/2014	:28.23	Mike Olsen	54	NEPEAN	02/15/1997	:43.35
Tony Zezza	50	CMCS 2010	05/23/2010	:28.32	Anton Lovink	51	TECHNOSPO	03/28/1998	:46.28
Jim Wright	52	NATIONALS	05/21/2004	:29.54	Peter Scanlan	50	Winterlude	02/21/2015	:47.08
Paull Leamen	52	NEPEAN	02/10/1996	:30.64	Vincent Richer	50	CMCS 2010	05/23/2010	1:28.51
Daniel Berube	53	CMCS 2010	05/23/2010	:31.14	<b>100 Breast</b>	<b>Club Rec: 1:21.94</b>	<b>Dawdy, John</b>		
Brian Lehmkuhl	53	NEPEAN '14	02/15/2014	:31.37	John Dawdy	50	FINA 2014	07/28/2014	1:21.94
Mike Olsen	54	NEPEAN	02/15/1997	:33.58	Jim Wright	52	BC PROV	04/13/2004	1:26.01
Jim McCaw	51	FINA-Relay	07/28/2014	:34.61	Douglas Bishop	51	NEPEAN	02/15/1997	1:29.01
John Balint	52	NEPEAN	02/10/1996	:34.80	Mike Olsen	54	NEPEAN	02/15/1997	1:39.00
Vello Mijal	54	NEPEAN	02/26/2000	:35.37	Vello Mijal	52	TECHNOSPO	03/28/1998	1:44.34
<b>100 Free</b>	<b>Club Rec: 1:02.69</b>	<b>Dawdy, John</b>			Peter Scanlan	50	Winterlude	02/21/2015	1:46.73
John Dawdy	50	FINA 2014	07/28/2014	1:02.69	Anton Lovink	51	TECHNOSPO	03/28/1998	1:48.03
Tony Zezza	50	CMCS 2010	05/23/2010	1:03.68	Vincent Richer	50	CMCS 2010	05/23/2010	7:38.06
Michael Downing	51	WINT19	02/16/2019	1:04.68	<b>200 Breast</b>	<b>Club Rec: 3:06.32</b>	<b>Wright, Jim</b>		
Paull Leamen	53	NEPEAN	02/15/1997	1:10.49	Jim Wright	52	FINA MAST	06/03/2004	3:06.32
Daniel Berube	53	CMCS 2010	05/23/2010	1:11.68	Michael Downing	51	WINT19	02/16/2019	3:26.92
Brian Lehmkuhl	53	NEPEAN '14	02/15/2014	1:14.25	Vello Mijal	54	NEPEAN	02/26/2000	3:41.11
Mike Olsen	54	NEPEAN	02/15/1997	1:17.32	Peter Scanlan	50	Winterlude	02/21/2015	3:50.86
John Balint	52	NEPEAN	02/10/1996	1:17.75	<b>50 Fly</b>	<b>Club Rec: :29.43</b>	<b>Downing, Michael</b>		
Devashish Paul	54	WINT19	02/16/2019	1:25.06	Michael Downing	51	WINT19	02/16/2019	:29.43
Anton Lovink	51	TECHNOSPO	05/23/1998	1:34.96	John Dawdy	50	FINA 2014	07/28/2014	:30.43
<b>200 Free</b>	<b>Club Rec: 2:28.95</b>	<b>Downing, Michael</b>			Tony Zezza	50	CMCS 2010	05/23/2010	:31.40
Michael Downing	51	WINT19	02/16/2019	2:28.95	Jim Wright	54	WORLDS	08/04/2006	:32.10
John Balint	52	NEPEAN	02/10/1996	2:55.47	Brian Lehmkuhl	53	NEPEAN '14	02/15/2014	:37.21
Paull Leamen	52	NEPEAN	02/10/1996	2:56.37	Paull Leamen	53	NEPEAN	02/15/1997	:37.23
Brian Lehmkuhl	53	NEPEAN '14	02/15/2014	2:58.30	<b>100 Fly</b>	<b>Club Rec: 1:08.54</b>	<b>Downing, Michael</b>		
Mike Olsen	53	NEPEAN	02/10/1996	2:59.50	Michael Downing	51	WINT19	02/16/2019	1:08.54
Vello Mijal	53	NEPEAN	02/13/1999	3:14.16	Brian Lehmkuhl	53	NEPEAN '14	02/15/2014	1:27.85
Vincent Richer	50	CMCS 2010	05/23/2010	6:04.66	Kerry Smith	52	CMCS 2010	05/23/2010	1:32.75
<b>400 Free</b>	<b>Club Rec: 5:36.85</b>	<b>Bishop, Douglas</b>			Devashish Paul	54	WINT19	02/16/2019	1:41.94
Douglas Bishop	51	NEPEAN	02/15/1997	5:36.85	<b>200 Fly</b>	<b>Club Rec: 3:41.31</b>	<b>Paul, Devashish</b>		
Paull Leamen	53	NEPEAN	02/15/1997	6:13.40	Devashish Paul	54	WINT19	02/16/2019	3:41.31
John Balint	52	NEPEAN	02/10/1996	6:25.27	<b>200 IM</b>	<b>Club Rec: 2:40.26</b>	<b>Dawdy, John</b>		
Mike Olsen	54	NEPEAN	02/15/1997	6:28.56	John Dawdy	50	FINA 2014	07/28/2014	2:40.26
Vincent Richer	50	CMCS 2010	05/23/2010	13:00.92	Jim Wright	52	FINA MAST	06/03/2004	2:50.31
<b>800 Free</b>	<b>Club Rec: 11:28.92</b>	<b>Wright, Jim</b>			Douglas Bishop	51	NEPEAN	02/15/1997	2:53.66
Jim Wright	52	FINA MAST	06/03/2004	11:28.92	Tony Zezza	50	CMCS 2010	05/23/2010	2:59.32
Jim McCaw	51	FINA 2014	07/28/2014	11:53.56	Kerry Smith	52	CMCS 2010	05/23/2010	3:18.66
Devashish Paul	54	WINT19	02/16/2019	15:56.53	Paull Leamen	53	NEPEAN	02/15/1997	3:20.94
Vincent Richer	50	CMCS 2010	05/23/2010	26:25.73	Vello Mijal	53	NEPEAN	02/13/1999	3:35.45

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Devashish Paul	54	WINT19	02/16/2019	3:40.82	<b>1500 Free</b>	<b>Club Rec: 21:03.17</b>	<b>Wilson, Philip</b>			
Peter Scanlan	50	Winterlude	02/21/2015	3:52.43	Philip Wilson	55	CMCS 2010	05/23/2010	21:03.17	
Anton Lovink	51	TECHNOSPO	05/23/1998	3:58.14	Jim Wright	58	CMCS 2010	05/23/2010	23:52.98	
<b>400 IM</b>	<b>Club Rec: 7:27.63</b>	<b>Smith, Kerry</b>			Ralph Chown	58	WINNIPEG	05/20/1996	25:13.97	
Kerry Smith	52	CMCS 2010	05/23/2010	7:27.63	Mike Olsen	56	TECHNOSPO	04/18/1998	26:32.81	
<b>Male 55 to 59</b>					Tim Scapillato	56	CMCS 2010	05/23/2010	27:09.83	
<b>50 Free</b>	<b>Club Rec: :27.40</b>	<b>Oliva, Stepan</b>			Lee Fasken	56	CMCS 2010	05/23/2010	29:20.11	
Stepan Oliva	56	USMS22	08/03/2022	:27.40	Mike Dupuis	55	CMCS 2010	05/23/2010	30:03.68	
Philip Wilson	55	CMCS 2010	05/23/2010	:30.41	<b>50 Back</b>	<b>Club Rec: :34.36</b>	<b>Wright, Jim</b>			
Robert Read	56	CMCS 2010	05/23/2010	:30.51	Jim Wright	56	WORLDS	04/15/2008	:34.36	
Paull Leamen	55	NEPEAN	02/21/1998	:30.73	Philip Wilson	55	CMCS 2010	05/23/2010	:34.95	
Phil Rogers	59	QUEBEC	04/17/2009	:31.24	Jeff Beedell	56	FINA 2014	07/28/2014	:38.95	
Ralph Chown	58	NEPEAN	02/10/1996	:32.17	Anton Lovink	56	WINTERLUD	02/08/2003	:43.09	
Bill Westcott	59	WINT19	02/16/2019	:32.43	Lee Fasken	56	CMCS 2010	05/23/2010	:48.41	
Mike Olsen	56	NEPEAN	02/21/1998	:33.86	Marcel Desjardins	56	TECH	05/08/2004	:55.56	
Daniel Deschambault	55	FINA 2014	07/28/2014	:33.94	<b>100 Back</b>	<b>Club Rec: 1:18.92</b>	<b>Wilson, Philip</b>			
Marcel Desjardins	56	TECH	05/08/2004	:35.62	Philip Wilson	55	CMCS 2010	05/23/2010	1:18.92	
<b>100 Free</b>	<b>Club Rec: 1:08.40</b>	<b>Wilson, Philip</b>			Jim Wright	58	CMCS 2010	05/23/2010	1:22.63	
Philip Wilson	55	CMCS 2010	05/23/2010	1:08.40	Douglas Bishop	56	WINTERLUD	02/09/2002	1:25.78	
Robert Read	56	CMCS 2010	05/23/2010	1:09.28	John Balint	56	NEPEAN	02/13/1999	1:42.64	
Paull Leamen	55	NEPEAN	02/21/1998	1:10.44	Lee Fasken	56	CMCS 2010	05/23/2010	1:51.83	
Phil Rogers	59	QUEBEC	04/17/2009	1:11.29	Ralph Chown	59	DALEWOOD	03/02/1997	2:01.22	
Ralph Chown	59	NEPEAN	02/15/1997	1:14.06	<b>200 Back</b>	<b>Club Rec: 4:14.06</b>	<b>Fasken, Lee</b>			
Graham Pincott	55	WINT19	02/16/2019	1:15.15	Lee Fasken	56	CMCS 2010	05/23/2010	4:14.06	
Graeme Barber	55	NEPEAN	02/21/1998	1:16.17	<b>50 Breast</b>	<b>Club Rec: :34.98</b>	<b>Oliva, Stepan</b>			
Mike Olsen	57	NEPEAN	02/13/1999	1:17.31	Stepan Oliva	56	USMS22	08/03/2022	:34.98	
Tim Scapillato	56	CMCS 2010	05/23/2010	1:20.08	Jim Wright	58	CMCS 2010	05/23/2010	:38.86	
Marcel Desjardins	56	WINTERLUD	02/14/2004	1:23.90	Bill Westcott	59	WINT19	02/16/2019	:39.15	
<b>200 Free</b>	<b>Club Rec: 2:29.69</b>	<b>Wilson, Philip</b>			Robert Read	56	CMCS 2010	05/23/2010	:39.17	
Philip Wilson	59	FINA 2014	07/28/2014	2:29.69	Douglas Bishop	56	WINTERLUD	02/09/2002	:39.95	
Bill Westcott	59	WINT19	02/16/2019	2:38.91	Mike Olsen	56	TECHNOSPO	03/28/1998	:41.70	
Douglas Bishop	56	WINTERLUD	02/09/2002	2:39.29	Ralph Chown	59	NEPEAN	02/15/1997	:44.46	
Graham Pincott	55	WINT19	02/16/2019	2:43.21	Tim Scapillato	56	CMCS 2010	05/23/2010	:45.81	
Paull Leamen	55	NEPEAN	02/21/1998	2:52.09	Anton Lovink	56	WINTERLUD	02/08/2003	:47.28	
Ralph Chown	58	WINNIPEG	05/20/1996	2:52.19	Marcel Desjardins	56	TECH	04/24/2004	:47.88	
Mike Olsen	57	NEPEAN	02/13/1999	2:54.84	<b>100 Breast</b>	<b>Club Rec: 1:18.38</b>	<b>Oliva, Stepan</b>			
Tim Scapillato	56	CMCS 2010	05/23/2010	3:01.42	Stepan Oliva	56	USMS22	08/03/2022	1:18.38	
Marcel Desjardins	56	WINTERLUD	02/14/2004	3:14.68	Jim Wright	56	WORLDS	04/15/2008	1:28.02	
Mike Dupuis	55	CMCS 2010	05/23/2010	3:22.31	Robert Read	56	CMCS 2010	05/23/2010	1:31.74	
<b>400 Free</b>	<b>Club Rec: 5:16.64</b>	<b>Wilson, Philip</b>			Graham Pincott	55	WINT19	02/16/2019	1:35.45	
Philip Wilson	59	FINA 2014	07/28/2014	5:16.64	Mike Olsen	56	NEPEAN	02/21/1998	1:39.66	
Jim Wright	58	CMCS 2010	05/23/2010	5:57.62	Anton Lovink	56	WINTERLUD	02/08/2003	1:45.50	
Graeme Barber	56	NEPEAN	02/13/1999	5:58.39	Ralph Chown	58	NEPEAN	02/10/1996	1:45.51	
Ralph Chown	58	WINNIPEG	05/20/1996	6:14.77	Marcel Desjardins	56	TECH	04/24/2004	1:51.25	
Mike Olsen	56	TECHNOSPO	05/23/1998	6:20.22	Lee Fasken	56	CMCS 2010	05/23/2010	2:00.51	
Marcel Desjardins	56	WINTERLUD	02/14/2004	7:10.28	<b>200 Breast</b>	<b>Club Rec: 3:13.34</b>	<b>Wright, Jim</b>			
Lee Fasken	56	CMCS 2010	05/23/2010	7:12.91	Jim Wright	56	WORLDS	04/15/2008	3:13.34	
Mike Dupuis	55	CMCS 2010	05/23/2010	7:29.68	Bill Westcott	59	WINT19	02/16/2019	3:17.14	
Anton Lovink	58	TECH	06/04/2005	8:19.17	Jeff Beedell	56	FINA 2014	07/28/2014	3:35.90	
<b>800 Free</b>	<b>Club Rec: 11:10.58</b>	<b>Wright, Jim</b>			Lee Fasken	56	CMCS 2010	05/23/2010	4:20.35	
Jim Wright	56	WORLDS	04/15/2008	11:10.58	<b>50 Fly</b>	<b>Club Rec: :33.16</b>	<b>Wilson, Philip</b>			
Philip Wilson	59	FINA 2014	07/28/2014	11:12.98	Philip Wilson	55	CMCS 2010	05/23/2010	:33.16	
Graham Pincott	55	WINT19	02/16/2019	12:00.15	Robert Read	56	CMCS 2010	05/23/2010	:35.46	
Mike Olsen	56	TECHNOSPO	04/18/1998	13:32.39	Paull Leamen	55	TECHNOSPO	03/28/1998	:39.57	
Tim Scapillato	56	CMCS 2010	05/23/2010	14:09.25	Ralph Chown	58	NEPEAN	02/10/1996	:40.90	
Lee Fasken	56	CMCS 2010	05/23/2010	15:09.95	Daniel Deschambault	55	FINA 2014	07/28/2014	:43.09	
Mike Dupuis	55	CMCS 2010	05/23/2010	15:30.75	Kerry Smith	57	Winterlude	02/21/2015	:43.81	
Anton Lovink	58	TECH	06/04/2005	16:50.20	Tim Scapillato	56	CMCS 2010	05/23/2010	:44.41	
					Marcel Desjardins	56	TECH	05/08/2004	:48.39	

<b>100 Fly</b>	<b>Club Rec: 1:30.58</b>	<b>Read, Robert</b>			<b>50 Back</b>	<b>Club Rec: :40.42</b>	<b>Bishop, Douglas</b>		
Robert Read	56	CMCS 2010	05/23/2010	1:30.58	Douglas Bishop	64	CMCS 2010	05/23/2010	:40.42
Ralph Chown	58	WINNIPEG	05/20/1996	1:43.59	Vello Mijal	64	CMCS 2010	05/23/2010	:43.97
Kerry Smith	56	FINA 2014	07/28/2014	1:50.84	Lee Fasken	60	FINA-Relay	07/28/2014	:50.96
Anton Lovink	56	WINTERLUD	02/08/2003	1:58.36					
<b>200 IM</b>	<b>Club Rec: 2:48.48</b>	<b>Wright, Jim</b>			<b>100 Back</b>	<b>Club Rec: 1:26.38</b>	<b>Bishop, Douglas</b>		
Jim Wright	56	WORLDS	04/15/2008	2:48.48	Douglas Bishop	64	CMCS 2010	05/23/2010	1:26.38
Douglas Bishop	56	WINTERLUD	02/09/2002	3:00.28	Vello Mijal	64	CMCS 2010	05/23/2010	1:40.40
Graeme Barber	55	NEPEAN	02/21/1998	3:15.28	<b>200 Back</b>	<b>Club Rec: 3:38.77</b>	<b>Mijal, Vello</b>		
Ralph Chown	59	DALEWOOD	03/02/1997	3:36.94	Vello Mijal	64	CMCS 2010	05/23/2010	3:38.77
Kerry Smith	56	FINA 2014	07/28/2014	3:38.73	<b>50 Breast</b>	<b>Club Rec: :42.97</b>	<b>Olsen, Michael</b>		
Mike Olsen	56	TECHNOSPO	05/23/1998	3:49.38	Mike Olsen	63	WINTERLUD	02/12/2005	:42.97
Marcel Desjardins	56	TECH	04/24/2004	3:53.16	Tim Scapillato	60	FINA 2014	07/28/2014	:44.60
Anton Lovink	57	TECH	04/24/2004	3:57.76	Andrew Roberts	62	FINA 2014	07/28/2014	:44.85
					Vello Mijal	64	FINA CHAMP	07/31/2010	:45.98
<b>400 IM</b>	<b>Club Rec: 6:10.99</b>	<b>Wright, Jim</b>			Bernard Sloan	63	FINA 2014	07/28/2014	:46.28
Jim Wright	56	WORLDS	04/15/2008	6:10.99	Phil Rogers	60	CMCS 2010	05/23/2010	:46.78
<b>Male 60 to 64</b>					<b>100 Breast</b>	<b>Club Rec: 1:41.74</b>	<b>Sloan, Bernard</b>		
<b>50 Free</b>	<b>Club Rec: :30.12</b>	<b>Read, Robert</b>			Bernard Sloan	63	FINA 2014	07/28/2014	1:41.74
Robert Read	60	FINA 2014	07/28/2014	:30.12	Andrew Roberts	62	FINA 2014	07/28/2014	1:43.36
Paull Leamen	62	WINTERLUD	02/12/2005	:31.37	Vello Mijal	64	CMCS 2010	05/23/2010	1:44.45
Phil Rogers	60	WINTL 2010	02/28/2010	:31.83	<b>200 Breast</b>	<b>Club Rec: 3:50.23</b>	<b>Mijal, Vello</b>		
Mike Heath-Eves	63	WINTERLUD	02/12/2005	:31.95	Vello Mijal	64	FINA CHAMP	07/31/2010	3:50.23
Mike Olsen	61	WINTERLUD	02/08/2003	:33.08	Andrew Roberts	62	FINA 2014	07/28/2014	3:58.83
Douglas Bishop	64	CMCS 2010	05/23/2010	:33.74	<b>50 Fly</b>	<b>Club Rec: :37.80</b>	<b>Heath-Eves, Mike</b>		
Tim Scapillato	60	FINA 2014	07/28/2014	:34.06	Mike Heath-Eves	63	WORLDS	07/22/2005	:37.80
Ralph Chown	60	EDMONTON	05/15/1998	:34.11	Phil Rogers	60	CMCS 2010	05/23/2010	:41.61
Bob Richards	62	FINA 2014	07/28/2014	:34.57	Vello Mijal	62	WORLDS	04/15/2008	:43.02
Vello Mijal	62	WORLDS	04/15/2008	:35.33	Mike Olsen	64	WINTERLUD	02/11/2006	:43.38
					Paull Leamen	62	TECH	05/07/2005	:43.70
<b>100 Free</b>	<b>Club Rec: 1:11.25</b>	<b>Rogers, Phil</b>			<b>200 IM</b>	<b>Club Rec: 3:11.55</b>	<b>Bishop, Douglas</b>		
Phil Rogers	60	CMCS 2010	05/23/2010	1:11.25	Douglas Bishop	64	CMCS 2010	05/23/2010	3:11.55
Paull Leamen	62	WINTERLUD	02/12/2005	1:12.45	<b>400 IM</b>	<b>Club Rec: 6:47.12</b>	<b>Bishop, Douglas</b>		
Mike Heath-Eves	63	TECH	05/07/2005	1:12.52	Douglas Bishop	64	CMCS 2010	05/23/2010	6:47.12
Ralph Chown	60	EDMONTON	05/15/1998	1:15.17	Ralph Chown	60	EDMONTON	05/15/1998	7:59.31
Douglas Bishop	64	CMCS 2010	05/23/2010	1:15.38					
Mike Olsen	62	WINTERLUD	02/14/2004	1:17.60	<b>Male 65 to 69</b>				
Vello Mijal	62	WORLDS	04/15/2008	1:21.84	<b>50 Free</b>	<b>Club Rec: :31.12</b>	<b>Heath-Eves, Mike</b>		
Harvey Glatt	64	TECHNOSPO	05/23/1998	1:52.91	Mike Heath-Eves	66	WORLDS	04/15/2008	:31.12
<b>200 Free</b>	<b>Club Rec: 2:44.67</b>	<b>Heath-Eves, Mike</b>			Paull Leamen	65	WORLDS	04/15/2008	:31.49
Mike Heath-Eves	63	WORLDS	07/22/2005	2:44.67	Peter Leach	65	CMCS 2010	05/23/2010	:32.35
Phil Rogers	60	CMCS 2010	05/23/2010	2:50.43	Mike Olsen	66	WORLDS	04/15/2008	:33.48
Paull Leamen	61	WINTERLUD	02/14/2004	2:50.76	Bill Carscallen	66	NEPEAN '14	02/15/2014	:38.11
Mike Olsen	61	WINTERLUD	02/08/2003	2:56.44	Alan Lister	69	NEPEAN	02/21/1998	:43.09
<b>400 Free</b>	<b>Club Rec: 5:50.47</b>	<b>Bishop, Douglas</b>			Harvey Glatt	68	WINTERLUD	02/09/2002	:46.90
Douglas Bishop	64	CMCS 2010	05/23/2010	5:50.47	Gary Grant	65	CMCS 2010	05/23/2010	:48.74
Mike Heath-Eves	63	WORLDS	07/22/2005	6:03.34	Ken Johnson	66	FINA-Relay	07/28/2014	:49.88
Mike Olsen	62	WINTERLUD	02/14/2004	6:20.29	Grant Sinclair	65	WINTERLUD	02/09/2002	:55.59
Ralph Chown	60	EDMONTON	05/15/1998	6:29.24					
Harvey Glatt	64	TECHNOSPO	05/23/1998	8:57.67	<b>100 Free</b>	<b>Club Rec: 1:10.48</b>	<b>Heath-Eves, Mike</b>		
					Mike Heath-Eves	66	WORLDS	04/15/2008	1:10.48
<b>800 Free</b>	<b>Club Rec: 12:17.87</b>	<b>Bishop, Douglas</b>			Paull Leamen	65	WORLDS	04/15/2008	1:11.01
Douglas Bishop	64	CMCS 2010	05/23/2010	12:17.87	Peter Leach	65	CMCS 2010	05/23/2010	1:17.20
Mike Heath-Eves	63	WORLDS	07/22/2005	12:33.35	Mike Olsen	68	CMCS 2010	05/23/2010	1:17.20
Ralph Chown	60	EDMONTON	05/15/1998	13:27.32	Bill Carscallen	66	NEPEAN '14	02/15/2014	1:30.63
John Balint	63	WORLDS	08/04/2006	13:39.83	Alan Lister	69	EDMONTON	05/15/1998	1:50.05
Vello Mijal	64	CMCS 2010	05/23/2010	14:35.57	Harvey Glatt	68	WINTERLUD	02/09/2002	1:52.21
<b>1500 Free</b>	<b>Club Rec: 23:06.98</b>	<b>Bishop, Douglas</b>			John Ross	66	TECH	06/04/2005	2:17.49
Douglas Bishop	64	CMCS 2010	05/23/2010	23:06.98	Grant Sinclair	65	WINTERLUD	02/09/2002	2:18.07
Ralph Chown	60	TECHNOSPO	04/18/1998	26:02.54					

## Technosport - 1995/2022 - Long Course Metres Tag Times

<b>200 Free</b>	<b>Club Rec: 2:40.91</b>	<b>Heath-Eves, Mike</b>			<b>50 Fly</b>	<b>Club Rec: 1:16.78</b>	<b>Johnson, Ken</b>		
Mike Heath-Eves	66	WORLDS	04/15/2008	2:40.91	Ken Johnson	67	Winterlude	02/21/2015	1:16.78
Paull Leamen	65	WORLDS	04/15/2008	2:42.33	<b>100 Fly</b>	<b>Club Rec: 1:59.02</b>	<b>Barber, Graeme</b>		
Mike Olsen	66	WORLDS	04/15/2008	2:58.35	Graeme Barber	69	WINTERLUD	02/25/2012	1:59.02
Peter Leach	65	CMCS 2010	05/23/2010	2:59.33	Ken Johnson	67	Winterlude	02/21/2015	3:19.81
Graeme Barber	69	WINTERLUD	02/25/2012	3:09.82	<b>200 Fly</b>	<b>Club Rec: 7:58.15</b>	<b>Johnson, Ken</b>		
Harvey Glatt	68	WINTERLUD	02/09/2002	4:02.72	Ken Johnson	67	Winterlude	02/21/2015	7:58.15
Razek Abdelnour	66	WORLDS	06/03/2012	4:13.91	<b>200 IM</b>	<b>Club Rec: 3:35.85</b>	<b>Mijal, Vello</b>		
Alan Lister	69	EDMONTON	05/15/1998	4:21.85	Vello Mijal	66	WORLDS	06/03/2012	3:35.85
Gary Grant	65	CMCS 2010	05/23/2010	4:47.88	Graeme Barber	65	WORLDS	04/15/2008	3:37.81
John Ross	66	TECH	06/04/2005	4:49.33	Bill Carscallen	66	NEPEAN '14	02/15/2014	4:09.92
<b>400 Free</b>	<b>Club Rec: 5:38.97</b>	<b>Heath-Eves, Mike</b>			Ken Johnson	67	Winterlude	02/21/2015	5:51.40
Mike Heath-Eves	68	FINA CHAMP	07/31/2010	5:38.97	<b>400 IM</b>	<b>Club Rec: 7:27.11</b>	<b>Heath-Eves, Mike</b>		
Paull Leamen	65	WORLDS	04/15/2008	5:48.14	Mike Heath-Eves	68	CMCS 2010	05/23/2010	7:27.11
Mike Olsen	66	WORLDS	04/15/2008	6:16.75	Graeme Barber	65	WORLDS	04/15/2008	7:51.29
Peter Leach	65	CMCS 2010	05/23/2010	6:40.91					
John Ross	66	TECH	06/04/2005	7:18.14	<b>Male 70 to 74</b>				
Harvey Glatt	68	WINTERLUD	02/09/2002	8:44.80	<b>50 Free</b>	<b>Club Rec: :32.74</b>	<b>Heath-Eves, Mike</b>		
Alan Lister	69	EDMONTON	05/15/1998	9:29.19	Mike Heath-Eves	70	WORLDS	06/03/2012	:32.74
<b>800 Free</b>	<b>Club Rec: 12:17.78</b>	<b>Leamen, Paull</b>			Arthur Inglis	70	COUPE	11/30/2002	:33.57
Paull Leamen	65	WORLDS	04/15/2008	12:17.78	John Weekes	71	FINA 2014	07/28/2014	:34.21
Mike Heath-Eves	66	WORLDS	04/15/2008	12:29.13	Peter Leach	70	Winterlude	02/21/2015	:34.39
Mike Olsen	66	WORLDS	04/15/2008	13:16.51	Mike Olsen	70	WORLDS	06/03/2012	:34.53
Graeme Barber	69	WINTERLUD	02/25/2012	13:42.77	Paull Leamen	71	NEPEAN '14	02/15/2014	:35.69
John Ross	66	TECH	06/04/2005	17:28.70	Robert Jack	73	NEPEAN '14	02/15/2014	:38.33
Razek Abdelnour	66	WORLDS	06/03/2012	19:22.23	Alan Lister	70	NEPEAN	02/13/1999	:49.33
Alan Lister	69	EDMONTON	05/15/1998	19:50.16	<b>100 Free</b>	<b>Club Rec: 1:16.06</b>	<b>Inglis, Arthur</b>		
Ken Johnson	69	Winterlude	02/25/2017	22:58.10	Arthur Inglis	70	COUPE	11/30/2002	1:16.06
<b>1500 Free</b>	<b>Club Rec: 24:49.96</b>	<b>Heath-Eves, Mike</b>			Mike Heath-Eves	72	FINA 2014	07/28/2014	1:17.37
Mike Heath-Eves	68	CMCS 2010	05/23/2010	24:49.96	John Weekes	71	FINA 2014	07/28/2014	1:17.91
Mike Olsen	68	CMCS 2010	05/23/2010	26:01.45	Mike Olsen	70	WORLDS	06/03/2012	1:19.02
<b>50 Back</b>	<b>Club Rec: :44.91</b>	<b>Leach, Peter</b>			Peter Leach	72	Winterlude	02/25/2017	1:20.31
Peter Leach	67	WINTERLUD	02/25/2012	:44.91	Paull Leamen	71	NEPEAN '14	02/15/2014	1:24.43
Vello Mijal	68	FINA-Relay	07/28/2014	:47.51	Robert Jack	74	Winterlude	02/21/2015	1:36.46
Bill Carscallen	66	NEPEAN '14	02/15/2014	:54.93	Alan Lister	70	NEPEAN	02/13/1999	1:54.13
Razek Abdelnour	66	WORLDS	06/03/2012	1:04.29	<b>200 Free</b>	<b>Club Rec: 2:54.95</b>	<b>Heath-Eves, Mike</b>		
Grant Sinclair	65	WINTERLUD	02/09/2002	1:23.55	Mike Heath-Eves	72	FINA 2014	07/28/2014	2:54.95
<b>100 Back</b>	<b>Club Rec: 1:35.61</b>	<b>Leach, Peter</b>			John Weekes	71	FINA 2014	07/28/2014	2:59.87
Peter Leach	67	WINTERLUD	02/25/2012	1:35.61	Peter Leach	72	Winterlude	02/25/2017	3:01.40
Vello Mijal	66	WORLDS	06/03/2012	1:37.45	Mike Olsen	70	WORLDS	06/03/2012	3:02.76
Mike Heath-Eves	68	CMCS 2010	05/23/2010	1:39.47	Arthur Inglis	70	FINA	03/24/2002	3:07.60
Ken Johnson	67	Winterlude	02/21/2015	2:46.49	Paull Leamen	71	NEPEAN '14	02/15/2014	3:17.78
Grant Sinclair	65	WINTERLUD	02/09/2002	2:53.80	Graeme Barber	72	Winterlude	02/21/2015	3:20.31
<b>200 Back</b>	<b>Club Rec: 3:30.02</b>	<b>Leach, Peter</b>			Alan Lister	70	NEPEAN	02/13/1999	4:32.72
Peter Leach	65	CMCS 2010	05/23/2010	3:30.02	<b>400 Free</b>	<b>Club Rec: 6:15.55</b>	<b>Heath-Eves, Mike</b>		
Vello Mijal	66	WORLDS	06/03/2012	3:41.26	Mike Heath-Eves	72	FINA 2014	07/28/2014	6:15.55
<b>50 Breast</b>	<b>Club Rec: :42.96</b>	<b>Olsen, Michael</b>			Mike Olsen	72	FINA 2014	07/28/2014	7:08.72
Mike Olsen	66	WINTERLUD	02/23/2008	:42.96	<b>800 Free</b>	<b>Club Rec: 13:07.01</b>	<b>Heath-Eves, Mike</b>		
Vello Mijal	68	FINA 2014	07/28/2014	:46.06	Mike Heath-Eves	72	FINA 2014	07/28/2014	13:07.01
Razek Abdelnour	66	WORLDS	06/03/2012	:55.46	Peter Leach	70	Winterlude	02/21/2015	13:33.82
Gary Grant	65	CMCS 2010	05/23/2010	:55.54	Mike Olsen	70	WORLDS	06/03/2012	13:46.89
Alan Lister	69	NEPEAN	02/21/1998	:59.82	John Weekes	71	FINA 2014	07/28/2014	14:16.18
<b>100 Breast</b>	<b>Club Rec: 1:44.36</b>	<b>Mijal, Vello</b>			Graeme Barber	74	Winterlude	02/25/2017	14:17.01
Vello Mijal	66	WORLDS	06/03/2012	1:44.36	<b>50 Back</b>	<b>Club Rec: :39.02</b>	<b>Inglis, Arthur</b>		
Razek Abdelnour	66	WORLDS	06/03/2012	2:10.78	Arthur Inglis	70	FINA	03/24/2002	:39.02
<b>200 Breast</b>	<b>Club Rec: 3:46.92</b>	<b>Mijal, Vello</b>			Robert Jack	73	NEPEAN '14	02/15/2014	:41.89
Vello Mijal	66	WORLDS	06/03/2012	3:46.92	Larry Durr	70	QUEBEC	04/17/2009	:42.73
Gary Grant	65	CMCS 2010	05/23/2010	4:36.72	John Weekes	71	FINA-Relay	07/28/2014	:46.57
					Mike Heath-Eves	72	NEPEAN '14	02/15/2014	:47.39



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Peter Leach	70	Winterlude	02/21/2015	:47.47
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**100 Back Club Rec: 1:29.34 Inglis, Arthur**

Arthur Inglis	70	FINA	03/24/2002	1:29.34
Larry Durr	70	QUEBEC	04/17/2009	1:39.69
Robert Jack	73	NEPEAN '14	02/15/2014	1:43.29
Peter Leach	72	Winterlude	02/25/2017	1:46.31

**200 Back Club Rec: 3:20.47 Inglis, Arthur**

Arthur Inglis	70	FINA	03/24/2002	3:20.47
Peter Leach	70	Winterlude	02/21/2015	3:41.29

**50 Breast Club Rec: :45.17 Olsen, Michael**

Mike Olsen	70	WORLDS	06/03/2012	:45.17
Larry Durr	70	QUEBEC	04/17/2009	:45.48
Alan Lister	71	NEPEAN	02/26/2000	1:00.88

**100 Breast Club Rec: 1:41.50 Durr, Larry**

Larry Durr	70	QUEBEC	04/17/2009	1:41.50
Robert Jack	73	FINA 2014	07/28/2014	1:48.41
Mike Olsen	72	NEPEAN '14	02/15/2014	2:05.09
Alan Lister	70	NEPEAN	02/13/1999	2:25.35

**50 Fly Club Rec: :42.94 Jack, Robert**

Robert Jack	73	NEPEAN '14	02/15/2014	:42.94
Alan Lister	72	WINT 2001	02/17/2001	:43.51
Paull Leamen	71	NEPEAN '14	02/15/2014	:47.07

**100 Fly Club Rec: 2:34.34 Barber, Graeme**

Graeme Barber	72	Winterlude	02/21/2015	2:34.34
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**200 IM Club Rec: 3:42.67 Weekes, John**

John Weekes	71	FINA 2014	07/28/2014	3:42.67
Robert Jack	73	NEPEAN '14	02/15/2014	3:44.02
Graeme Barber	72	Winterlude	02/21/2015	4:00.99
Alan Lister	71	NEPEAN	02/26/2000	5:50.94

**Male 75 to 79****50 Free Club Rec: :37.76 Heath-Eves, Mike**

Mike Heath-Eves	77	WINT19	02/16/2019	:37.76
Robert Jack	76	Winterlude	02/25/2017	:43.40
Grant Sinclair	77	FINA 2014	07/28/2014	1:09.92

**100 Free Club Rec: 1:24.40 Heath-Eves, Mike**

Mike Heath-Eves	77	WINT19	02/16/2019	1:24.40
Robert Jack	76	Winterlude	02/25/2017	1:38.76

**200 Free Club Rec: 3:10.82 Heath-Eves, Mike**

Mike Heath-Eves	77	WINT19	02/16/2019	3:10.82
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**800 Free Club Rec: 14:42.15 Heath-Eves, Mike**

Mike Heath-Eves	77	WINT19	02/16/2019	14:42.15
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**50 Back Club Rec: 1:37.50 Sinclair, Grant**

Grant Sinclair	77	FINA-Relay	07/28/2014	1:37.50
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**100 Back Club Rec: 1:49.94 Jack, Robert**

Robert Jack	76	Winterlude	02/25/2017	1:49.94
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**50 Breast Club Rec: :53.20 Jack, Robert**

Robert Jack	76	Winterlude	02/25/2017	:53.20
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**Male 80 to 84****50 Free Club Rec: :58.87 Hubay, James**

James Hubay	84	FINA-Relay	07/28/2014	:58.87
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**100 Free Club Rec: 2:15.89 Hubay, James**

James Hubay	84	FINA 2014	07/28/2014	2:15.89
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**50 Back Club Rec: 1:11.58 Hubay, James**

James Hubay	84	FINA-Relay	07/28/2014	1:11.58
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