

Female 18 to 24**25 Free**

Emma Gauthier	20	NATCHAMP1	05/24/2019	:14.50
Bridget Hayes	24	NATCHAMP1	05/24/2019	:16.52

50 Free Club Rec: :28.08

Natalie Belanger	24	MONTREAL	06/26/1997	:28.08
Rebekah Nitschmann	24	MSO19	03/22/2019	:28.34
Tori Temple	19	PROVINCIAL	03/26/2011	:28.55
Serena Palmer	22	NATL 2011	05/23/2011	:28.94
Jacinda Smit	22	NATL 2011	05/23/2011	:28.95
Vanessa Watt	24	ON PROV 18	03/23/2018	:29.60
Kathleen Perron	22	PROVINCIAL	03/26/2011	:29.98
Chantelle Boduel	20	PROVINCIAL	03/26/2011	:30.11
Marie-Pier Daigle	20	NATL 2013	05/17/2013	:30.21
Marlee Palmer	19	NATL 2011	05/23/2011	:30.25

100 Free Club Rec: 1:00.99

Rebekah Nitschmann	24	MSO19	03/22/2019	1:00.99
Jacinda Smit	22	NATL 2011	05/23/2011	1:03.40
Natalie Belanger	24	MONTREAL	06/26/1997	1:03.48
Marlee Palmer	19	NATL 2011	05/23/2011	1:04.71
Rachael Shallhorn	24	PROV	03/30/2012	1:04.85
Tori Temple	19	PROVINCIAL	03/26/2011	1:04.95
Marie-Pier Daigle	20	NATL 2013	05/17/2013	1:05.13
Serena Palmer	22	NATL 2011	05/23/2011	1:05.54
Sophie Olesen-Despres	21	NATS22	05/20/2022	1:06.27
Kathleen Perron	20	OntProv'09	03/20/2009	1:06.36

200 Free Club Rec: 2:10.60

Adelle Yamashita	20	ON PROV 18	03/23/2018	2:10.60
Rebekah Nitschmann	24	MSO19	03/22/2019	2:12.72
Tori Temple	19	PROVINCIAL	03/26/2011	2:15.48
Jacinda Smit	22	NATL 2011	05/23/2011	2:19.69
Marlee Palmer	19	NATL 2011	05/23/2011	2:20.54
Rachael Shallhorn	24	PROV	03/30/2012	2:23.71
Aleksandra Ostojic	19	NATIONALS	05/15/2009	2:28.02
Sophie Olesen-Despres	21	MSO22	06/11/2022	2:28.53
Holly Hutchings	24	TECH	11/23/2003	2:30.98
Alienor De Steur	24	TECH DEC17	12/03/2017	2:31.13

400 Free Club Rec: 4:38.56

Adelle Yamashita	20	ON PROV 18	03/23/2018	4:38.56
Rebekah Nitschmann	24	MSO19	03/22/2019	4:45.55
Aleksandra Ostojic	19	NATIONALS	05/15/2009	5:10.96
Alienor De Steur	24	CMSC 2017	05/12/2017	5:21.66
Sophie Olesen-Despres	21	MSO22	06/11/2022	5:22.29
Carley Kenwell	24	NATIONALS	05/16/2008	5:22.37
Jenn Gilbert	24	HULL	03/22/1997	5:41.87
Veronique Bezaire	24	TROIS	04/20/2001	5:42.63
Cleo Watt	23	NATL 2011	05/23/2011	5:46.62
Susie Leamen	24	NATL 2011	05/23/2011	5:57.54

800 Free Club Rec: 10:27.17

Isabelle Coda	24	TECHNOSPO	02/08/1997	10:27.17
Rebekah Nitschmann	24	TechTT31M	03/31/2019	10:45.55
Carley Kenwell	24	NATIONALS	05/16/2008	11:11.40
Alienor De Steur	24	Gatineau	03/25/2017	11:15.52
Cleo Watt	23	NATL 2011	05/23/2011	11:34.96
Anne Marie Pearce	23	NATIONALS	05/15/2009	11:54.42
Justine Schweizer	23	CMSC 2016	05/20/2016	12:07.54
Jenn Gilbert	24	MONTREAL	06/26/1997	12:07.85
Susie Leamen	24	NATL 2011	05/23/2011	12:36.22
Emma Gauthier	20	TechTT11Ap	04/11/2019	13:00.16

1500 Free Club Rec: 19:32.31 Nitschmann, Rebekah

Rebekah Nitschmann	24	NATCHAMP1	05/24/2019	19:32.31
Marie-Pier Daigle	20	NATL 2013	05/17/2013	20:08.13
Carley Kenwell	24	NATIONALS	05/16/2008	21:06.02
Alienor De Steur	24	Gatineau	03/25/2017	21:22.24
Cleo Watt	23	NATL 2011	05/23/2011	22:20.00
Anne Marie Pearce	22	NATIONALS	05/16/2008	22:37.51
Veronique Bezaire	24	TROIS	04/20/2001	22:57.47
Emily Brooks	20	ON PROV 18	03/23/2018	23:35.21
Emma Gauthier	20	TechTT11Ap	04/11/2019	24:23.30
Susie Leamen	24	NATL 2011	05/23/2011	24:45.45

50 Back Club Rec: :32.69

Marie-Pier Daigle	20	NATL 2013	05/17/2013	:32.69
Kathleen Perron	22	PROVINCIAL	03/26/2011	:32.80
Tori Temple	19	PROVINCIAL	03/26/2011	:32.99
Natalie Belanger	24	MONTREAL	06/26/1997	:33.03
Alienor De Steur	24	CMSC 2017	05/12/2017	:33.58
Jacinda Smit	22	NATL 2011	05/23/2011	:34.28
Alison Miles	19	OntProv'09	03/20/2009	:36.30
Isabelle Coda	24	TECHNOSPO	10/19/1996	:36.94
Jasmine Hasselback	20	NATIONALS	05/20/2005	:37.09
Anne Marie Pearce	22	NATIONALS	05/16/2008	:37.24

100 Back Club Rec: 1:09.36

Marie-Pier Daigle	20	NATL 2013	05/17/2013	1:09.36
Chantelle Boduel	20	PROVINCIAL	03/26/2011	1:09.59
Natalie Belanger	24	MONTREAL	06/26/1997	1:10.54
Kathleen Perron	20	OntProv'09	03/20/2009	1:11.66
Jacinda Smit	22	NATL 2011	05/23/2011	1:12.92
Sophie Olesen-Despres	21	NATS22	05/20/2022	1:14.05
Rachael Shallhorn	24	PROV	03/30/2012	1:14.14
Alienor De Steur	24	CMSC 2017	05/12/2017	1:14.19
Tori Temple	19	PROVINCIAL	03/26/2011	1:14.59
Rebekah Nitschmann	24	NATCHAMP1	05/24/2019	1:15.97

200 Back Club Rec: 2:34.34

Jacinda Smit	22	NATL 2011	05/23/2011	2:34.34
Tori Temple	19	PROVINCIAL	03/26/2011	2:34.55
Marie-Pier Daigle	20	NATL 2013	05/17/2013	2:35.39
Alienor De Steur	24	Tech Feb17	02/05/2017	2:47.27
Anne Marie Pearce	22	NATIONALS	05/16/2008	2:56.27
Jessica Cawthorn	24	ON PROV 18	03/23/2018	2:57.78
Emma Gauthier	20	NATCHAMP1	05/24/2019	2:58.60
Heidi Ray	24	MONTREAL	06/26/1997	3:02.29
Maggie Pelyk	19	CMSC 2015	05/18/2015	3:13.23
Emily Brooks	20	ON PROV 18	03/23/2018	3:16.47

50 Breast Club Rec: :38.06

Jackie Hutchings	23	QUE PROV	04/03/2004	:38.06
Sophie Olesen-Despres	21	NATS22	05/20/2022	:38.25
Serena Palmer	22	NATL 2011	05/23/2011	:38.63
Kathleen Perron	22	PROVINCIAL	03/26/2011	:39.60
Aida Zaza	22	ON PROV 18	03/23/2018	:39.95
Anne Marie Pearce	22	NATIONALS	05/16/2008	:41.24
Alienor De Steur	24	Tech Feb17	02/05/2017	:41.34
Carley Kenwell	24	NATIONALS	05/16/2008	:42.21
Isabelle Coda	24	TECHNOSPO	10/19/1996	:42.99
Melissa Langevan	21	NATIONALS	05/16/2003	:44.10

100 Breast Club Rec: 1:22.23

Jackie Hutchings	23	TECH	01/17/2004	1:22.23
Sophie Olesen-Despres	21	MSO22	06/11/2022	1:23.51
Lauren Manders	21	TECH Apr16	04/17/2016	1:24.71
Holly Hutchings	24	TECH	11/23/2003	1:25.50

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Isabelle Coda	24	ETOBICOKE	04/28/1996	1:26.12	Sophie Olesen-Despres	21	NATS22	05/20/2022	2:39.61
Anne Marie Pearce	22	NATIONALS	05/16/2008	1:29.18	Isabelle Coda	24	ETOBICOKE	04/28/1996	2:41.38
Alienor De Steur	24	TECH DEC17	12/03/2017	1:29.55	Jackie Hutchings	23	QUE PROV	04/03/2004	2:42.63
Carley Kenwell	24	NATIONALS	05/16/2008	1:29.71	Aleksandra Ostojic	19	NATIONALS	05/15/2009	2:45.38
Josee Lemieux	24	Nat99	05/14/1999	1:32.11	Marie-Pier Daigle	20	NATL 2013	05/17/2013	2:45.85
Melissa Langevan	21	NATIONALS	05/16/2003	1:34.87	Holly Hutchings	24	TECH	11/23/2003	2:46.44
200 Breast	Club Rec: 2:55.63	Palmer, Marlee			Natalie Deschesnes	19	QUE PROV	04/16/2010	2:55.52
Marlee Palmer	19	NATL 2011	05/23/2011	2:55.63	400 IM	Club Rec: 5:19.39	Yamashita, Adelle		
Jackie Hutchings	23	QUE PROV	04/03/2004	2:56.04	Adelle Yamashita	20	ON PROV 18	03/23/2018	5:19.39
Sophie Olesen-Despres	21	MSO22	06/11/2022	2:57.95	Marlee Palmer	19	NATL 2011	05/23/2011	5:26.04
Carley Kenwell	24	NATIONALS	05/16/2008	3:08.67	Tori Temple	19	PROVINCIAL	03/26/2011	5:36.11
Anne Marie Pearce	22	NATIONALS	05/16/2008	3:12.47	Isabelle Coda	24	ETOBICOKE	04/28/1996	5:39.75
Melissa Langevan	21	NATIONALS	05/16/2003	3:23.16	Alison Miles	19	OntProv'09	03/20/2009	5:47.84
Tiia Bishop	24	QUE PROV	04/21/2006	3:31.01	Aleksandra Ostojic	19	NATIONALS	05/15/2009	5:49.35
Cleo Watt	23	NATL 2011	05/23/2011	3:36.01	Lauren Manders	21	TECH Apr16	04/17/2016	5:53.15
Jasmine Hasselback	20	NATIONALS	05/20/2005	3:42.26	Natalie Deschesnes	19	QUE PROV	04/16/2010	6:08.70
Jennifer Marcellus	24	NATL 2013	05/17/2013	3:42.95	Anne Marie Pearce	23	NATIONALS	05/15/2009	6:21.29
50 Fly	Club Rec: :30.69	Belanger, Natalie			Justine Schweizer	24	CMSC 2017	05/12/2017	6:31.58
Natalie Belanger	24	MONTREAL	06/26/1997	:30.69	Female 25 to 29				
Marie-Pier Daigle	20	NATL 2013	05/17/2013	:31.97	25 Free				
Kathleen Perron	22	PROVINCIAL	03/26/2011	:32.51	Carmen Zurroza	27	NATCHAMP1	05/24/2019	:14.52
Rebekah Nitschmann	24	TECHFeb19	02/02/2019	:32.72	Daphne Jara-Charbonneau	29	NATCHAMP1	05/24/2019	:14.92
Aida Zaza	22	ON PROV 18	03/23/2018	:32.96	Michelle Collette	29	TECH	10/19/2002	:18.85
Sophie Olesen-Despres	21	NATS22	05/20/2022	:33.00	50 Free	Club Rec: :28.34	De Steur, Alienor		
Aleksandra Ostojic	19	OntProv'09	03/20/2009	:33.92	Alienor De Steur	26	NATCHAMP1	05/24/2019	:28.34
Alienor De Steur	24	CMSC 2017	05/12/2017	:33.96	Rebekah Nitschmann	26	BTRAIN21	12/12/2021	:29.26
Jackie Hutchings	23	TECH	01/17/2004	:34.22	Rebekah De Couvreur	27	NMSC22	12/11/2022	:29.46
Vanessa Watt	24	ON PROV 18	03/23/2018	:34.83	Christiane Coda	29	ETOBICOKE	04/28/1996	:29.57
100 Fly	Club Rec: 1:10.90	Olesen-Despres, Sophie			Stephanie Bigelow	25	NATL 2011	05/23/2011	:29.66
Sophie Olesen-Despres	21	NATS22	05/20/2022	1:10.90	Carolyn Blanchard	28	TECH	01/19/2002	:29.83
Aleksandra Ostojic	19	OntProv'09	03/20/2009	1:15.57	Lindsay Hugenholz	28	TECH	01/19/2002	:29.96
Chantelle Boduel	20	PROVINCIAL	03/26/2011	1:16.67	Holly Hutchings	26	NATIONALS	05/20/2005	:29.96
Kathleen Perron	20	NATIONALS	05/15/2009	1:18.43	Erin Lunney	29	RedBlue18	12/09/2018	:29.97
Alison Miles	19	OntProv'09	03/20/2009	1:22.26	Carina (dob) Waycott	25	PROVI	04/06/2003	:30.08
Natalie Deschesnes	19	QUE PROV	04/16/2010	1:22.54	100 Free	Club Rec: 1:03.98	De Couvreur, Rebekah		
Vanessa Watt	24	ON PROV 18	03/23/2018	1:23.01	Rebekah De Couvreur	27	NMSC22	12/11/2022	1:03.98
Justine Schweizer	24	CMSC 2017	05/12/2017	1:24.24	Issa Pare	27	QUE PROV	04/21/2006	1:05.17
200 Fly	Club Rec: 2:33.08	Yamashita, Adelle			Tenille Hoogland	28	QUE PROV	04/21/2006	1:05.21
Adelle Yamashita	20	ON PROV 18	03/23/2018	2:33.08	Rebekah Nitschmann	26	BTRAIN21	12/12/2021	1:05.46
Aleksandra Ostojic	19	NATIONALS	05/15/2009	2:42.00	Christine Moore	29	Nat99	05/14/1999	1:05.47
Chantelle Boduel	20	PROVINCIAL	03/26/2011	2:44.10	Christiane Coda	29	ETOBICOKE	04/28/1996	1:05.69
Tori Temple	19	PROVINCIAL	03/26/2011	2:45.53	Holly Hutchings	25	QUE PROV	04/03/2004	1:05.75
Alison Miles	19	OntProv'09	03/20/2009	2:57.61	Lindsay Hugenholz	27	TECH	11/17/2001	1:06.03
Natalie Deschesnes	19	QUE PROV	04/16/2010	3:05.46	Veronique Bezaire	25	QUE PROV	04/19/2002	1:06.12
Vanessa Watt	24	ON PROV 18	03/23/2018	3:30.49	Carolyn Blanchard	28	TECK	03/16/2002	1:06.47
100 IM	Club Rec: 1:10.53	Belanger, Natalie			200 Free	Club Rec: 2:19.77	Hoogland, Tenille		
Natalie Belanger	24	MONTREAL	06/26/1997	1:10.53	Tenille Hoogland	27	NATIONALS	05/20/2005	2:19.77
Sophie Olesen-Despres	21	MSO22	06/11/2022	1:12.85	Issa Pare	27	QUE PROV	04/21/2006	2:22.23
Chantelle Boduel	20	PROVINCIAL	03/26/2011	1:12.91	Christine Moore	29	Nat99	05/14/1999	2:24.48
Marlee Palmer	19	NATL 2011	05/23/2011	1:13.92	Holly Hutchings	25	TECH	03/13/2004	2:24.85
Rebekah Nitschmann	24	MSO19	03/22/2019	1:14.42	Alienor De Steur	25	CMSC 18	05/19/2018	2:25.72
Tori Temple	19	PROVINCIAL	03/26/2011	1:14.48	Carolyn Blanchard	28	TECK	03/16/2002	2:26.66
Kathleen Perron	22	PROVINCIAL	03/26/2011	1:14.58	Lindsay Hugenholz	27	TECH	11/17/2001	2:27.01
Jacinda Smit	22	NATL 2011	05/23/2011	1:14.58	Katie Saunders	26	NATL 2011	05/23/2011	2:27.19
Isabelle Coda	24	ETOBICOKE	04/28/1996	1:14.75	Alexandra Grant	28	NATL 2013	05/17/2013	2:27.24
Serena Palmer	22	NATL 2011	05/23/2011	1:15.79	Isabelle Coda	27	Nat99	05/14/1999	2:28.88
200 IM	Club Rec: 2:31.93	Yamashita, Adelle							
Adelle Yamashita	20	ON PROV 18	03/23/2018	2:31.93					
Chantelle Boduel	20	PROVINCIAL	03/26/2011	2:33.84					
Jacinda Smit	22	NATL 2011	05/23/2011	2:34.39					

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400 Free	Club Rec: 4:47.30	Hoogland, Tenille	Christin Sadler	28	CMSC 2015	05/18/2015	2:40.89
Tenille Hoogland	28	QUE PROV 04/21/2006 4:47.30	Isabelle Coda	27	Nat99	05/14/1999	2:47.87
Issa Pare	27	QUE PROV 04/21/2006 4:57.92	Carolyn Blanchard	28	QUE PROV	04/19/2002	2:49.78
Christine Moore	28	ETOBICOKE 03/13/1998 5:00.20	Jessica Cawthorn	25	NATCHAMP1	05/24/2019	3:02.38
Alienor De Steur	25	CMSC 18 05/19/2018 5:10.49	Melissa MacDonald	26	NATL 2013	05/17/2013	3:03.56
Holly Hutchings	26	NATIONALS 05/20/2005 5:10.74	Shannon Davis	29	RIDEAU SPE	02/21/2004	3:11.15
Katie Saunders	26	NATL 2011 05/23/2011 5:15.84	50 Breast	Club Rec: :37.00	Hutchings, Holly		
Cindy Box	26	PROVI 04/06/2003 5:16.58	Holly Hutchings	26	NATIONALS	05/20/2005	:37.00
Carmen Zurroza	27	NATCHAMP1 05/24/2019 5:17.89	Stephanie Bigelow	25	NATL 2011	05/23/2011	:37.51
Jenn Nichols	26	ETOBICOKE 04/28/1996 5:19.13	Erica Lemieux	26	QUEBEC	04/22/2007	:37.63
Alexandra Grant	26	NATL 2011 05/23/2011 5:23.59	Alexandra Nantel-Soucy	29	TECH Dec	12/07/2014	:37.81
800 Free	Club Rec: 10:02.93	Hoogland, Tenille	Pascale Denis	25	OTTAWA-TE	10/16/1999	:39.43
Tenille Hoogland	27	NATIONALS 05/20/2005 10:02.93	Michelle Whitty	29	NATL 2011	05/23/2011	:40.40
Danielle Beland	25	OntProv'09 03/20/2009 10:21.35	Josee Lemieux	27	QUE PROV	04/19/2002	:41.33
Stephanie Bigelow	25	NATL 2011 05/23/2011 10:30.57	Anais Seantel	27	TECH	12/05/2009	:41.63
Alienor De Steur	25	CMSC 18 05/19/2018 10:40.99	Alexandra Konzuk	25	TECHdec19	12/01/2019	:42.26
Christine Moore	26	TECHNOSPO 02/08/1997 10:58.46	Monika Brumar	28	MSO19	03/22/2019	:42.44
Veronique Bezaire	29	QUE PROV 04/21/2006 11:16.39	100 Breast	Club Rec: 1:20.33	Hutchings, Holly		
Cindy Box	26	PROVI 04/06/2003 11:17.13	Holly Hutchings	26	NATIONALS	05/20/2005	1:20.33
Julie Mouris	27	NATL 2012 05/18/2012 11:24.62	Stephanie Bigelow	25	NATL 2011	05/23/2011	1:21.57
Alexandra Grant	28	NATL 2013 05/17/2013 11:26.72	Erica Lemieux	26	QUEBEC	04/22/2007	1:23.87
Reihane Mouris	27	QUE PROV 04/13/2012 11:35.18	Issa Pare	27	QUE PROV	04/21/2006	1:24.58
1500 Free	Club Rec: 18:36.56	Hoogland, Tenille	Alexandra Nantel-Soucy	29	TECH Dec	12/07/2014	1:25.16
Tenille Hoogland	28	QUE PROV 04/21/2006 18:36.56	Isabelle Coda	27	Nat99	05/14/1999	1:28.53
Danielle Beland	25	OntProv'09 03/20/2009 19:34.98	Michelle Whitty	29	NATL 2011	05/23/2011	1:28.78
Alexandra Grant	28	NATL 2013 05/17/2013 21:27.99	Alexandra Grant	26	NATL 2011	05/23/2011	1:29.17
Shannon Davis	28	TECH 12/06/2003 22:54.96	Josee Lemieux	26	TROIS	04/20/2001	1:29.27
Jenn Gilbert	26	Nat99 05/14/1999 22:58.42	Pascale Denis	27	TECH-OTTA	01/27/2001	1:29.62
Genevieve Friesen	28	NATL 2013 05/17/2013 23:06.68	200 Breast	Club Rec: 2:53.27	Hutchings, Holly		
Caroline Corriveau	26	NATL 2011 05/23/2011 23:07.10	Holly Hutchings	26	NATIONALS	05/20/2005	2:53.27
Marielle Fortin-Mccuaig	25	NATL 2011 05/23/2011 23:25.58	Erica Lemieux	26	QUEBEC	04/22/2007	2:57.93
Tiia Bishop	27	OntProv'09 03/20/2009 23:40.87	Alexandra Grant	28	NATL 2013	05/17/2013	3:06.65
Jennifer Crain	29	TECH 06/01/2002 24:08.72	Josee Lemieux	26	TROIS	04/20/2001	3:14.12
50 Back	Club Rec: :33.21	Pepper, Karen	Daphne Jara-Charbonneau	29	NATCHAMP1	05/24/2019	3:20.76
Karen Pepper	29	BRANTFORD 05/25/1997 :33.21	Jocelyn Wiginton	26	NATS22	05/20/2022	3:23.48
Alienor De Steur	25	ON PROV 18 03/23/2018 :33.57	Tiia Bishop	25	QUEBEC	04/22/2007	3:25.24
Christin Sadler	28	CMSC 2015 05/18/2015 :34.47	Carolyn Brown	27	PROVINCIAL	03/26/2011	3:25.56
Issa Pare	28	QUEBEC 04/22/2007 :34.75	Shannon Davis	29	RIDEAU SPE	02/21/2004	3:27.43
Carolyn Blanchard	28	TECH 01/19/2002 :35.36	Jenn Gilbert	25	ETOBICOKE	03/13/1998	3:30.75
Christine Moore	25	ETOBICOKE 04/28/1996 :35.77	50 Fly	Club Rec: :30.88	Bigelow, Stephanie		
Tenille Hoogland	27	NATIONALS 05/20/2005 :35.81	Stephanie Bigelow	25	NATL 2011	05/23/2011	:30.88
Holly Hutchings	25	QUE PROV 04/03/2004 :36.92	Alexandra Nantel-Soucy	29	TECH Dec	12/07/2014	:32.48
Laurie Strano	29	NATIONALS 05/16/2003 :37.01	Christine Moore	28	ETOBICOKE	03/13/1998	:32.83
Sheryl Slater	28	NY 12/06/1997 :37.32	Carina (dob) Waycott	25	PROVI	04/06/2003	:32.91
100 Back	Club Rec: 1:09.84	De Steur, Alienor	Kate Buddo	26	NATL 2011	05/23/2011	:33.26
Alienor De Steur	26	NATCHAMP1 05/24/2019 1:09.84	Issa Pare	28	QUEBEC	04/22/2007	:33.38
Karen Pepper	29	BRANTFORD 05/25/1997 1:11.60	Erin Lunney	29	RedBlue18	12/09/2018	:33.38
Christin Sadler	28	CMSC 2015 05/18/2015 1:14.27	Alienor De Steur	25	ON PROV 18	03/23/2018	:33.62
Issa Pare	28	QUEBEC 04/22/2007 1:14.72	Erica Lemieux	26	QUEBEC	04/22/2007	:33.72
Christine Moore	25	ETOBICOKE 04/28/1996 1:15.34	Veronique Bezaire	29	QUE PROV	04/21/2006	:33.75
Isabelle Coda	25	BRANTFORD 05/25/1997 1:16.87	100 Fly	Club Rec: 1:08.57	Bigelow, Stephanie		
Carolyn Blanchard	28	QUE PROV 04/19/2002 1:17.32	Stephanie Bigelow	25	NATL 2011	05/23/2011	1:08.57
Holly Hutchings	25	TECH 01/17/2004 1:18.21	Danielle Beland	25	OntProv'09	03/20/2009	1:08.60
Katy Chancey	28	TECH 01/13/2008 1:22.34	Christine Moore	28	ETOBICOKE	03/13/1998	1:11.82
Rebekah De Couvreur	27	NMSC22 12/11/2022 1:22.73	Christiane Coda	29	ETOBICOKE	04/28/1996	1:12.48
200 Back	Club Rec: 2:37.47	Pepper, Karen	Luz Osorio	28	TECH	03/03/2013	1:13.94
Karen Pepper	29	BRANTFORD 05/25/1997 2:37.47	Jenn Nichols	26	ETOBICOKE	04/28/1996	1:15.34
Alienor De Steur	25	ON PROV 18 03/23/2018 2:37.88	Erica Lemieux	26	TECH	03/17/2007	1:20.57
Christine Moore	28	ETOBICOKE 03/13/1998 2:39.51	Julie Mouris	27	NATL 2012	05/18/2012	1:21.38
Tenille Hoogland	28	QUE PROV 04/21/2006 2:39.93	Nancy Irvin	29	TECHNOSPO	11/01/1996	1:22.05

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Carmen Zurroza	27	NATCHAMP1	05/24/2019	1:22.35	Whitney Bond	34	TECH	03/13/2004	:30.56
200 Fly	Club Rec: 2:27.98	Bigelow, Stephanie			Laurie Strano	30	QUE PROV	04/03/2004	:30.82
Stephanie Bigelow	25	NATL 2011	05/23/2011	2:27.98	Colleen Patterson	33	TECHNOSPO	10/17/1998	:30.95
Danielle Beland	25	OntProv'09	03/20/2009	2:38.21	100 Free	Club Rec: 1:03.67	Prayal-Brown, Audrey		
Tenille Hoogland	28	QUE PROV	04/21/2006	2:52.47	Audrey Prayal-Brown	31	ON PROV 18	03/23/2018	1:03.67
Shannon Davis	29	QUE PROV	04/03/2004	3:19.56	Anne Rowan-Legg	34	PROVINCIAL	03/26/2011	1:04.36
Marielle Fortin-Mccuaig	25	NATL 2011	05/23/2011	3:23.04	Nancy Irvin	32	ETOBICOKE	03/13/1998	1:05.48
Daphne Jara-Charbonneau	29	NATCHAMP1	05/24/2019	3:24.44	Veronique Bezaire	32	OntProv'09	03/20/2009	1:05.63
Alexandra Grant	27	QUE PROV	04/13/2012	3:32.62	Alison Shea	34	PROVINCIAL	03/26/2011	1:06.59
Lindsay Drennan	29	TECH	01/31/2009	3:40.33	Whitney Bond	34	TECH	03/13/2004	1:06.90
Monika Brumar	28	MSO19	03/22/2019	3:45.33	Laurie Strano	30	QUE PROV	04/03/2004	1:07.02
Elisabeth Sabo	28	OntProv'09	03/20/2009	3:54.83	Colleen Patterson	34	OTTAWA-TE	10/16/1999	1:07.06
100 IM	Club Rec: 1:10.22	Bigelow, Stephanie			Carole Michon	33	OntProv'09	03/20/2009	1:07.39
Stephanie Bigelow	25	NATL 2011	05/23/2011	1:10.22	Catherine Desmarais	32	QUE PROV	04/13/2012	1:08.51
Holly Hutchings	26	NATIONALS	05/20/2005	1:14.11	200 Free	Club Rec: 2:23.54	Irvin, Nancy		
Issa Pare	28	QUEBEC	04/22/2007	1:15.02	Nancy Irvin	32	ETOBICOKE	03/13/1998	2:23.54
Erica Lemieux	26	QUEBEC	04/22/2007	1:15.13	Nikki Clarke	34	TECH	03/13/2004	2:25.17
Tenille Hoogland	27	QUE PROV	04/15/2005	1:15.96	Alison Shea	34	PROVINCIAL	03/26/2011	2:25.46
Alienor De Steur	25	CMSC 18	05/19/2018	1:16.05	Veronique Bezaire	32	OntProv'09	03/20/2009	2:26.41
Jenn Nichols	26	ETOBICOKE	04/28/1996	1:16.46	Colleen Patterson	34	TECH-OTTA	11/20/1999	2:27.02
Carina (dob) Waycott	25	PROVI	04/06/2003	1:16.54	Sheryl Slater	31	OTTAWA-TE	03/18/2000	2:28.72
Christine Moore	25	ETOBICOKE	04/28/1996	1:16.58	Whitney Bond	34	TECH	03/13/2004	2:28.75
Isabelle Coda	25	HULL	03/22/1997	1:16.81	Catherine Desmarais	32	QUE PROV	04/13/2012	2:31.95
200 IM	Club Rec: 2:34.44	Bigelow, Stephanie			Margot Hall	33	NATIONALS	05/16/2008	2:32.15
Stephanie Bigelow	25	NATL 2011	05/23/2011	2:34.44	Jane Sawchuck	31	PROVI	04/06/2003	2:36.28
Holly Hutchings	25	QUE PROV	04/03/2004	2:40.57	400 Free	Club Rec: 5:05.57	Brackstone, Nikki		
Danielle Beland	25	OntProv'09	03/20/2009	2:40.68	Nikki Brackstone	31	TECH	11/23/2003	5:05.57
Tenille Hoogland	28	QUE PROV	04/21/2006	2:40.78	Nancy Irvin	32	ETOBICOKE	03/13/1998	5:07.42
Christine Moore	27	BRANTFORD	05/25/1997	2:41.25	Colleen Patterson	34	TECH-OTTA	11/20/1999	5:08.30
Isabelle Coda	25	HULL	03/22/1997	2:42.06	Catherine Desmarais	33	NATL 2013	05/17/2013	5:21.25
Karen Pepper	29	BRANTFORD	05/25/1997	2:42.34	Veronique Bezaire	32	OntProv'09	03/20/2009	5:23.24
Christiane Coda	29	ETOBICOKE	04/28/1996	2:42.61	Isabelle Coda	31	NATIONALS	05/16/2003	5:27.02
Catherine Campbell	27	QUEBEC	04/22/2007	2:44.06	Carolyn Stewart	33	VICTORIA	05/19/1995	5:32.72
Erica Lemieux	26	QUEBEC	04/22/2007	2:44.06	Carmen Zurroza	30	NATS22	05/20/2022	5:34.15
400 IM	Club Rec: 5:33.42	Hoogland, Tenille			Nadja Roy	31	TECHNOSPO	04/12/1997	5:36.58
Tenille Hoogland	28	QUE PROV	04/21/2006	5:33.42	Annelise Miller	30	ON PROV 18	03/23/2018	5:43.03
Danielle Beland	25	OntProv'09	03/20/2009	5:44.96	800 Free	Club Rec: 10:37.43	Brackstone, Nikki		
Isabelle Coda	25	BRANTFORD	05/25/1997	5:45.08	Nikki Brackstone	31	TECH	12/06/2003	10:37.43
Alienor De Steur	25	ON PROV 18	03/23/2018	5:45.44	Nancy Irvin	30	TECHNOSPO	02/08/1997	10:47.67
Erica Lemieux	26	QUEBEC	04/22/2007	5:53.67	Catherine Desmarais	33	NATL 2013	05/17/2013	11:23.85
Alexandra Grant	28	NATL 2013	05/17/2013	6:04.23	Nadja Roy	31	TECHNOSPO	02/08/1997	11:25.43
Eryn Sylvester	25	Tech Mar18	03/04/2018	6:15.79	Bridget Carey	31	RIDEAU SPE	02/21/2004	12:04.02
Shannon Davis	29	RIDEAU SPE	02/21/2004	6:27.46	Laurie Strano	32	QUE PROV	04/21/2006	12:06.86
Daphne Jara-Charbonneau	29	NATCHAMP1	05/24/2019	6:28.48	Kelly Ogilvie	33	NATL 2013	05/17/2013	12:10.92
Jessica Cawthorn	25	NATCHAMP1	05/24/2019	6:36.35	Marie Carmelle Ruel	33	QUEBEC	04/22/2007	12:13.72
Female 30 to 34					Tiia Bishop	34	CMSC 2016	05/20/2016	12:25.69
25 Free					Alexandra Grant	32	Gatineau	03/25/2017	12:27.95
Chloe Watt	31	NATCHAMP1	05/24/2019	:15.81	1500 Free	Club Rec: 19:36.15	Shea, Alison		
Julie Beaulieu	31	TECH	10/20/2001	:17.40	Alison Shea	32	OntProv'09	03/20/2009	19:36.15
Stephanie Phaneuf	30	TECH	10/20/2001	:17.62	Nadja Roy	31	MONTREAL	06/26/1997	21:06.11
Silvia Valdman	33	TECH	10/18/2003	:22.17	Catherine Desmarais	33	NATL 2013	05/17/2013	21:38.26
50 Free	Club Rec: :27.34	Prayal-Brown, Audrey			Carolyn Stewart	33	VICTORIA	05/19/1995	21:51.22
Audrey Prayal-Brown	31	ON PROV 18	03/23/2018	:27.34	Margot Hall	31	QUE PROV	04/21/2006	22:25.11
Anne Rowan-Legg	34	PROVINCIAL	03/26/2011	:29.27	Kelly Ogilvie	33	NATL 2013	05/17/2013	23:08.81
Carole Michon	31	QUEBEC	04/22/2007	:29.60	Jamie Wilson	30	NATL 2013	05/17/2013	23:18.01
Dominique Bruneau	30	TECH Dec	12/07/2014	:29.66	Carol Mothersill	33	NATIONALS	05/20/2005	23:25.88
Veronique Bezaire	32	OntProv'09	03/20/2009	:29.90	Alexandra Grant	32	Gatineau	03/25/2017	23:30.04
Alison Shea	32	OntProv'09	03/20/2009	:29.90	Erica McEachran	32	NATIONALS	05/16/2008	23:31.24
Nancy Irvin	30	TECHNOSPO	01/11/1997	:30.20					

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50 Back	Club Rec: :34.18	Pepper, Karen	Catherine Desmarais	31	PROVINCIAL	03/26/2011	3:18.33
Karen Pepper	31	ETOBICOKE 03/13/1998 :34.18	Christina Sutcliffe	34	QUEBEC	04/22/2007	3:21.16
Anne Rowan-Legg	34	PROVINCIAL 03/26/2011 :34.20	Erica Meachran	31	QUEBEC	04/22/2007	3:27.41
Carole Michon	31	QUEBEC 04/22/2007 :34.47	Erica McEachran	32	NATIONALS	05/16/2008	3:28.17
Colleen Patterson	34	OTTAWA-TE 10/16/1999 :36.16	Diane Wilson	33	PROVINCIAL	03/26/2011	3:30.58
Marie Carmelle Ruel	33	QUEBEC 04/22/2007 :36.53	Tiia Bishop	31	NATL 2013	05/17/2013	3:33.63
Emma Beauchamp	33	PROVINCIAL 03/26/2011 :36.79	50 Fly	Club Rec: :30.83	Prayal-Brown, Audrey		
Laurie Strano	30	QUE PROV 04/03/2004 :37.05	Audrey Prayal-Brown	31	ON PROV 18	03/23/2018	:30.83
Isabelle Coda	31	NATIONALS 05/16/2003 :38.08	Dominique Bruneau	30	TECH Dec	12/07/2014	:33.50
Audrey Prayal-Brown	32	OlymPink19 04/26/2019 :38.23	Karen Pepper	31	ETOBICOKE	03/13/1998	:33.64
Kelly Doyle	32	CMSC 2016 05/20/2016 :38.27	Nikki Clarke	34	TECH	01/17/2004	:33.92
100 Back	Club Rec: 1:11.30	Pepper, Karen	Claire Laflamme	30	Nat99	05/14/1999	:34.04
Karen Pepper	31	ETOBICOKE 03/13/1998 1:11.30	Veronique Bezaire	32	OntProv'09	03/20/2009	:34.05
Alison Shea	34	PROVINCIAL 03/26/2011 1:14.01	Margot Hall	34	OntProv'09	03/20/2009	:34.24
Anne Rowan-Legg	34	NATL 2011 05/23/2011 1:14.09	Nancy Irvin	30	TECHNOSPO	01/11/1997	:34.52
Carole Michon	31	QUEBEC 04/22/2007 1:18.00	Colleen Patterson	33	TECHNOSPO	10/17/1998	:35.29
Claire Laflamme	30	Nat99 05/14/1999 1:18.65	Tiffany Patterson	30	NATL 2013	05/17/2013	:35.38
Kristilyn McCutcheon	30	ON PROV 18 03/23/2018 1:19.79	100 Fly	Club Rec: 1:15.15	Clarke, Nikki		
Isabelle Coda	31	NATIONALS 05/16/2003 1:21.05	Nikki Clarke	34	TECH	03/13/2004	1:15.15
Kelly Doyle	32	CMSC 2016 05/20/2016 1:22.09	Nancy Irvin	30	MONTREAL	06/26/1997	1:15.87
Colleen Patterson	34	TECH-OTTA 11/20/1999 1:23.31	Isabelle Coda	31	NATIONALS	05/16/2003	1:19.64
Laurie Strano	32	QUE PROV 04/21/2006 1:24.32	Claire Laflamme	30	Nat99	05/14/1999	1:19.67
200 Back	Club Rec: 2:36.97	Pepper, Karen	Margot Hall	33	NATIONALS	05/16/2008	1:19.76
Karen Pepper	31	ETOBICOKE 03/13/1998 2:36.97	Annelise Miller	30	ON PROV 18	03/23/2018	1:23.99
Anne Rowan-Legg	34	PROVINCIAL 03/26/2011 2:39.02	Bridget Carey	31	TECH	11/22/2004	1:25.46
Isabelle Coda	31	PROVI 04/06/2003 2:50.73	Carmen Zurroza	30	NATS22	05/20/2022	1:26.22
Kelly Doyle	32	CMSC 2016 05/20/2016 3:00.89	Jane Sawchuck	31	NATIONALS	05/16/2003	1:27.50
Carol Mothersill	33	NATIONALS 05/20/2005 3:02.73	Catherine Desmarais	32	QUE PROV	04/13/2012	1:32.34
Bridget Carey	31	QUE PROV 04/03/2004 3:08.75	200 Fly	Club Rec: 2:55.87	Irvin, Nancy		
Emma Beauchamp	33	NATL 2011 05/23/2011 3:12.27	Nancy Irvin	32	ETOBICOKE	03/13/1998	2:55.87
Kelly Ogilvie	33	NATL 2013 05/17/2013 3:17.37	Isabelle Coda	31	NATIONALS	05/16/2003	2:59.22
Amna Khan	34	PROVINCIAL 03/26/2011 3:19.84	Margot Hall	33	NATIONALS	05/16/2008	3:05.48
Lindsay Drennan	33	NATL 2013 05/17/2013 3:23.27	Bridget Carey	32	NATIONALS	05/20/2005	3:10.06
50 Breast	Club Rec: :33.63	Prayal-Brown, Audrey	Jane Sawchuck	31	NATIONALS	05/16/2003	3:17.78
Audrey Prayal-Brown	31	ON PROV 18 03/23/2018 :33.63	Lindsay Drennan	33	NATL 2013	05/17/2013	3:39.98
Alison Shea	34	PROVINCIAL 03/26/2011 :36.22	Carol Mothersill	34	QUE PROV	04/21/2006	3:42.92
Margot Hall	31	QUE PROV 04/21/2006 :40.81	100 IM	Club Rec: 1:11.87	Prayal-Brown, Audrey		
Christina Sutcliffe	34	QUEBEC 04/22/2007 :41.20	Audrey Prayal-Brown	31	ON PROV 18	03/23/2018	1:11.87
Claire Laflamme	30	TECHNOSPO 03/20/1999 :41.59	Alison Shea	30	TECH	11/03/2007	1:12.39
Kelly Ogilvie	33	NATL 2013 05/17/2013 :42.12	Anne Rowan-Legg	32	OntProv'09	03/20/2009	1:15.76
Catherine Desmarais	31	PROVINCIAL 03/26/2011 :42.49	Carole Michon	33	OntProv'09	03/20/2009	1:17.28
Tiffany Patterson	30	NATL 2013 05/17/2013 :42.97	Claire Laflamme	30	Nat99	05/14/1999	1:18.10
Jane Sawchuck	30	QUE PROV 04/19/2002 :43.88	Margot Hall	33	NATIONALS	05/16/2008	1:18.30
Diane Wilson	33	PROVINCIAL 03/26/2011 :44.07	Isabelle Coda	31	NATIONALS	05/16/2003	1:18.59
100 Breast	Club Rec: 1:16.54	Prayal-Brown, Audrey	Nikki Clarke	34	TECH	01/17/2004	1:18.63
Audrey Prayal-Brown	31	ON PROV 18 03/23/2018 1:16.54	Kristilyn McCutcheon	30	ON PROV 18	03/23/2018	1:19.13
Alison Shea	34	PROVINCIAL 03/26/2011 1:19.60	Colleen Patterson	33	TECHNOSPO	10/17/1998	1:22.06
Nikki Brackstone	31	TECH 11/23/2003 1:29.96	200 IM	Club Rec: 2:36.06	Shea, Alison		
Margot Hall	31	QUE PROV 04/21/2006 1:30.46	Alison Shea	32	OntProv'09	03/20/2009	2:36.06
Kelly Ogilvie	33	NATL 2013 05/17/2013 1:31.25	Nikki Brackstone	31	TECH	11/23/2003	2:44.85
Catherine Desmarais	31	PROVINCIAL 03/26/2011 1:32.81	Nikki Clarke	34	TECH	01/17/2004	2:45.75
Daphne Jara-Charbonneau	31	BTRAIN21 12/12/2021 1:33.50	Sheryl Slater	31	OTTAWA-TE	03/18/2000	2:48.31
Erica McEachran	32	NATIONALS 05/16/2008 1:34.49	Isabelle Coda	31	NATIONALS	05/16/2003	2:50.35
Erica Meachran	32	INGLIS 03/08/2008 1:36.00	Whitney Bond	34	TECH	03/13/2004	2:51.17
Tiia Bishop	34	CMSC 2016 05/20/2016 1:38.44	Margot Hall	34	OntProv'09	03/20/2009	2:53.31
200 Breast	Club Rec: 2:55.02	Shea, Alison	Bridget Carey	31	QUE PROV	04/03/2004	2:58.45
Alison Shea	34	PROVINCIAL 03/26/2011 2:55.02	Tiffany Patterson	30	NATL 2013	05/17/2013	3:01.31
Margot Hall	33	NATIONALS 05/16/2008 3:09.03	Laurie Strano	30	QUE PROV	04/03/2004	3:02.29
Kelly Ogilvie	33	NATL 2013 05/17/2013 3:11.61					
Isabelle Coda	31	PROVI 04/06/2003 3:16.73					

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400 IM	Club Rec: 6:00.14	Coda, Isabelle			800 Free	Club Rec: 10:38.24	Patterson, Colleen		
Isabelle Coda	31	NATIONALS	05/16/2003	6:00.14	Colleen Patterson	36	TECH-OTTA	02/23/2001	10:38.24
Margot Hall	33	NATIONALS	05/16/2008	6:13.65	Jennifer Mcarton	39	QUEBEC	04/22/2007	10:46.53
Jane Sawchuck	31	NATIONALS	05/16/2003	6:33.82	Kristina Mcllwaine	37	NATL 2012	05/18/2012	11:09.57
Bridget Carey	34	QUEBEC	04/22/2007	6:36.93	Carolyn Stewart	39	TECH-OTTA	06/09/2001	11:10.69
Carol Mothersill	34	QUE PROV	04/21/2006	6:43.41	Catherine Desmarais	39	OlymPink19	04/26/2019	11:28.06
Lindsay Drennan	33	NATL 2013	05/17/2013	6:50.55	Lynne Bermel	39	Nat99	05/14/1999	11:50.06
Myriam Saboui	34	NATS22	05/20/2022	7:13.44	Tracey Mcllwaine	38	NATIONALS	05/15/2009	12:40.14
					Susan Kelly	35	QUE PROV	04/21/2006	12:47.54
					Betsy Simpson	39	QUE PROV	04/03/2004	13:22.07
					Barbara Allen	36	NATIONALS	05/16/2003	13:32.64
Female 35 to 39					1500 Free	Club Rec: 20:20.62	Mcarton, Jennifer		
25 Free					Jennifer Mcarton	38	QUE PROV	04/21/2006	20:20.62
Ceilidh Snider	37	TECH	10/20/2001	:16.25	Carolyn Stewart	39	ETOBICOKE	04/01/2001	21:31.32
Lisa Hansen	39	NATCHAMP1	05/24/2019	:16.35	Kristina Mcllwaine	38	NATL 2013	05/17/2013	21:45.34
Marina Djuricic	36	NATCHAMP1	05/24/2019	:16.36	Lynne Bermel	38	TECHNOSPO	12/12/1998	22:04.50
Tracey Mcllwaine	37	RIDEAU	02/02/2008	:16.59	Sarah Theriault	38	NATS22	05/20/2022	22:11.27
Marie-Christine Lalonde	39	NATCHAMP1	05/24/2019	:19.80	Beverly White	37	Nat99	05/14/1999	22:11.75
50 Free	Club Rec: :29.75	Rowan-Legg, Anne			Julie Lessard Anca	36	QUEBEC	04/22/2007	23:11.16
Anne Rowan-Legg	36	NATL 2013	05/17/2013	:29.75	Tiia Bishop	36	ON PROV 18	03/23/2018	23:35.10
Melanie Martin-Quevillon	36	PROV	03/30/2012	:29.94	Nadine Herman	39	NATL 2011	05/23/2011	23:52.24
Christina Sutcliffe	35	NATIONALS	05/16/2008	:30.43	Jamie Wilson	35	ON PROV 18	03/23/2018	24:00.36
Kristina Mcllwaine	38	NATL 2013	05/17/2013	:30.67					
Colleen Patterson	35	TECH-OTTA	10/21/2000	:30.86	50 Back	Club Rec: :32.08	Martin-Quevillon, Melanie		
Whitney Bond	39	NATIONALS	05/15/2009	:31.12	Melanie Martin-Quevillon	36	PROV	03/30/2012	:32.08
Jennifer Mcarton	38	TECH	01/07/2006	:31.79	Jennifer Mcarton	38	QUE PROV	04/21/2006	:34.79
Laurie Strano	35	OntProv'09	03/20/2009	:31.99	Anne Rowan-Legg	36	NATL 2013	05/17/2013	:35.14
Teresa Kuran Sallion	35	QUE PROV	04/16/2010	:32.00	Kristina Mcllwaine	38	NATL 2013	05/17/2013	:36.81
France Renaud	36	ETOBICOKE	04/28/1996	:32.14	Teresa Kuran Sallion	35	QUE PROV	04/16/2010	:36.86
					Colleen Patterson	35	TECH-OTTA	10/21/2000	:37.23
100 Free	Club Rec: 1:06.01	Mcllwaine, Kristina			France Renaud	36	ETOBICOKE	04/28/1996	:37.39
Kristina Mcllwaine	37	NATL 2012	05/18/2012	1:06.01	Christina Sutcliffe	39	QUE PROV	04/13/2012	:38.12
Melanie Martin-Quevillon	36	PROV	03/30/2012	1:06.22	Laurie Strano	35	OntProv'09	03/20/2009	:38.93
Rebecca Glennie	39	PROVINCIAL	03/26/2011	1:06.29	Whitney Bond	39	NATIONALS	05/15/2009	:40.12
Whitney Bond	39	NATIONALS	05/15/2009	1:06.35					
Colleen Patterson	35	TECH-OTTA	10/21/2000	1:07.55	100 Back	Club Rec: 1:10.89	Martin-Quevillon, Melanie		
Christina Sutcliffe	39	QUE PROV	04/13/2012	1:07.96	Melanie Martin-Quevillon	36	PROV	03/30/2012	1:10.89
Jennifer Mcarton	38	TECH	01/07/2006	1:08.90	Rebecca Glennie	37	OntProv'09	03/20/2009	1:14.69
Teresa Kuran Sallion	35	QUE PROV	04/16/2010	1:09.28	Jennifer Mcarton	39	QUEBEC	04/22/2007	1:15.60
Laurie Strano	35	OntProv'09	03/20/2009	1:09.87	Teresa Kuran Sallion	35	QUE PROV	04/16/2010	1:18.28
Sarah Theriault	38	NATS22	05/20/2022	1:12.07	Kristina Mcllwaine	37	NATL 2012	05/18/2012	1:18.49
					Marie Carmelle Ruel	35	OntProv'09	03/20/2009	1:23.26
200 Free	Club Rec: 2:27.07	Bond, Whitney			France Renaud	36	ETOBICOKE	04/28/1996	1:24.31
Whitney Bond	39	NATIONALS	05/15/2009	2:27.07	Whitney Bond	37	QUEBEC	04/22/2007	1:24.43
Rebecca Glennie	37	OntProv'09	03/20/2009	2:28.62	Laurie Strano	36	QUE PROV	04/16/2010	1:29.51
Kristina Mcllwaine	37	NATL 2012	05/18/2012	2:29.23	Jennifer Pritchard	35	NATL 2011	05/23/2011	1:29.90
Jennifer Mcarton	39	TECH	01/13/2007	2:30.33					
Valerie Lloyd	37	TECH	12/04/2010	2:30.43	200 Back	Club Rec: 2:40.09	Glennie, Rebecca		
Colleen Patterson	35	OTTAWA-TE	02/12/2000	2:34.99	Rebecca Glennie	39	PROVINCIAL	03/26/2011	2:40.09
Carolyn Stewart	39	CALGARY	05/18/2001	2:35.40	Jennifer Mcarton	38	QUE PROV	04/21/2006	2:45.25
Catherine Desmarais	37	CMSC 2017	05/12/2017	2:38.02	Kristina Mcllwaine	38	NATL 2013	05/17/2013	2:47.55
Sarah Theriault	38	NATS22	05/20/2022	2:38.37	Whitney Bond	37	QUEBEC	04/22/2007	3:02.49
Christina Sutcliffe	36	OntProv'09	03/20/2009	2:38.81	France Renaud	36	ETOBICOKE	04/28/1996	3:05.03
					Jennifer Pritchard	35	NATL 2011	05/23/2011	3:14.52
400 Free	Club Rec: 5:09.68	Bond, Whitney			Dominique Champeau	39	VICTORIA	05/19/1995	3:19.83
Whitney Bond	39	NATIONALS	05/15/2009	5:09.68	Betsy Simpson	39	QUE PROV	04/03/2004	3:20.71
Rebecca Glennie	37	OntProv'09	03/20/2009	5:12.09	Nadine Herman	39	NATL 2011	05/23/2011	3:31.30
Jennifer Mcarton	37	TECH	11/26/2005	5:17.79	Barbara Allen	35	QUE PROV	04/19/2002	3:36.70
Colleen Patterson	35	OTTAWA-TE	02/12/2000	5:17.95					
Carolyn Stewart	39	ETOBICOKE	04/01/2001	5:19.34	50 Breast	Club Rec: :41.43	Sutcliffe, Christina		
Kristina Mcllwaine	37	NATL 2012	05/18/2012	5:26.84	Christina Sutcliffe	35	NATIONALS	05/16/2008	:41.43
Sarah Theriault	38	NATS22	05/20/2022	5:37.15	Jennifer Mcarton	37	TECH SPRIN	10/22/2005	:42.53
Beverly White	37	Nat99	05/14/1999	5:40.33	Jane Taber	39	TECHNOSPO	03/08/1997	:44.82
Margot Macdonald	38	NATL 2013	05/17/2013	5:43.54	Ceilidh Snider	37	TROIS	04/20/2001	:45.61
Christina Sutcliffe	35	NATIONALS	05/16/2008	5:48.40					

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Tobey Audcent	39	TECH	12/01/2013	:45.86	Whitney Bond	39	NATIONALS	05/15/2009	1:20.62
Valerie Lloyd	36	NATIONALS	05/15/2009	:46.27	Colleen Patterson	35	TECH-OTTA	10/21/2000	1:22.82
Catherine Desmarais	38	OLYMPINK18	04/07/2018	:46.44	Margot Hall	37	TECH	03/04/2012	1:23.15
Jennifer Pritchard	36	QUE PROV	04/13/2012	:47.32	Kristi Farrier	37	TECH SPRIN	10/22/2005	1:27.37
Dominique Champeau	39	ETOBICOKE	04/28/1996	:47.39	Laurie Strano	36	QUE PROV	04/16/2010	1:27.39
Andrea Khan	36	QUE PROV	04/03/2004	:47.91	Dominique Champeau	39	ETOBICOKE	04/28/1996	1:28.54
100 Breast	Club Rec: 1:30.85	Sutcliffe, Christina			200 IM	Club Rec: 2:38.48	Glennie, Rebecca		
Christina Sutcliffe	35	NATIONALS	05/16/2008	1:30.85	Rebecca Glennie	39	PROVINCIAL	03/26/2011	2:38.48
Margot Hall	35	TECH	01/30/2010	1:31.79	Jennifer Mcarton	39	QUEBEC	04/22/2007	2:44.13
Margot Macdonald	38	NATL 2013	05/17/2013	1:32.27	Anne Rowan-Legg	36	NATL 2013	05/17/2013	2:47.77
Jane Taber	39	TECHNOSPO	04/12/1997	1:38.35	Whitney Bond	39	NATIONALS	05/15/2009	2:51.77
Tiia Bishop	36	ON PROV 18	03/23/2018	1:38.76	Margot Hall	35	TECH	01/30/2010	2:59.38
Valerie Lloyd	36	OntProv'09	03/20/2009	1:41.75	Christina Sutcliffe	35	NATIONALS	05/16/2008	2:59.84
Diane Barry	39	NATL 2013	05/17/2013	1:42.28	Margot Macdonald	38	NATL 2013	05/17/2013	3:04.45
Ceilidh Snider	37	TROIS	04/20/2001	1:42.71	Catherine Desmarais	36	TECH Jan16	02/07/2016	3:14.75
Tobey Audcent	39	TECH	12/01/2013	1:43.41	Tiia Bishop	36	ON PROV 18	03/23/2018	3:16.20
Andrea Khan	36	QUE PROV	04/03/2004	1:44.78	Jennifer Pritchard	35	NATL 2011	05/23/2011	3:20.34
200 Breast	Club Rec: 3:16.29	Macdonald, Margot			400 IM	Club Rec: 6:02.69	Mcllwaine, Kristina		
Margot Macdonald	38	NATL 2013	05/17/2013	3:16.29	Kristina Mcllwaine	38	NATL 2013	05/17/2013	6:02.69
Margot Hall	37	TECH	03/04/2012	3:20.47	Whitney Bond	37	QUEBEC	04/22/2007	6:11.88
Tiia Bishop	36	ON PROV 18	03/23/2018	3:31.02	Margot Macdonald	38	NATL 2013	05/17/2013	6:26.94
Valerie Poulot	39	NATL 2013	05/17/2013	3:39.83	Carolyn Stewart	39	CALGARY	05/18/2001	7:10.41
Josephine Davidson	39	NATL 2013	05/17/2013	3:49.99					
Emma McEachran	35	CMSC 2017	05/12/2017	4:00.16					
Marie-Christine Lalonde	39	NATCHAMP1	05/24/2019	4:01.55					
Sylvie Jacques	35	NATIONALS	05/16/2008	4:28.78					
Annabelle Mineault	37	NATL 2013	05/17/2013	4:29.95					
Marcia Matsuo	38	PROVINCIAL	03/26/2011	4:49.32					
50 Fly	Club Rec: :32.98	Mcarton, Jennifer			Female 40 to 44				
Jennifer Mcarton	38	QUE PROV	04/21/2006	:32.98	25 Free				
Christina Sutcliffe	36	OntProv'09	03/20/2009	:34.49	Betsy Simpson	43	RIDEAU	02/02/2008	:15.49
Colleen Patterson	35	TECH-OTTA	10/21/2000	:34.81	Nathalie Ayotte	44	NATCHAMP1	05/24/2019	:18.82
Whitney Bond	39	NATIONALS	05/15/2009	:35.54					
Teresa Kuran Sallion	35	QUE PROV	04/16/2010	:36.09	50 Free	Club Rec: :29.54	Deliencourt, Sylvie		
Sarah Theriault	38	NATS22	05/20/2022	:36.14	Sylvie Deliencourt	44	NATIONALS	05/20/2005	:29.54
Valerie Lloyd	36	OntProv'09	03/20/2009	:36.74	Whitney Bond	41	PROVINCIAL	03/26/2011	:30.58
Kristi Farrier	36	QUE PROV	04/03/2004	:37.19	Marisha Roman	42	NATIONALS	05/15/2009	:30.73
Susan Kelly	37	NATIONALS	05/16/2008	:38.99	Nikki Clarke	41	NATL 2011	05/23/2011	:30.95
Donna Woodman	39	TECH	11/04/2006	:39.17	Betsy Simpson	40	NATIONALS	05/20/2005	:31.23
					Jennifer Mcarton	40	INGLIS	03/08/2008	:31.38
					Dominique Champeau	40	TECHNOSPO	04/12/1997	:31.70
					Susan McKay	44	NMSC22	12/11/2022	:32.41
					Claire Laflamme	43	QUE PROV	04/13/2012	:32.66
					Teresa Scullion	40	CMSC 2015	05/18/2015	:32.66
					100 Free	Club Rec: 1:05.83	Bond, Whitney		
					Whitney Bond	41	NATL 2011	05/23/2011	1:05.83
					Sylvie Deliencourt	43	QUE PROV	04/03/2004	1:06.28
					Jennifer Mcarton	40	NATIONALS	05/16/2008	1:07.08
					Nikki Clarke	41	PROVINCIAL	03/26/2011	1:07.62
					Marisha Roman	42	NATIONALS	05/15/2009	1:07.66
					Susan McKay	44	NMSC22	12/11/2022	1:08.79
					Christine Charron	41	ON PROV 18	03/23/2018	1:09.31
					Teresa Scullion	41	CMSC 2016	05/20/2016	1:09.79
					Rebecca Glennie	41	NATL 2013	05/17/2013	1:10.17
					Carolyn Stewart	40	QUE PROV	04/19/2002	1:11.32
					200 Free	Club Rec: 2:27.03	Clarke, Nikki		
					Nikki Clarke	41	PROVINCIAL	03/26/2011	2:27.03
					Whitney Bond	41	NATL 2011	05/23/2011	2:27.30
					Christine Charron	41	ON PROV 18	03/23/2018	2:28.01
					Jennifer Mcarton	40	TECH	01/13/2008	2:31.29
					Sylvie Deliencourt	44	Rideauspee	02/19/2005	2:35.23
					Carolyn Stewart	43	NATIONALS	05/20/2005	2:39.83
					Genevieve Mackwood	44	TECH	11/22/2004	2:40.04
					Dominique Champeau	41	BRANTFORD	05/25/1997	2:41.56
					Betsy Simpson	44	TECH	03/07/2009	2:42.87
					Khadija Cutcher	40	QUE PROV	04/13/2012	2:46.93
100 IM	Club Rec: 1:13.56	Glennie, Rebecca							
Rebecca Glennie	39	PROVINCIAL	03/26/2011	1:13.56					
Jennifer Mcarton	39	QUEBEC	04/22/2007	1:16.16					
Teresa Kuran Sallion	35	QUE PROV	04/16/2010	1:18.90					
Christina Sutcliffe	36	OntProv'09	03/20/2009	1:20.00					

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400 Free	Club Rec: 5:02.96	Charron, Christine	Betsy Simpson	44	NATIONALS	05/15/2009	3:04.56	
Christine Charron	41	ON PROV 18 03/23/2018	5:02.96	Khadija Cutcher	41	NATL 2013	05/17/2013	3:08.34
Jennifer Mcarton	40	NATIONALS 05/16/2008	5:03.58	Pamela Lemay	43	VICTORIA	05/19/1995	3:26.03
Rebecca Glennie	41	NATL 2013 05/17/2013	5:10.20	Bridget Carey	40	NATL 2013	05/17/2013	3:30.75
Nikki Clarke	41	PROVINCIAL 03/26/2011	5:15.73	Christine Wagg	42	OntProv'09	03/20/2009	3:42.22
Whitney Bond	41	NATL 2011 05/23/2011	5:18.44	Wendy Milford	44	Rideauspee	02/19/2005	3:58.04
Genevieve Mackwood	44	QUE PROV 04/03/2004	5:24.94	50 Breast	Club Rec: :40.99	Roman, Marisha		
Carolyn Stewart	43	NATIONALS 05/20/2005	5:25.70	Marisha Roman	42	NATIONALS	05/15/2009	:40.99
Dominique Champeau	41	BRANTFORD 05/25/1997	5:42.50	Whitney Bond	41	NATL 2011	05/23/2011	:41.91
Betsy Simpson	43	NATIONALS 05/16/2008	5:52.87	Sylvie Deliencourt	43	TECH	01/17/2004	:42.29
Tiia Bishop	40	NATS22 05/20/2022	6:02.31	Claire Laflamme	43	QUE PROV	04/13/2012	:43.64
800 Free	Club Rec: 10:39.14	Mcarton, Jennifer	Genevieve Mackwood	44	QUE PROV	04/03/2004	:43.76	
Jennifer Mcarton	40	NATIONALS 05/16/2008	10:39.14	Natalie Theriault	42	TECH	01/22/2005	:43.92
Nikki Clarke	41	NATL 2011 05/23/2011	10:51.68	Jane Taber	41	ETOBICOKE	03/13/1998	:43.96
Carolyn Stewart	43	NATIONALS 05/20/2005	11:12.94	Sheila Wood	41	NATIONALS	05/15/2009	:43.96
Genevieve Mackwood	44	QUE PROV 04/03/2004	11:18.37	Kathleen Milne	44	VICTORIA	05/19/1995	:44.35
Sylvie Deliencourt	42	TECH 12/06/2003	11:37.32	Wendy Milford	44	NATIONALS	05/20/2005	:44.42
Dominique Champeau	41	MONTREAL 06/26/1997	11:58.19	100 Breast	Club Rec: 1:30.43	Mcarton, Jennifer		
Claire Laflamme	43	QUE PROV 04/13/2012	12:02.00	Jennifer Mcarton	40	INGLIS	03/08/2008	1:30.43
Karen Zerr	44	NATL 2013 05/17/2013	12:03.36	Nikki Clarke	41	TECH	01/22/2011	1:30.56
Khadija Cutcher	41	NATL 2013 05/17/2013	12:07.98	Sylvie Deliencourt	43	TECH	01/17/2004	1:31.08
Betsy Simpson	44	NATIONALS 05/15/2009	12:08.78	Marie Anzai	40	QUE PROV	04/21/2006	1:31.42
1500 Free	Club Rec: 20:07.30	Mcarton, Jennifer	Jane Taber	42	Nat99	05/14/1999	1:33.53	
Jennifer Mcarton	40	NATIONALS 05/16/2008	20:07.30	Genevieve Mackwood	44	QUE PROV	04/03/2004	1:34.15
Genevieve Mackwood	44	RIDEAU SPE 02/21/2004	21:59.52	Sheila Wood	41	NATIONALS	05/15/2009	1:36.49
Carolyn Stewart	43	NATIONALS 05/20/2005	22:04.43	Kathleen Milne	44	VICTORIA	05/19/1995	1:37.42
Karen Zerr	44	NATL 2013 05/17/2013	22:36.45	Natalie Theriault	42	TECH	01/22/2005	1:38.79
Khadija Cutcher	41	NATL 2013 05/17/2013	23:03.33	Wendy Milford	44	NATIONALS	05/20/2005	1:40.13
Betsy Simpson	44	OntProv'09 03/20/2009	23:14.88	200 Breast	Club Rec: 3:17.79	Mackwood, Genevieve		
Dominique Champeau	41	MONTREAL 06/26/1997	23:25.97	Genevieve Mackwood	44	QUE PROV	04/03/2004	3:17.79
Tiia Bishop	40	NATS22 05/20/2022	23:32.41	Jane Taber	42	Nat99	05/14/1999	3:25.49
Donna Woodman	41	NATIONALS 05/16/2008	23:55.00	Sheila Wood	43	PROVINCIAL	03/26/2011	3:28.39
Celine Morin	44	QUE PROV 04/21/2006	24:11.13	Christine Wagg	40	QUEBEC	04/22/2007	3:34.01
50 Back	Club Rec: :34.80	Glennie, Rebecca	Tiia Bishop	40	NATS22	05/20/2022	3:35.90	
Rebecca Glennie	41	NATL 2013 05/17/2013	:34.80	Wendy Milford	44	NATIONALS	05/20/2005	3:41.77
Jennifer Mcarton	40	NATIONALS 05/16/2008	:35.01	Julia Konzuk	41	NATIONALS	05/20/2005	3:42.60
Marisha Roman	42	OntProv'09 03/20/2009	:35.66	Mary Linda Jarvis	40	QUE PROV	04/21/2006	3:58.82
Susan McKay	44	NMSC22 12/11/2022	:36.45	Jennifer Steinberg	42	NATIONALS	05/15/2009	4:09.98
Sylvie Deliencourt	44	NATIONALS 05/20/2005	:36.70	Laetitia Martin	40	MSO22	06/11/2022	4:45.25
Teresa Scullion	41	CMSC 2016 05/20/2016	:36.73	50 Fly	Club Rec: :32.43	Mcarton, Jennifer		
Claire Laflamme	42	NATL 2011 05/23/2011	:38.79	Jennifer Mcarton	40	NATIONALS	05/16/2008	:32.43
Betsy Simpson	40	NATIONALS 05/20/2005	:38.85	Sylvie Deliencourt	43	RIDEAU SPE	02/21/2004	:33.36
Khadija Cutcher	41	NATL 2013 05/17/2013	:39.45	Whitney Bond	41	NATL 2011	05/23/2011	:34.61
Dominique Champeau	40	HULL 03/22/1997	:40.20	Susan McKay	44	NMSC22	12/11/2022	:34.70
100 Back	Club Rec: 1:13.71	Glennie, Rebecca	Teresa Scullion	40	CMSC 2015	05/18/2015	:35.43	
Rebecca Glennie	41	NATL 2013 05/17/2013	1:13.71	Marisha Roman	44	NATL 2011	05/23/2011	:35.77
Jennifer Mcarton	40	NATIONALS 05/16/2008	1:16.93	Claire Laflamme	43	QUE PROV	04/13/2012	:36.54
Marisha Roman	42	NATIONALS 05/15/2009	1:17.28	Dominique Champeau	41	MONTREAL	06/26/1997	:37.16
Teresa Scullion	41	CMSC 2016 05/20/2016	1:20.07	Donna Woodman	42	OntProv'09	03/20/2009	:38.68
Sylvie Deliencourt	44	TECH 04/09/2005	1:24.35	Jane Taber	42	Nat99	05/14/1999	:39.01
Khadija Cutcher	40	QUE PROV 04/13/2012	1:25.75	100 Fly	Club Rec: 1:14.05	Mcarton, Jennifer		
Whitney Bond	41	PROVINCIAL 03/26/2011	1:26.01	Jennifer Mcarton	41	NATIONALS	05/15/2009	1:14.05
Betsy Simpson	40	TECH 03/12/2005	1:26.97	Sylvie Deliencourt	44	NATIONALS	05/20/2005	1:15.98
Dominique Champeau	41	BRANTFORD 05/25/1997	1:27.25	Susan McKay	44	NMSC22	12/11/2022	1:17.86
Janice McGuinness	44	TECH 12/05/2009	1:30.00	Nikki Clarke	41	NATL 2011	05/23/2011	1:19.74
200 Back	Club Rec: 2:40.49	Glennie, Rebecca	Whitney Bond	42	QUE PROV	04/13/2012	1:22.00	
Rebecca Glennie	41	NATL 2013 05/17/2013	2:40.49	Jane Taber	42	Nat99	05/14/1999	1:29.17
Jennifer Mcarton	40	NATIONALS 05/16/2008	2:48.33	Bridget Carey	40	NATL 2013	05/17/2013	1:30.09
Marie Anzai	40	QUE PROV 04/21/2006	2:57.49	Donna Woodman	40	QUEBEC	04/22/2007	1:32.23
Sylvie Deliencourt	43	QUE PROV 04/03/2004	3:03.04	Dominique Champeau	40	TECHNOSPO	11/01/1996	1:34.18

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Kathleen Milne	44	VICTORIA	05/19/1995	1:34.61	Anne De Repentigny	47	PROVINCIAL	03/26/2011	1:16.46
200 Fly	Club Rec: 3:28.19	Carey, Bridget			200 Free	Club Rec: 2:30.07	Chubb, Courtney		
Bridget Carey	40	NATL 2013	05/17/2013	3:28.19	Courtney Chubb	47	CMSC 2016	05/20/2016	2:30.07
Donna Woodman	40	QUEBEC	04/22/2007	3:30.89	Fiona Grant	49	OntProv'09	03/20/2009	2:32.10
Kathleen Milne	44	VICTORIA	05/19/1995	3:39.68	Caroline Ladanowski	46	TECH	03/03/2013	2:34.77
Pamela Lemay	43	VICTORIA	05/19/1995	3:49.06	Sylvie Deliencourt	45	TECH	11/04/2006	2:40.06
Jennifer Steinberg	44	NATL 2011	05/23/2011	3:58.54	Genevieve Mackwood	45	QUE PROV	04/15/2005	2:41.23
100 IM	Club Rec: 1:14.54	Glennie, Rebecca			Betsy Simpson	45	TECH	01/30/2010	2:42.23
Rebecca Glennie	41	NATL 2013	05/17/2013	1:14.54	Claire Laflamme	45	TECH	03/02/2014	2:43.18
Sylvie Deliencourt	44	Rideauspee	02/19/2005	1:17.42	Caroline Chartier	48	TECH Mar17	03/05/2017	2:43.98
Marisha Roman	42	NATIONALS	05/15/2009	1:17.57	Carolyn Stewart	49	PROVINCIAL	03/26/2011	2:46.96
Whitney Bond	41	NATL 2011	05/23/2011	1:19.27	Pamela Lemay	49	HALIFAX,	05/12/2000	2:51.41
Nikki Clarke	41	PROVINCIAL	03/26/2011	1:19.97	400 Free	Club Rec: 5:11.83	Mcarton, Jennifer		
Teresa Scullion	40	CMSC 2015	05/18/2015	1:23.00	Jennifer Mcarton	45	NATL 2013	05/17/2013	5:11.83
Claire Laflamme	43	QUE PROV	04/13/2012	1:23.39	Courtney Chubb	48	CMSC 2017	05/12/2017	5:16.22
Jane Taber	42	Nat99	05/14/1999	1:24.23	Fiona Grant	49	NATIONALS	05/15/2009	5:23.81
Khadija Cutcher	41	NATL 2013	05/17/2013	1:25.52	Caroline Ladanowski	48	CMSC 2015	05/18/2015	5:27.07
Dominique Champeau	40	HULL	03/22/1997	1:27.05	Genevieve Mackwood	45	NATIONALS	05/20/2005	5:27.71
200 IM	Club Rec: 2:42.64	Glennie, Rebecca			Carolyn Stewart	49	PROVINCIAL	03/26/2011	5:41.97
Rebecca Glennie	41	NATL 2013	05/17/2013	2:42.64	Claire Laflamme	49	ON PROV 18	03/23/2018	5:43.32
Jennifer Mcarton	40	NATIONALS	05/16/2008	2:45.10	Kelly Robertson	46	NATIONALS	05/15/2009	6:03.79
Nikki Clarke	41	NATL 2011	05/23/2011	2:49.07	Kathleen Milne	47	ETOBICOKE	03/13/1998	6:07.92
Whitney Bond	41	PROVINCIAL	03/26/2011	2:51.98	Danielle Takoff	47	NATL 2013	05/17/2013	6:08.69
Marisha Roman	42	NATIONALS	05/15/2009	2:52.76	800 Free	Club Rec: 10:50.66	Chubb, Courtney		
Sylvie Deliencourt	43	RIDEAU SPE	02/21/2004	2:52.77	Courtney Chubb	47	CMSC 2016	05/20/2016	10:50.66
Marie Anzai	40	QUE PROV	04/21/2006	2:58.21	Jennifer Mcarton	45	NATL 2013	05/17/2013	10:58.15
Teresa Scullion	40	CMSC 2015	05/18/2015	2:59.95	Fiona Grant	49	NATIONALS	05/15/2009	11:05.85
Jane Taber	42	Nat99	05/14/1999	3:09.48	Caroline Ladanowski	46	NATL 2013	05/17/2013	11:08.98
Genevieve Mackwood	44	TECH	11/22/2004	3:10.06	Genevieve Mackwood	45	Rideauspee	02/19/2005	11:25.17
400 IM	Club Rec: 5:47.17	Mcarton, Jennifer			Carolyn Stewart	49	PROVINCIAL	03/26/2011	11:56.08
Jennifer Mcarton	40	NATIONALS	05/16/2008	5:47.17	Claire Laflamme	48	Gatineau	03/25/2017	12:24.54
Whitney Bond	41	PROVINCIAL	03/26/2011	6:15.71	Kelly Robertson	46	NATIONALS	05/15/2009	12:28.58
Khadija Cutcher	41	NATL 2013	05/17/2013	6:42.35	Kathleen Milne	48	Nat99	05/14/1999	12:44.63
Jennifer Steinberg	42	NATIONALS	05/15/2009	7:48.01	Julia Konzuk	47	NATL 2011	05/23/2011	12:58.00
Female 45 to 49					1500 Free	Club Rec: 20:35.66	Chubb, Courtney		
25 Free					Courtney Chubb	48	CMSC 2017	05/12/2017	20:35.66
Maria Perron	49	RIDEAU	02/02/2008	:20.52	Jennifer Mcarton	45	NATL 2013	05/17/2013	20:56.05
Sheila Mason	47	NATCHAMP1	05/24/2019	:21.04	Caroline Ladanowski	49	CMSC 2016	05/20/2016	21:25.01
50 Free	Club Rec: :29.57	Deliencourt, Sylvie			Fiona Grant	49	NATIONALS	05/15/2009	21:25.40
Sylvie Deliencourt	47	NATIONALS	05/16/2008	:29.57	Genevieve Mackwood	45	NATIONALS	05/20/2005	21:31.68
Claudie Besner	48	ON PROV 18	03/23/2018	:29.68	Claire Laflamme	49	ON PROV 18	03/23/2018	22:45.44
Caroline Morin	45	NATCHAMP1	05/24/2019	:31.95	Karen Zerr	49	ON PROV 18	03/23/2018	23:00.19
Betsy Simpson	45	TECH	01/30/2010	:32.46	Betsy Simpson	45	QUE PROV	04/16/2010	23:31.93
Claire Laflamme	48	CMSC 2017	05/12/2017	:32.80	Julia Konzuk	45	OntProv'09	03/20/2009	23:42.64
Caroline Ladanowski	46	TECH	03/03/2013	:32.80	Kathleen Milne	48	OTTAWA	06/05/1999	24:14.20
Fiona Grant	49	NATIONALS	05/15/2009	:32.81	25 Back				
Courtney Chubb	47	CMSC Rly	05/20/2016	:33.11	Maria Perron	49	RIDEAU	02/02/2008	:27.10
Wendy Buckner	49	NATIONALS	05/16/2008	:33.62	50 Back	Club Rec: :33.86	Besner, Claudie		
Anne De Repentigny	47	NATL 2011	05/23/2011	:33.87	Claudie Besner	48	ON PROV 18	03/23/2018	:33.86
100 Free	Club Rec: 1:06.36	Deliencourt, Sylvie			Jennifer Mcarton	45	NATL 2013	05/17/2013	:34.83
Sylvie Deliencourt	47	NATIONALS	05/16/2008	1:06.36	Sylvie Deliencourt	45	RIDEAU	02/19/2006	:37.12
Jennifer Mcarton	45	NATL 2013	05/17/2013	1:07.14	Claire Laflamme	48	CMSC 2017	05/12/2017	:38.72
Caroline Morin	45	NATCHAMP1	05/24/2019	1:10.82	Betsy Simpson	45	QUE PROV	04/16/2010	:40.05
Fiona Grant	49	TECH	12/05/2009	1:11.16	Caroline Morin	45	NATCHAMP1	05/24/2019	:41.43
Caroline Ladanowski	46	NATL 2013	05/17/2013	1:12.01	Caroline Chartier	47	TECH Dec16	12/04/2016	:41.53
Betsy Simpson	45	TECH	01/30/2010	1:13.36	Pamela Lemay	49	HALIFAX,	05/12/2000	:41.75
Karen Zerr	49	ON PROV 18	03/23/2018	1:13.68	Janice McGuinness	47	QUE PROV	04/13/2012	:42.37
Genevieve Mackwood	45	Rideauspee	02/19/2005	1:15.74	Danielle Takoff	47	TECH	01/27/2013	:43.06
Carolyn Stewart	49	PROVINCIAL	03/26/2011	1:15.75					

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100 Back	Club Rec: 1:14.34	Mcarton, Jennifer	Claire Laflamme	49	ON PROV 18	03/23/2018	:37.00
Jennifer Mcarton	45	NATL 2013 05/17/2013 1:14.34	Kathleen Milne	46	MONTREAL	06/26/1997	:37.85
Claudie Besner	48	ON PROV 18 03/23/2018 1:14.69	Wendy Buckner	49	INGLIS	03/08/2008	:37.85
Sylvie Deliencourt	47	RIDEAU 02/02/2008 1:23.96	Tammy Cooper	49	TECH	12/10/2011	:39.03
Betsy Simpson	45	QUE PROV 04/16/2010 1:25.04	Janice McGuinness	47	QUE PROV	04/13/2012	:39.47
Caroline Chartier	47	TECH Dec16 12/04/2016 1:26.94	Pamela Lemay	46	MONTREAL	06/26/1997	:40.32
Claire Laflamme	45	TECH 03/02/2014 1:29.22	100 Fly	Club Rec: 1:16.88	Chubb, Courtney		
Danielle Takoff	47	NATL 2013 05/17/2013 1:31.01	Courtney Chubb	47	CMSC 2016	05/20/2016	1:16.88
Janice McGuinness	48	NATL 2013 05/17/2013 1:31.02	Sylvie Deliencourt	45	QUE PROV	04/21/2006	1:18.05
Pamela Lemay	49	STE FOY 04/14/2000 1:31.34	Caroline Ladanowski	47	TECH	03/02/2014	1:23.85
Caroline Morin	47	BTRAIN21 12/12/2021 1:32.19	Kathleen Milne	48	Nat99	05/14/1999	1:30.25
200 Back	Club Rec: 2:44.17	Besner, Claudie	Janice McGuinness	48	NATL 2013	05/17/2013	1:31.74
Claudie Besner	48	QC PROV 18 04/20/2018 2:44.17	Genevieve Mackwood	49	OntProv'09	03/20/2009	1:37.41
Jennifer Mcarton	45	NATL 2013 05/17/2013 2:45.83	Kimbra Wellock	45	NMSC22	12/11/2022	1:37.61
Sylvie Deliencourt	45	RIDEAU 02/19/2006 3:05.93	Pamela Lemay	46	MONTREAL	06/26/1997	1:41.68
Betsy Simpson	45	QUE PROV 04/16/2010 3:11.08	Valerie Lloyd	49	MSO22	06/11/2022	1:50.27
Danielle Takoff	47	TECH 03/03/2013 3:15.22	Marianne Quain	48	TECH	11/23/2003	1:52.02
Janice McGuinness	48	NATL 2013 05/17/2013 3:16.25	200 Fly	Club Rec: 2:53.48	Chubb, Courtney		
Pamela Lemay	48	Nat99 05/14/1999 3:22.60	Courtney Chubb	47	CMSC 2016	05/20/2016	2:53.48
Joan Traversy	48	PROVINCIAL 03/26/2011 3:33.14	Caroline Ladanowski	49	CMSC 2016	05/20/2016	3:13.50
Diane Lacaille	49	NATIONALS 05/20/2005 4:05.66	Genevieve Mackwood	45	NATIONALS	05/20/2005	3:25.88
Jennifer Steinberg	46	NATL 2013 05/17/2013 4:29.93	Kathleen Milne	46	TECHNOSPO	03/08/1997	3:30.91
50 Breast	Club Rec: :39.84	De Repentigny, Anne	Janice McGuinness	48	NATL 2013	05/17/2013	3:35.63
Anne De Repentigny	47	PROVINCIAL 03/26/2011 :39.84	Pamela Lemay	48	Nat99	05/14/1999	3:43.36
Fiona Grant	49	NATIONALS 05/15/2009 :40.85	Wendy Milford	49	QUE PROV	04/16/2010	3:52.03
Sylvie Deliencourt	46	TECH 03/17/2007 :41.35	Jennifer Steinberg	48	CMSC 2015	05/18/2015	3:59.43
Wendy Milford	47	NATIONALS 05/16/2008 :41.79	100 IM	Club Rec: 1:16.04	Chartier, Caroline		
Michelle Cole	46	CMSC 2015 05/18/2015 :42.27	Caroline Chartier	47	TECH Dec16	12/04/2016	1:16.04
Kathleen Milne	48	Nat99 05/14/1999 :42.82	Claudie Besner	48	QC PROV 18	04/20/2018	1:16.38
Claire Laflamme	45	TECH 04/13/2014 :43.25	Sylvie Deliencourt	46	QUEBEC	04/22/2007	1:17.46
Caroline Ladanowski	45	TECH 11/11/2012 :43.56	Caroline Ladanowski	45	QUE PROV	04/13/2012	1:21.83
Margaret Bakish	47	HULL 03/22/1997 :43.67	Claire Laflamme	48	CMSC 2017	05/12/2017	1:24.27
Jennifer Mcarton	49	CMSC 2017 05/12/2017 :43.80	Danielle Takoff	46	TECH	11/11/2012	1:25.25
100 Breast	Club Rec: 1:26.85	De Repentigny, Anne	Caroline Morin	45	NATCHAMP1	05/24/2019	1:25.45
Anne De Repentigny	47	NATL 2011 05/23/2011 1:26.85	Michelle Cole	46	CMSC 2015	05/18/2015	1:25.49
Fiona Grant	49	NATIONALS 05/15/2009 1:28.76	Anne De Repentigny	47	PROVINCIAL	03/26/2011	1:25.85
Sylvie Deliencourt	45	QUE PROV 04/21/2006 1:29.06	Pamela Lemay	46	MONTREAL	06/26/1997	1:30.57
Wendy Milford	47	NATIONALS 05/16/2008 1:33.48	200 IM	Club Rec: 2:49.67	Besner, Claudie		
Wendy Buckner	49	INGLIS 03/08/2008 1:33.56	Claudie Besner	49	NATCHAMP1	05/24/2019	2:49.67
Caroline Ladanowski	45	TECH 12/02/2012 1:33.78	Sylvie Deliencourt	47	NATIONALS	05/16/2008	2:54.03
Michelle Cole	46	CMSC 2015 05/18/2015 1:34.37	Jennifer Mcarton	49	CMSC 2017	05/12/2017	2:57.25
Genevieve Mackwood	45	QUE PROV 04/15/2005 1:35.82	Courtney Chubb	47	TECH Dec16	12/04/2016	2:57.59
Jennifer Mcarton	49	CMSC 2017 05/12/2017 1:35.87	Fiona Grant	48	NATIONALS	05/16/2008	2:57.79
Courtney Chubb	47	TECH Apr16 04/17/2016 1:36.25	Caroline Ladanowski	46	NATL 2013	05/17/2013	2:59.59
200 Breast	Club Rec: 3:15.72	Grant, Fiona	Genevieve Mackwood	46	QUE PROV	04/21/2006	3:10.26
Fiona Grant	49	NATIONALS 05/15/2009 3:15.72	Michelle Cole	46	CMSC 2015	05/18/2015	3:12.00
Anne De Repentigny	47	NATL 2011 05/23/2011 3:17.48	Janice McGuinness	48	NATL 2013	05/17/2013	3:14.36
Genevieve Mackwood	45	Rideauspee 02/19/2005 3:21.52	Pamela Lemay	46	MONTREAL	06/26/1997	3:19.76
Courtney Chubb	48	CMSC 2017 05/12/2017 3:24.28	400 IM	Club Rec: 5:51.00	Mcarton, Jennifer		
Michelle Cole	46	CMSC 2015 05/18/2015 3:24.55	Jennifer Mcarton	45	NATL 2013	05/17/2013	5:51.00
Caroline Ladanowski	48	TECH Apr 04/19/2015 3:25.07	Courtney Chubb	48	CMSC 2017	05/12/2017	6:13.08
Wendy Milford	47	NATIONALS 05/16/2008 3:26.68	Caroline Ladanowski	46	NATL 2013	05/17/2013	6:16.88
Sheila Wood	45	NATL 2013 05/17/2013 3:30.64	Genevieve Mackwood	45	NATIONALS	05/20/2005	6:37.43
Caroline Morin	45	NATCHAMP1 05/24/2019 3:31.20	Michelle Cole	46	CMSC 2015	05/18/2015	6:41.83
Kelly Robertson	46	NATIONALS 05/15/2009 3:35.23	Janice McGuinness	48	NATL 2013	05/17/2013	6:55.50
50 Fly	Club Rec: :32.97	Deliencourt, Sylvie	Pamela Lemay	48	TECHNOSPO	04/17/1999	7:13.42
Sylvie Deliencourt	46	QUEBEC 04/22/2007 :32.97	Jennifer Steinberg	48	CMSC 2015	05/18/2015	8:09.05
Claudie Besner	49	NATCHAMP1 05/24/2019 :33.90					
Jennifer Mcarton	49	CMSC 2017 05/12/2017 :34.37					
Caroline Ladanowski	47	TECH 03/02/2014 :36.12					

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100 Breast	Club Rec: 1:28.80	Grant, Fiona	Wendy Milford	51	NATL 2012	05/18/2012	1:35.80
Fiona Grant	51	NATL 2011 05/23/2011 1:28.80	Brigitte Gagne	52	TECH	04/13/2014	1:37.44
Sylvie Deliencourt	50	NATL 2011 05/23/2011 1:32.01	200 IM	Club Rec: 3:00.76	Deliencourt, Sylvie		
Krista Klassen	53	CMSC 2015 05/18/2015 1:32.39	Sylvie Deliencourt	51	NATL 2012	05/18/2012	3:00.76
Wendy Buckner	50	NATIONALS 05/15/2009 1:33.60	Caroline Ladanowski	51	ON PROV 18	03/23/2018	3:08.27
Margaret Bakish	54	NATIONALS 05/16/2003 1:34.89	Janice McGuinness	50	CMSC 2015	05/18/2015	3:13.46
Wendy Milford	50	NATL 2011 05/23/2011 1:37.92	Wendy Buckner	51	TECH	01/30/2010	3:14.03
Kathleen Milne	53	QUE PROV 04/03/2004 1:38.12	Patricia Angus	51	ETOBICOKE	04/28/1996	3:18.82
Sheila Wood	50	ON PROV 18 03/23/2018 1:38.96	Margaret Bakish	53	QUE PROV	04/19/2002	3:19.78
Caroline Ladanowski	53	TECH MAR20 03/01/2020 1:39.09	Janice McGuinness	53	ON PROV 18	03/23/2018	3:28.18
Kelly Robertson	50	NATL 2013 05/17/2013 1:45.10	Kathleen Milne	53	TECH	03/13/2004	3:28.99
200 Breast	Club Rec: 3:12.48	Grant, Fiona	Diane Lacaille	52	NATIONALS	05/16/2008	3:52.14
Fiona Grant	51	PROVINCIAL 03/26/2011 3:12.48	Jennifer Steinberg	50	CMSC 2017	05/12/2017	4:09.41
Sylvie Deliencourt	51	QUE PROV 04/13/2012 3:20.93	400 IM	Club Rec: 6:44.78	Ladanowski, Caroline		
Krista Klassen	54	CMSC 2016 05/20/2016 3:24.56	Caroline Ladanowski	51	ON PROV 18	03/23/2018	6:44.78
Margaret Bakish	54	PROVI 04/06/2003 3:26.57	Janice McGuinness	50	CMSC 2015	05/18/2015	6:50.91
Caroline Ladanowski	51	ON PROV 18 03/23/2018 3:28.65	Genevieve Mackwood	51	NATL 2011	05/23/2011	6:55.59
Genevieve Mackwood	53	NATL 2013 05/17/2013 3:28.82	Patricia Angus	52	MONTREAL	06/26/1997	7:08.18
Sheila Wood	50	ON PROV 18 03/23/2018 3:31.88	Wendy Milford	52	NATL 2013	05/17/2013	7:34.19
Liliana Rusu	54	NATL 2011 05/23/2011 3:36.60	Jennifer Steinberg	50	CMSC 2017	05/12/2017	8:32.77
Wendy Milford	54	CMSC 2015 05/18/2015 3:38.53	Margaret Dupee	54	Tech Mar18	03/04/2018	8:55.59
Kelly Robertson	50	NATL 2013 05/17/2013 3:41.78	Lynne Cohen	54	NATL 2011	05/23/2011	9:32.07
50 Fly	Club Rec: :33.36	Deliencourt, Sylvie	Female 55 to 59				
Sylvie Deliencourt	51	QUE PROV 04/13/2012 :33.36	25 Free				
Wendy Buckner	50	OntProv'09 03/20/2009 :36.56	Krista Klassen	57	NATCHAMP1	05/24/2019	:15.54
Caroline Ladanowski	50	WillyLee17 11/18/2017 :36.95	Fatma Bedeir	57	NATCHAMP1	05/24/2019	:23.52
Kathleen Milne	50	CALGARY 05/18/2001 :37.85	Nathalie Lacaze	57	NATCHAMP1	05/24/2019	:25.23
Krista Klassen	53	CMSC 2015 05/18/2015 :39.71	Shelley Featherstone	57	NATCHAMP1	05/24/2019	:25.28
Fiona Grant	50	TECH 12/04/2010 :40.27	50 Free	Club Rec: :33.03	Klassen, Krista		
Patricia Angus	52	TECHNOSPO 01/11/1997 :40.89	Krista Klassen	56	ON PROV 18	03/23/2018	:33.03
Cary Willis	54	PROVINCIAL 03/26/2011 :42.84	Sylvie Deliencourt	55	CMSC Rly	05/20/2016	:33.22
Marianne Quain	50	TECH SPRIN 10/22/2005 :45.07	Margaret Bakish	55	QUE PROV	04/03/2004	:34.23
Margaret Bakish	52	TECH 10/20/2001 :46.47	Fiona Grant	59	TECHdec19	12/01/2019	:35.42
100 Fly	Club Rec: 1:26.39	Ladanowski, Caroline	Kathleen Milne	58	OntProv'09	03/20/2009	:35.53
Caroline Ladanowski	52	NATCHAMP1 05/24/2019 1:26.39	Patricia Angus	55	TROIS	04/16/1999	:36.46
Wendy Buckner	50	NATIONALS 05/15/2009 1:26.45	Cary Willis	56	TECH	12/01/2013	:41.75
Patricia Angus	51	ETOBICOKE 04/28/1996 1:29.86	Marianne Quain	55	TECH	01/30/2010	:43.26
Kathleen Milne	50	TROIS 04/20/2001 1:30.51	Linda Mathies	59	ON PROV 18	03/23/2018	:44.19
Janice McGuinness	51	CMSC 2016 05/20/2016 1:32.33	Marian Jordan	55	PROVINCIAL	03/26/2011	:45.06
Marianne Quain	52	TECH 01/13/2007 1:54.73	100 Free	Club Rec: 1:16.27	Bakish, Margaret		
Allison Padova	50	MSO22 06/11/2022 2:02.10	Margaret Bakish	56	QUE PROV	04/15/2005	1:16.27
Lynne Cohen	52	OntProv'09 03/20/2009 2:03.77	Krista Klassen	57	TECHFeb19	02/02/2019	1:17.31
Margaret Dupee	53	CMSC 2017 05/12/2017 2:07.16	Fiona Grant	59	NATCHAMP1	05/24/2019	1:18.20
200 Fly	Club Rec: 3:21.43	Ladanowski, Caroline	Patricia Angus	55	TECHNOSPO	03/20/1999	1:21.63
Caroline Ladanowski	53	TECH MAR20 03/01/2020 3:21.43	Kathleen Milne	58	NATIONALS	05/15/2009	1:21.86
Patricia Angus	54	ETOBICOKE 03/13/1998 3:22.13	Cary Willis	56	NATL 2013	05/17/2013	1:29.12
Janice McGuinness	50	CMSC 2015 05/18/2015 3:27.81	Wendy Moore	55	NATL 2013	05/17/2013	1:29.67
Genevieve Mackwood	51	NATL 2011 05/23/2011 3:31.00	Laurie Bezzubetz	55	CMSC 2017	05/12/2017	1:30.84
Wendy Milford	51	QUE PROV 04/13/2012 3:57.55	Genevieve Mackwood	58	OLYMPINK18	04/07/2018	1:31.97
Jennifer Steinberg	50	CMSC 2017 05/12/2017 4:20.81	Karen March	58	NATL 2013	05/17/2013	1:33.00
Lynne Cohen	54	PROVINCIAL 03/26/2011 4:33.63	200 Free	Club Rec: 2:51.45	Bakish, Margaret		
100 IM	Club Rec: 1:18.59	Deliencourt, Sylvie	Margaret Bakish	57	QUE PROV	04/21/2006	2:51.45
Sylvie Deliencourt	51	NATL 2012 05/18/2012 1:18.59	Kathleen Milne	58	NATIONALS	05/15/2009	2:55.42
Krista Klassen	54	CMSC 2016 05/20/2016 1:23.60	Patricia Angus	55	Nat99	05/14/1999	2:59.18
Fiona Grant	53	NATL 2013 05/17/2013 1:24.86	Laurie Bezzubetz	55	CMSC 2017	05/12/2017	3:11.03
Wendy Buckner	50	TECH 12/05/2009 1:29.30	Cary Willis	56	NATL 2013	05/17/2013	3:11.41
Margaret Bakish	54	NATIONALS 05/16/2003 1:30.66	Wendy Moore	55	NATL 2013	05/17/2013	3:19.61
Janice McGuinness	51	CMSC 2016 05/20/2016 1:30.73	Karen March	58	NATL 2013	05/17/2013	3:24.99
Kathleen Milne	50	CALGARY 05/18/2001 1:31.78	Marianne Quain	56	TECH	01/22/2011	3:28.59
Patricia Angus	52	TECHNOSPO 10/19/1996 1:32.45					

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Lizanne Collie	56	NATIONALS	05/20/2005	3:46.80	200 Back	Club Rec: 3:32.33	Nelson, Colleen		
Celine Morisset	59	CMSC 2017	05/12/2017	3:59.13	Colleen Nelson	57	QUE PROV	04/21/2006	3:32.33
400 Free	Club Rec: 5:49.94	Grant, Fiona			France Girard	55	CMSC 2017	05/12/2017	3:34.28
Fiona Grant	57	CMSC 2017	05/12/2017	5:49.94	Liliana Rusu	56	NATL 2013	05/17/2013	3:37.42
Colleen Nelson	57	QUE PROV	04/21/2006	5:52.97	Patricia Angus	59	TECH	11/23/2003	3:48.87
Margaret Bakish	56	TECH	04/09/2005	6:01.87	Laurie Bezzubetz	55	CMSC 2017	05/12/2017	4:31.56
Kathleen Milne	58	NATIONALS	05/15/2009	6:15.49	Sandra Roberts	55	ON PROV 18	03/23/2018	4:56.34
Patricia Angus	56	HALIFAX,	05/12/2000	6:26.35	Cathy Brooks	55	NATIONALS	05/16/2008	4:57.83
Genevieve Mackwood	59	NATCHAMP1	05/24/2019	6:36.70	Diane Grant	57	NATIONALS	05/15/2009	5:07.76
Laurie Bezzubetz	55	CMSC 2017	05/12/2017	6:39.98	Vicki Plant	56	CMSC 2016	05/20/2016	5:18.81
Cary Willis	56	NATL 2013	05/17/2013	6:45.47	Joanne Bezzubetz	59	CMSC 2016	05/20/2016	5:22.30
Liliana Rusu	58	CMSC 2015	05/18/2015	7:02.66	50 Breast	Club Rec: :41.79	Nelson, Colleen		
Wendy Moore	55	NATL 2013	05/17/2013	7:05.64	Colleen Nelson	57	QUE PROV	04/21/2006	:41.79
800 Free	Club Rec: 12:31.29	Bakish, Margaret			Krista Klassen	57	NATCHAMP1	05/24/2019	:42.55
Margaret Bakish	55	QUE PROV	04/03/2004	12:31.29	Margaret Bakish	56	QUE PROV	04/15/2005	:43.40
Patricia Angus	56	OTTAWA-TE	02/12/2000	12:56.77	Fiona Grant	59	TECHdec19	12/01/2019	:43.59
Laurie Bezzubetz	55	CMSC 2017	05/12/2017	13:25.93	Sylvie Deliencourt	55	CMSC 2016	05/20/2016	:44.31
Genevieve Mackwood	58	ON PROV 18	03/23/2018	13:36.51	Kathleen Milne	58	OntProv'09	03/20/2009	:44.58
Wendy Milford	55	CMSC 2016	05/20/2016	13:56.77	Wendy Milford	55	CMSC 2016	05/20/2016	:44.95
Wendy Moore	55	NATL 2013	05/17/2013	14:30.48	Genevieve Mackwood	58	ON PROV 18	03/23/2018	:46.35
Lois Olafson	59	OlymPink19	04/26/2019	15:20.87	Cary Willis	56	NATL 2013	05/17/2013	:47.80
Chris Clement	55	NATCHAMP1	05/24/2019	15:56.39	Liliana Rusu	59	CMSC 2016	05/20/2016	:48.34
Margaret Dupee	55	NATCHAMP1	05/24/2019	16:15.63	100 Breast	Club Rec: 1:34.53	Grant, Fiona		
Celine Morisset	59	CMSC 2017	05/12/2017	16:15.74	Fiona Grant	57	CMSC 2017	05/12/2017	1:34.53
1500 Free	Club Rec: 22:59.78	Mackwood, Genevieve			Margaret Bakish	56	TECH	03/12/2005	1:34.65
Genevieve Mackwood	55	CMSC 2015	05/18/2015	22:59.78	Krista Klassen	57	NATCHAMP1	05/24/2019	1:34.69
Fiona Grant	57	CMSC 2017	05/12/2017	23:06.29	Sylvie Deliencourt	55	CMSC 2016	05/20/2016	1:38.23
Colleen Nelson	57	QUE PROV	04/21/2006	23:07.31	Liliana Rusu	56	NATL 2013	05/17/2013	1:40.34
Margaret Bakish	56	NATIONALS	05/20/2005	23:43.41	Wendy Milford	55	CMSC 2016	05/20/2016	1:41.89
Patricia Angus	55	TECHNOSPO	02/20/1999	24:35.82	Kathleen Milne	58	NATIONALS	05/15/2009	1:45.71
Laurie Bezzubetz	55	CMSC 2017	05/12/2017	25:31.54	Genevieve Mackwood	58	ON PROV 18	03/23/2018	1:46.20
Cary Willis	56	NATL 2013	05/17/2013	26:09.23	Cary Willis	56	TECH	12/01/2013	1:50.13
Wendy Milford	55	CMSC 2016	05/20/2016	26:58.03	Patricia Angus	56	HULL, PQ	03/26/2000	1:52.74
Liliana Rusu	56	NATL 2013	05/17/2013	27:24.19	200 Breast	Club Rec: 3:24.89	Bakish, Margaret		
Wendy Moore	55	NATL 2013	05/17/2013	27:38.35	Margaret Bakish	56	QUE PROV	04/15/2005	3:24.89
50 Back	Club Rec: :40.29	Deliencourt, Sylvie			Liliana Rusu	56	NATL 2013	05/17/2013	3:38.29
Sylvie Deliencourt	55	CMSC 2016	05/20/2016	:40.29	Wendy Milford	55	CMSC 2016	05/20/2016	3:42.08
Krista Klassen	56	ON PROV 18	03/23/2018	:41.76	Genevieve Mackwood	59	NATCHAMP1	05/24/2019	3:48.39
Patricia Angus	55	TECHNOSPO	03/20/1999	:43.05	Patricia Angus	59	TECH	11/23/2003	4:04.13
Colleen Nelson	57	QUE PROV	04/21/2006	:45.75	Marie White	57	NATS22	05/20/2022	4:12.92
Margaret Bakish	56	TECH	04/09/2005	:48.10	Lizanne Collie	56	NATIONALS	05/20/2005	4:22.72
Wendy Moore	55	NATL 2013	05/17/2013	:49.36	Diane Grant	59	PROVINCIAL	03/26/2011	4:40.92
Kathleen Milne	55	TECH	11/04/2006	:53.46	Lynne Cohen	56	NATL 2013	05/17/2013	4:43.49
Lizanne Collie	56	QUE PROV	04/15/2005	:54.29	Anita Stranzl	59	MSO22	06/11/2022	4:44.39
Marian Jordan	57	NATL 2013	05/17/2013	:54.77	50 Fly	Club Rec: :37.64	Deliencourt, Sylvie		
Patricia Rogers	58	TECH	12/04/2010	:57.31	Sylvie Deliencourt	55	CMSC 2016	05/20/2016	:37.64
100 Back	Club Rec: 1:32.43	Deliencourt, Sylvie			Kathleen Milne	55	QUE PROV	04/21/2006	:39.03
Sylvie Deliencourt	55	CMSC 2016	05/20/2016	1:32.43	Krista Klassen	56	ON PROV 18	03/23/2018	:40.56
Colleen Nelson	57	QUE PROV	04/21/2006	1:39.49	Patricia Angus	56	OTTAWA-TE	05/06/2000	:41.09
Margaret Bakish	56	TECH	03/12/2005	1:43.06	Cary Willis	56	NATL 2013	05/17/2013	:42.94
Patricia Angus	57	TECH-OTTA	01/27/2001	1:43.90	France Girard	55	CMSC 2017	05/12/2017	:42.97
Liliana Rusu	58	CMSC 2015	05/18/2015	1:44.00	Margaret Bakish	59	TECH	11/01/2008	:44.71
Lizanne Collie	55	QUE PROV	04/03/2004	2:03.61	Karen March	57	QUE PROV	04/13/2012	:49.78
Jamie Lombardo	59	ON PROV 18	03/23/2018	2:08.22	Genevieve Mackwood	58	OLYMPINK18	04/07/2018	:50.55
Anita Stranzl	59	MSO22	06/11/2022	2:08.80	Marianne Quain	56	PROVINCIAL	03/26/2011	:51.93
Marian Jordan	57	NATL 2013	05/17/2013	2:10.16	100 Fly	Club Rec: 1:31.77	Angus, Patricia		
Wendy McCutcheon	56	OntProv'09	03/20/2009	2:10.56	Patricia Angus	55	Nat99	05/14/1999	1:31.77
					Kathleen Milne	55	QUE PROV	04/21/2006	1:40.21
					Margaret Bakish	57	TECH	04/08/2006	1:45.10
					Genevieve Mackwood	59	NATCHAMP1	05/24/2019	1:53.68

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Marianne Quain	56	TECH	01/22/2011	1:53.82	Diane Grant	61	NATL 2013	05/17/2013	:43.11
Anita Stranzl	59	NATS22	05/20/2022	1:57.66	Genevieve Mackwood	62	NMSC22	12/11/2022	:43.74
Margaret Dupee	55	NATCHAMP1	05/24/2019	2:05.91	100 Free	Club Rec: 1:18.65	Bakish, Margaret		
Margaret Martin	55	TECH Dec16	12/04/2016	2:10.50	Margaret Bakish	60	TECH	01/31/2009	1:18.65
Lynne Cohen	56	NATL 2013	05/17/2013	2:10.51	Krista Klassen	60	NATS22	05/20/2022	1:19.29
200 Fly	Club Rec: 3:30.51	Angus, Patricia			Wieslawa Hadrys	62	NATCHAMP1	05/24/2019	1:28.08
Patricia Angus	56	STE FOY	04/14/2000	3:30.51	Patricia Angus	61	NATIONALS	05/20/2005	1:28.12
Colleen Nelson	57	QUE PROV	04/21/2006	3:42.34	Patricia Niblett	63	ETOBICOKE	04/28/1996	1:29.03
Margaret Bakish	58	QUEBEC	04/22/2007	3:46.46	Liliana Rusu	62	OlymPink19	04/26/2019	1:32.58
Liliana Rusu	58	CMSC 2015	05/18/2015	3:53.48	Genevieve Mackwood	62	NMSC22	12/11/2022	1:33.26
Anita Stranzl	59	MSO22	06/11/2022	4:19.22	Heather Crysdale	62	BTRAIN21	12/12/2021	1:39.84
Marianne Quain	56	PROVINCIAL	03/26/2011	4:23.77	Diane Grant	60	QUE PROV	04/13/2012	1:43.98
Lynne Cohen	56	NATL 2013	05/17/2013	4:41.41	Celine Morisset	60	OLYMPINK18	04/07/2018	1:44.35
Jennifer Steinberg	55	NATS22	05/20/2022	5:01.20	200 Free	Club Rec: 2:48.84	Carter, Julie		
100 IM	Club Rec: 1:27.01	Deliencourt, Sylvie			Julie Carter	61	TECHFeb19	02/02/2019	2:48.84
Sylvie Deliencourt	55	CMSC 2016	05/20/2016	1:27.01	Margaret Bakish	60	TECH	01/31/2009	2:53.69
Krista Klassen	55	CMSC 2017	05/12/2017	1:27.59	Krista Klassen	60	MSO22	06/11/2022	2:57.75
Margaret Bakish	57	TECH	01/07/2006	1:33.54	Patricia Angus	60	TECH	03/13/2004	3:12.34
Patricia Angus	55	Nat99	05/14/1999	1:34.38	Patricia Niblett	63	ETOBICOKE	04/28/1996	3:16.67
Kathleen Milne	58	OntProv'09	03/20/2009	1:35.83	Heather Crysdale	63	MSO22	06/11/2022	3:37.02
France Girard	55	CMSC 2017	05/12/2017	1:39.18	Lois Olafson	62	NATS22	05/20/2022	3:47.16
Wendy Milford	55	CMSC 2016	05/20/2016	1:41.77	Diane Grant	60	QUE PROV	04/13/2012	3:49.61
Genevieve Mackwood	58	OLYMPINK18	04/07/2018	1:49.71	Celine Morisset	60	ON PROV 18	03/23/2018	3:51.25
Anita Stranzl	59	NATS22	05/20/2022	1:49.87	Marian Mackay	61	CMSC 2015	05/18/2015	3:54.80
Karen March	58	NATL 2013	05/17/2013	1:55.62	400 Free	Club Rec: 5:50.26	Carter, Julie		
200 IM	Club Rec: 3:17.79	Bakish, Margaret			Julie Carter	61	NATCHAMP1	05/24/2019	5:50.26
Margaret Bakish	56	QUE PROV	04/15/2005	3:17.79	Fiona Grant	62	NATS22	05/20/2022	5:56.75
Patricia Angus	55	Nat99	05/14/1999	3:21.72	Kathleen Griffin	61	NATS22	05/20/2022	6:12.87
Liliana Rusu	56	NATL 2013	05/17/2013	3:36.04	Patricia Angus	64	NATIONALS	05/16/2008	6:40.77
Cary Willis	56	TECH	12/01/2013	3:58.08	Liliana Rusu	60	CMSC 2017	05/12/2017	6:52.11
Anita Stranzl	59	NATS22	05/20/2022	3:59.91	Patricia Niblett	63	ETOBICOKE	04/28/1996	6:56.37
Jennifer Steinberg	55	NATS22	05/20/2022	4:14.78	Kathleen Milne	60	PROVINCIAL	03/26/2011	6:57.91
Lynne Cohen	56	NATL 2013	05/17/2013	4:20.67	Genevieve Mackwood	62	MSO22	06/11/2022	6:59.49
Margaret Martin	55	TECH Dec16	12/04/2016	4:36.50	Heather Crysdale	63	NATS22	05/20/2022	7:35.91
Debra Cadelli	59	ON PROV 18	03/23/2018	6:23.49	Lois Olafson	62	NATS22	05/20/2022	7:43.73
400 IM	Club Rec: 7:04.93	Bakish, Margaret			800 Free	Club Rec: 11:56.06	Carter, Julie		
Margaret Bakish	56	NATIONALS	05/20/2005	7:04.93	Julie Carter	61	NATCHAMP1	05/24/2019	11:56.06
Patricia Angus	55	Nat99	05/14/1999	7:12.30	Fiona Grant	62	NATS22	05/20/2022	12:23.22
Marian Jordan	55	NATL 2011	05/23/2011	7:37.64	Margaret Bakish	60	OntProv'09	03/20/2009	12:44.86
Liliana Rusu	58	CMSC 2015	05/18/2015	7:38.42	Kathleen Griffin	61	NATS22	05/20/2022	12:47.61
Wendy Milford	55	CMSC 2016	05/20/2016	7:45.41	Genevieve Mackwood	62	MSO22	06/11/2022	13:45.17
Genevieve Mackwood	58	ON PROV 18	03/23/2018	8:23.34	Patricia Angus	62	TECH	01/28/2006	14:20.75
Anita Stranzl	59	NATS22	05/20/2022	8:39.13	Patricia Niblett	64	BRANTFORD	05/25/1997	14:22.02
Margaret Dupee	55	NATCHAMP1	05/24/2019	9:00.36	Liliana Rusu	62	TechTT31M	03/31/2019	14:59.30
Lynne Cohen	56	NATL 2013	05/17/2013	9:16.57	Heather Crysdale	63	MSO22	06/11/2022	15:40.71
Brigitte Gagne	57	NATCHAMP1	05/24/2019	12:17.34	Paula Hickman	63	NATL 2013	05/17/2013	16:02.43
Female 60 to 64					1500 Free	Club Rec: 22:29.01	Carter, Julie		
25 Free					Julie Carter	61	NATCHAMP1	05/24/2019	22:29.01
Marian Jordan	63	NATCHAMP1	05/24/2019	:19.75	Fiona Grant	62	NATS22	05/20/2022	23:20.48
Lianghong Sheng	63	NATCHAMP1	05/24/2019	:25.63	Margaret Bakish	60	NATIONALS	05/15/2009	24:11.64
50 Free	Club Rec: :33.97	Klassen, Krista			Kathleen Griffin	61	NATS22	05/20/2022	24:28.86
Krista Klassen	60	NATS22	05/20/2022	:33.97	Genevieve Mackwood	62	MSO22	06/11/2022	26:18.98
Margaret Bakish	60	NATIONALS	05/15/2009	:36.19	Patricia Angus	60	QUE PROV	04/03/2004	26:26.00
Wieslawa Hadrys	62	NATCHAMP1	05/24/2019	:37.04	Patricia Niblett	64	TECHNOSPO	05/01/1997	27:24.63
Fiona Grant	61	BTRAIN21	12/12/2021	:37.42	Liliana Rusu	62	TechTT31M	03/31/2019	27:53.64
Kathleen Milne	60	TECH	02/19/2011	:39.34	Wendy Moore	61	NATCHAMP1	05/24/2019	29:27.01
Patricia Angus	63	TECH	05/05/2007	:39.69	Celine Morisset	61	NATCHAMP1	05/24/2019	30:41.13
Patricia Niblett	64	BRANTFORD	05/25/1997	:39.69					
Liliana Rusu	62	OlymPink19	04/26/2019	:42.57					

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50 Back	Club Rec: :41.28	Klassen, Krista	Fatma Bedeir	60	NATS22	05/20/2022	4:59.09
Krista Klassen	60	NATS22 05/20/2022 :41.28	Lianghong Sheng	63	NATCHAMP1	05/24/2019	5:19.60
Julie Carter	61	TECHFeb19 02/02/2019 :47.31	Marian Jordan	62	ON PROV 18	03/23/2018	5:23.98
Patricia Angus	60	QUE PROV 04/03/2004 :48.48	50 Fly	Club Rec: :42.22	Carter, Julie		
Liliana Rusu	62	OlymPink19 04/26/2019 :50.77	Julie Carter	61	NATCHAMP1	05/24/2019	:42.22
Patricia Niblett	64	TECHNOSPO 01/11/1997 :52.51	Krista Klassen	60	NATS22	05/20/2022	:42.60
Wendy Moore	61	NATCHAMP1 05/24/2019 :53.20	Kathleen Milne	60	TECH	02/19/2011	:43.22
Celine Morisset	61	TECHMar19 03/03/2019 :56.35	Patricia Angus	60	RIDEAU SPE	02/21/2004	:44.91
Wendy McCutcheon	62	CMSC 2015 05/18/2015 :57.00	Wieslawa Hadrys	62	NATCHAMP1	05/24/2019	:46.09
Heather Crysdale	63	NMSC22 12/11/2022 :58.07	Liliana Rusu	62	OlymPink19	04/26/2019	:48.07
Jamie Lombardo	60	OlymPink19 04/26/2019 :59.26	Heather Crysdale	63	MSO22	06/11/2022	:51.80
100 Back	Club Rec: 1:31.97	Klassen, Krista	Genevieve Mackwood	62	NMSC22	12/11/2022	:52.01
Krista Klassen	60	MSO22 06/11/2022 1:31.97	Lois Olafson	60	TECH FEB20	02/09/2020	:52.37
Julie Carter	61	NATCHAMP1 05/24/2019 1:35.83	Patricia Niblett	64	PENTATHLO	12/08/1996	1:00.03
Margaret Bakish	61	TECH 01/30/2010 1:42.93	100 Fly	Club Rec: 1:34.19	Bakish, Margaret		
Patricia Angus	60	TECH 03/13/2004 1:47.20	Margaret Bakish	60	NATIONALS	05/15/2009	1:34.19
Liliana Rusu	60	Tech Feb17 02/05/2017 1:47.72	Patricia Angus	61	QUE PROV	04/15/2005	1:41.11
Patricia Niblett	64	TECHNOSPO 11/01/1996 1:59.09	Liliana Rusu	62	TECHMar19	03/03/2019	1:50.43
Wendy Moore	61	NATCHAMP1 05/24/2019 2:00.81	Lois Olafson	60	TECH FEB20	02/09/2020	1:56.79
Heather Crysdale	63	MSO22 06/11/2022 2:05.19	Heather Crysdale	63	NATS22	05/20/2022	2:04.48
Jamie Lombardo	60	NATCHAMP1 05/24/2019 2:07.41	Lynne Cohen	61	ON PROV 18	03/23/2018	2:06.71
Wendy McCutcheon	60	NATL 2013 05/17/2013 2:09.70	Debra Cadelli	61	TECH FEB20	02/09/2020	2:46.13
200 Back	Club Rec: 3:34.16	Bakish, Margaret	Patricia Rogers	63	CMSC 2015	05/18/2015	2:56.56
Margaret Bakish	60	TECH 01/31/2009 3:34.16	200 Fly	Club Rec: 3:24.16	Bakish, Margaret		
Liliana Rusu	61	ON PROV 18 03/23/2018 3:38.02	Margaret Bakish	60	OntProv'09	03/20/2009	3:24.16
Wendy Moore	61	NATCHAMP1 05/24/2019 4:26.99	Patricia Angus	61	QUE PROV	04/15/2005	3:40.47
Wendy McCutcheon	62	CMSC 2015 05/18/2015 4:53.47	Liliana Rusu	62	MSO19	03/22/2019	4:03.52
Joanne Bezzubetz	61	ON PROV 18 03/23/2018 4:56.55	Genevieve Mackwood	62	MSO22	06/11/2022	4:07.02
Diane Grant	63	CMSC 2015 05/18/2015 4:58.08	Lynne Cohen	60	CMSC 2017	05/12/2017	4:31.46
Cathy Brooks	60	NATL 2013 05/17/2013 5:40.81	Patricia Rogers	63	ONT Prov	04/02/2015	6:26.37
50 Breast	Club Rec: :44.69	Bakish, Margaret	100 IM	Club Rec: 1:27.72	Klassen, Krista		
Margaret Bakish	60	Coupe Mtl 11/14/2009 :44.69	Krista Klassen	60	NATS22	05/20/2022	1:27.72
Wieslawa Hadrys	62	NATCHAMP1 05/24/2019 :45.68	Julie Carter	61	NATCHAMP1	05/24/2019	1:32.08
Kathleen Griffin	61	NATS22 05/20/2022 :45.83	Margaret Bakish	60	Coupe Mtl	11/14/2009	1:32.41
Fiona Grant	61	BTRAIN21 12/12/2021 :46.57	Wieslawa Hadrys	62	NATCHAMP1	05/24/2019	1:37.11
Liliana Rusu	62	OlymPink19 04/26/2019 :47.79	Liliana Rusu	62	OlymPink19	04/26/2019	1:41.61
Kathleen Milne	60	TECH 02/19/2011 :48.39	Patricia Angus	61	QUE PROV	04/15/2005	1:42.89
Genevieve Mackwood	62	NMSC22 12/11/2022 :49.72	Kathleen Milne	60	PROVINCIAL	03/26/2011	1:44.26
Patricia Niblett	64	MONTREAL 06/26/1997 :52.76	Patricia Niblett	64	PENTATHLO	12/08/1996	1:51.84
Diane Grant	64	CMSC 2016 05/20/2016 :55.82	Lois Olafson	62	NATS22	05/20/2022	2:00.74
Patricia Angus	64	INGLIS 03/08/2008 :56.31	Celine Morisset	61	NATCHAMP1	05/24/2019	2:06.09
100 Breast	Club Rec: 1:36.64	Bakish, Margaret	200 IM	Club Rec: 3:15.29	Bakish, Margaret		
Margaret Bakish	60	OntProv'09 03/20/2009 1:36.64	Margaret Bakish	60	NATIONALS	05/15/2009	3:15.29
Krista Klassen	60	MSO22 06/11/2022 1:38.21	Julie Carter	61	NATCHAMP1	05/24/2019	3:19.23
Fiona Grant	62	NATS22 05/20/2022 1:38.25	Kathleen Griffin	61	NATS22	05/20/2022	3:27.27
Wieslawa Hadrys	62	NATCHAMP1 05/24/2019 1:38.55	Liliana Rusu	62	NATCHAMP1	05/24/2019	3:38.97
Kathleen Griffin	61	NATS22 05/20/2022 1:41.05	Patricia Angus	60	TECH	01/17/2004	3:40.07
Liliana Rusu	61	ON PROV 18 03/23/2018 1:42.35	Patricia Niblett	64	TECHNOSPO	11/01/1996	4:11.39
Genevieve Mackwood	62	NMSC22 12/11/2022 1:49.54	Lynne Cohen	60	CMSC 2017	05/12/2017	4:29.08
Kathleen Milne	60	PROVINCIAL 03/26/2011 1:51.76	Patricia Rogers	61	TECH	12/01/2013	4:59.20
Patricia Angus	63	TECH 01/13/2007 2:01.07	Debra Cadelli	63	MSO22	06/11/2022	5:41.85
Wendy McCutcheon	62	CMSC 2015 05/18/2015 2:01.83	400 IM	Club Rec: 6:54.77	Bakish, Margaret		
200 Breast	Club Rec: 3:27.26	Bakish, Margaret	Margaret Bakish	60	OntProv'09	03/20/2009	6:54.77
Margaret Bakish	60	NATIONALS 05/15/2009 3:27.26	Liliana Rusu	62	MSO19	03/22/2019	7:39.27
Fiona Grant	62	NATS22 05/20/2022 3:30.58	Patricia Angus	61	NATIONALS	05/20/2005	7:55.45
Kathleen Griffin	61	NATS22 05/20/2022 3:39.25	Lynne Cohen	61	ON PROV 18	03/23/2018	9:07.16
Liliana Rusu	61	ON PROV 18 03/23/2018 3:44.65	Patricia Rogers	63	ONT Prov	04/02/2015	11:03.32
Genevieve Mackwood	62	MSO22 06/11/2022 3:55.06	Debra Cadelli	60	NATCHAMP1	05/24/2019	13:23.96
Diane Grant	60	QUE PROV 04/13/2012 4:32.37					
Penny Moody-corbett	64	NATL 2013 05/17/2013 4:49.61					

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Female 65 to 69					Marina Moraitis	67	NATCHAMP1	05/24/2019	42:26.86
50 Free	Club Rec: :39.74	Niblett, Patricia			Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	42:29.00
Patricia Niblett	68	HALIFAX,	05/12/2000	:39.74	50 Back Club Rec: :52.04 Sevigny, Nicole				
Patricia Angus	67	PROVINCIAL	03/26/2011	:41.89	Nicole Sevigny	66	MSO22	06/11/2022	:52.04
Nicole Sevigny	66	MSO22	06/11/2022	:43.45	Patricia Niblett	66	TECHNOSPO	02/07/1998	:52.20
Liliana Rusu	65	NMSC22	12/11/2022	:46.67	Patricia Angus	67	TECH	12/10/2011	:54.30
Paula Hickman	66	CMSC 2016	05/20/2016	:49.33	Liliana Rusu	65	NMSC22	12/11/2022	:55.55
Lynda Hickman	68	ON PROV 18	03/23/2018	:49.91	Diane Grant	65	CMSC 2017	05/12/2017	1:04.28
Hazel Ulyyatt	65	NATS22	05/20/2022	:51.37	Dominique Champeau	66	MSO22	06/11/2022	1:06.56
Liliane Cardinal	68	Longueuil	06/03/2017	:55.27	Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	1:09.81
Marina Moraitis	67	NATCHAMP1	05/24/2019	:56.67	Marina Moraitis	65	CMSC 2017	05/12/2017	1:15.17
Dorothy Milburn-Smith	67	TECH	12/10/2011	1:05.06	100 Back Club Rec: 1:53.27 Rusu, Liliana				
100 Free Club Rec: 1:27.61 Niblett, Patricia					Liliana Rusu	65	NMSC22	12/11/2022	1:53.27
Patricia Niblett	65	QUE PROV	04/08/1997	1:27.61	Patricia Angus	67	TECH	01/22/2011	1:54.80
Patricia Angus	66	TECH	01/30/2010	1:32.30	Nicole Sevigny	66	MSO22	06/11/2022	1:55.71
Liliana Rusu	65	NMSC22	12/11/2022	1:39.18	Patricia Niblett	67	BROCKVILLE	11/21/1999	1:59.34
Nicole Sevigny	66	MSO22	06/11/2022	1:43.27	Wendy McCutcheon	65	ON PROV 18	03/23/2018	2:16.08
Paula Hickman	66	CMSC 2016	05/20/2016	1:46.18	Dominique Champeau	66	MSO22	06/11/2022	2:24.56
Wendy McCutcheon	65	ON PROV 18	03/23/2018	1:51.60	Liliane Cardinal	66	CMSC 2015	05/18/2015	2:29.66
Lynda Hickman	68	ON PROV 18	03/23/2018	1:52.18	Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	2:39.89
Hazel Ulyyatt	65	NATS22	05/20/2022	1:55.54	Marina Moraitis	65	CMSC 2017	05/12/2017	2:41.39
Liliane Cardinal	66	TECH Dec15	12/06/2015	2:02.09	200 Back Club Rec: 3:48.35 Rusu, Liliana				
Marina Moraitis	67	OlymPink19	04/26/2019	2:14.60	Liliana Rusu	65	NATS22	05/20/2022	3:48.35
200 Free Club Rec: 3:17.38 Niblett, Patricia					Patricia Angus	65	TECH	01/31/2009	4:11.07
Patricia Niblett	67	Nat99	05/14/1999	3:17.38	Diane Grant	66	ON PROV 18	03/23/2018	5:08.58
Patricia Angus	65	TECH	03/07/2009	3:20.69	Dominique Champeau	66	MSO22	06/11/2022	5:11.40
Paula Hickman	66	CMSC 2016	05/20/2016	3:48.22	Liliane Cardinal	66	CMSC 2015	05/18/2015	5:18.76
Lynda Hickman	68	ON PROV 18	03/23/2018	3:53.52	50 Breast Club Rec: :50.77 Rusu, Liliana				
Hazel Ulyyatt	65	NATS22	05/20/2022	4:13.01	Liliana Rusu	65	NMSC22	12/11/2022	:50.77
Liliane Cardinal	66	TECH Nov15	11/08/2015	4:30.78	Patricia Niblett	67	Nat99	05/14/1999	:51.51
Dominique Champeau	66	MSO22	06/11/2022	4:51.68	Diane Grant	65	CMSC 2017	05/12/2017	:57.55
Marina Moraitis	68	TECH MAR20	03/01/2020	5:28.78	Nicole Sevigny	66	NATS22	05/20/2022	:58.25
400 Free Club Rec: 6:58.46 Angus, Patricia					Patricia Angus	66	TECH	12/04/2010	1:01.46
Patricia Angus	65	NATIONALS	05/15/2009	6:58.46	Wendy McCutcheon	65	ON PROV 18	03/23/2018	1:07.17
Patricia Niblett	68	HALIFAX,	05/12/2000	7:01.06	Marina Moraitis	67	NATCHAMP1	05/24/2019	1:07.38
Paula Hickman	68	ON PROV 18	03/23/2018	7:49.60	Liliane Cardinal	66	TECH Nov15	11/08/2015	1:09.62
Lynda Hickman	68	ON PROV 18	03/23/2018	8:02.80	Hazel Ulyyatt	65	NATS22	05/20/2022	1:15.74
Diane Grant	65	CMSC 2017	05/12/2017	8:04.60	Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	1:21.86
Liliane Cardinal	66	CMSC 2015	05/18/2015	8:45.17	100 Breast Club Rec: 1:48.32 Rusu, Liliana				
Hazel Ulyyatt	65	NATS22	05/20/2022	8:46.70	Liliana Rusu	65	NATS22	05/20/2022	1:48.32
Dominique Champeau	66	MSO22	06/11/2022	10:00.43	Patricia Niblett	67	BROCKVILLE	11/21/1999	1:58.68
Marina Moraitis	69	BTRAIN21	12/12/2021	12:23.54	Diane Grant	65	CMSC 2017	05/12/2017	2:01.13
800 Free Club Rec: 14:15.54 Angus, Patricia					Patricia Angus	66	ARTHURS	03/13/2010	2:08.02
Patricia Angus	65	NATIONALS	05/15/2009	14:15.54	Penny Moody-corbett	65	TECH	03/02/2014	2:20.08
Patricia Niblett	67	OTTAWA	06/05/1999	14:34.88	Marina Moraitis	65	CMSC 2017	05/12/2017	2:34.43
Paula Hickman	66	CMSC 2016	05/20/2016	15:33.82	Liliane Cardinal	66	TECH Dec15	12/06/2015	2:38.37
Diane Grant	65	CMSC 2017	05/12/2017	16:25.97	Hazel Ulyyatt	65	NATS22	05/20/2022	2:46.73
Lynda Hickman	68	ON PROV 18	03/23/2018	16:45.17	Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	3:10.22
Liliane Cardinal	66	CMSC 2015	05/18/2015	17:35.65	200 Breast Club Rec: 3:54.57 Rusu, Liliana				
Hazel Ulyyatt	65	NATS22	05/20/2022	18:26.09	Liliana Rusu	65	MSO22	06/11/2022	3:54.57
Joanne Bezzubetz	65	MSO22	06/11/2022	19:43.38	Patricia Niblett	69	TROIS	04/20/2001	4:25.04
Dominique Champeau	66	MSO22	06/11/2022	20:21.98	Diane Grant	65	CMSC 2017	05/12/2017	4:37.16
Dorothy Milburn-Smith	69	NATL 2013	05/17/2013	23:18.30	Patricia Angus	65	TECH	01/31/2009	4:41.69
1500 Free Club Rec: 27:03.37 Angus, Patricia					Penny Moody-corbett	65	TECH	03/02/2014	5:00.33
Patricia Angus	65	OntProv'09	03/20/2009	27:03.37	Liliane Cardinal	66	TECH Apr	04/19/2015	5:18.44
Patricia Niblett	67	OTTAWA	06/05/1999	27:19.79	Marina Moraitis	67	NATCHAMP1	05/24/2019	5:30.59
Paula Hickman	68	ON PROV 18	03/23/2018	29:43.00	Wendy McCutcheon	65	ON PROV 18	03/23/2018	5:37.31
Diane Grant	65	CMSC 2017	05/12/2017	31:12.34					
Liliane Cardinal	66	CMSC 2015	05/18/2015	34:14.28					

25 Fly					1500 Free	Club Rec: 28:33.88	Niblett, Patricia		
Patricia Angus	69	NATL 2013	05/17/2013	:47.54	Patricia Niblett	70	TECH	06/01/2002	28:33.88
50 Fly	Club Rec: :46.17	Angus, Patricia			Patricia Angus	70	Coupe Que5	03/01/2014	28:35.43
Patricia Angus	65	OntProv'09	03/20/2009	:46.17	50 Back	Club Rec: :43.83	Armatys, Barbara		
Liliana Rusu	65	NMSC22	12/11/2022	:52.04	Barbara Armatys	70	Tech Mar18	03/04/2018	:43.83
Nicole Sevigny	66	MSO22	06/11/2022	:54.18	Sohair El Attar	73	NATS22	05/20/2022	:49.54
Patricia Niblett	69	TROIS	04/20/2001	:58.84	Patricia Niblett	72	QUE PROV	04/03/2004	:53.72
Liliane Cardinal	66	TECH Apr	04/19/2015	1:13.78	Margaret Bakish	71	TECH FEB20	02/09/2020	:57.91
Marina Moraitis	67	TECHMar19	03/03/2019	1:32.50	Catheryne Meehan	70	NATCHAMP1	05/24/2019	1:00.59
100 Fly	Club Rec: 1:44.38	Angus, Patricia			Dorothy Milburn-Smith	70	TECH Dec	12/07/2014	1:13.48
Patricia Angus	65	OntProv'09	03/20/2009	1:44.38	100 Back	Club Rec: 1:41.97	Armatys, Barbara		
Liliana Rusu	65	NATS22	05/20/2022	1:57.10	Barbara Armatys	70	Tech Mar18	03/04/2018	1:41.97
200 Fly	Club Rec: 3:56.53	Angus, Patricia			Sohair El Attar	73	NATS22	05/20/2022	1:46.00
Patricia Angus	65	OntProv'09	03/20/2009	3:56.53	Patricia Niblett	72	TECH	03/13/2004	1:59.03
Liliana Rusu	65	MSO22	06/11/2022	4:17.85	Catheryne Meehan	70	NATCHAMP1	05/24/2019	2:04.39
Liliane Cardinal	66	CMSC 2015	05/18/2015	6:52.35	200 Back	Club Rec: 3:38.76	Armatys, Barbara		
100 IM	Club Rec: 1:55.06	Niblett, Patricia			Barbara Armatys	70	ON PROV 18	03/23/2018	3:38.76
Patricia Niblett	69	TROIS	04/20/2001	1:55.06	Sohair El Attar	73	NATS22	05/20/2022	3:49.17
Nicole Sevigny	66	NATS22	05/20/2022	1:55.21	Catheryne Meehan	70	NATCHAMP1	05/24/2019	4:36.22
Patricia Angus	66	TECH	12/04/2010	1:58.02	50 Breast	Club Rec: :53.69	Niblett, Patricia		
Liliane Cardinal	66	TECH Apr	04/19/2015	2:29.91	Patricia Niblett	73	NATIONALS	05/20/2005	:53.69
Marina Moraitis	67	NATCHAMP1	05/24/2019	2:43.57	Margaret Bakish	71	TECH FEB20	02/09/2020	:56.53
200 IM	Club Rec: 3:47.99	Rusu, Liliana			Marina Moraitis	70	NATS22	05/20/2022	1:08.87
Liliana Rusu	65	NATS22	05/20/2022	3:47.99	Dorothy Milburn-Smith	70	TECH	01/26/2014	1:26.16
Patricia Angus	65	NATIONALS	05/15/2009	3:57.49	100 Breast	Club Rec: 2:03.48	Bakish, Margaret		
Patricia Niblett	68	OTTAWA-TE	01/15/2000	4:17.29	Margaret Bakish	73	NATS22	05/20/2022	2:03.48
Liliane Cardinal	67	Longueuil	06/04/2016	5:39.38	Patricia Niblett	72	TECH	03/13/2004	2:03.97
400 IM	Club Rec: 8:03.73	Rusu, Liliana			Marina Moraitis	70	NATS22	05/20/2022	2:36.44
Liliana Rusu	65	NATS22	05/20/2022	8:03.73	200 Breast	Club Rec: 4:27.25	Bakish, Margaret		
Patricia Angus	65	OntProv'09	03/20/2009	8:12.61	Margaret Bakish	73	NATS22	05/20/2022	4:27.25
Liliane Cardinal	66	CMSC 2015	05/18/2015	10:50.66	Marina Moraitis	70	NATS22	05/20/2022	5:40.27
Female 70 to 74					50 Fly	Club Rec: :47.41	Armatys, Barbara		
50 Free	Club Rec: :41.25	Niblett, Patricia			Barbara Armatys	71	TECHMar19	03/03/2019	:47.41
Patricia Niblett	70	QUE PROV	04/19/2002	:41.25	Patricia Angus	70	QUE	04/11/2014	:49.57
Patricia Angus	72	ONT Prov16	04/01/2016	:43.90	Catheryne Meehan	70	TECHMar19	03/03/2019	1:27.02
Margaret Bakish	71	TECH FEB20	02/09/2020	:47.38	100 Fly	Club Rec: 1:49.43	Armatys, Barbara		
Catheryne Meehan	70	TECHMar19	03/03/2019	:55.47	Barbara Armatys	71	NATCHAMP1	05/24/2019	1:49.43
Marina Moraitis	70	NATS22	05/20/2022	1:01.24	Patricia Angus	70	Coupe Que5	03/01/2014	1:50.24
Dorothy Milburn-Smith	70	TECH Dec	12/07/2014	1:01.69	Margaret Bakish	73	NATS22	05/20/2022	2:06.21
100 Free	Club Rec: 1:32.94	Niblett, Patricia			200 Fly	Club Rec: 4:00.75	Angus, Patricia		
Patricia Niblett	72	QUE PROV	04/03/2004	1:32.94	Patricia Angus	70	QUE	04/11/2014	4:00.75
Patricia Angus	70	Coupe Que5	03/01/2014	1:39.88	Barbara Armatys	71	NATCHAMP1	05/24/2019	4:15.94
Catheryne Meehan	70	TECHMar19	03/03/2019	2:08.69	Margaret Bakish	73	NATS22	05/20/2022	4:59.37
Dorothy Milburn-Smith	70	TECH	01/26/2014	2:19.98	100 IM	Club Rec: 1:42.99	Armatys, Barbara		
200 Free	Club Rec: 3:20.47	El Attar, Sohair			Barbara Armatys	70	ON PROV 18	03/23/2018	1:42.99
Sohair El Attar	73	NATS22	05/20/2022	3:20.47	Patricia Angus	70	QUE	04/11/2014	1:57.10
Patricia Niblett	71	NATIONALS	05/16/2003	3:26.00	Margaret Bakish	71	TECH FEB20	02/09/2020	1:58.35
Catheryne Meehan	70	NATCHAMP1	05/24/2019	4:31.75	Patricia Niblett	71	PROVI	04/06/2003	2:01.16
Marina Moraitis	70	NATS22	05/20/2022	5:25.63	Marina Moraitis	70	NATS22	05/20/2022	2:47.43
400 Free	Club Rec: 7:06.18	El Attar, Sohair			200 IM	Club Rec: 3:49.12	Armatys, Barbara		
Sohair El Attar	73	NATS22	05/20/2022	7:06.18	Barbara Armatys	70	ON PROV 18	03/23/2018	3:49.12
Patricia Niblett	70	QUE PROV	04/19/2002	7:16.96	Patricia Angus	70	QUE	04/11/2014	4:07.96
Marina Moraitis	70	NATS22	05/20/2022	11:12.54	Margaret Bakish	73	NATS22	05/20/2022	4:11.85
800 Free	Club Rec: 14:19.40	El Attar, Sohair			400 IM	Club Rec: 8:04.85	Armatys, Barbara		
Sohair El Attar	73	NATS22	05/20/2022	14:19.40	Barbara Armatys	71	NATCHAMP1	05/24/2019	8:04.85
Patricia Niblett	71	TECH	07/06/2003	15:06.02	Patricia Angus	70	QUE	04/11/2014	8:48.56
Catheryne Meehan	70	TechTT24Ap	04/24/2019	18:59.30	Margaret Bakish	73	NATS22	05/20/2022	9:00.88

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Female 75 to 79

50 Free	Club Rec: :44.87	Niblett, Patricia
Patricia Niblett	77	OntProv'09 03/20/2009 :44.87
Patricia Angus	76	TECH FEB20 02/09/2020 :50.40
Penny Cullen	77	NATCHAMP1 05/24/2019 :56.64

100 Free	Club Rec: 1:39.89	Niblett, Patricia
Patricia Niblett	75	QUEBEC 04/22/2007 1:39.89
Inas Elattar	75	NATS22 05/20/2022 1:51.10
Patricia Angus	76	TECH FEB20 02/09/2020 1:52.36
Penny Cullen	79	BTRAIN21 12/12/2021 2:10.20

200 Free	Club Rec: 3:45.28	Niblett, Patricia
Patricia Niblett	75	QUEBEC 04/22/2007 3:45.28
Patricia Angus	76	TECH FEB20 02/09/2020 3:51.31
Inas Elattar	75	NATS22 05/20/2022 3:56.13
Penny Cullen	79	BTRAIN21 12/12/2021 4:46.59

400 Free	Club Rec: 8:02.19	Niblett, Patricia
Patricia Niblett	75	QUEBEC 04/22/2007 8:02.19
Patricia Angus	78	NATS22 05/20/2022 8:14.53
Penny Cullen	79	BTRAIN21 12/12/2021 9:48.09

800 Free	Club Rec: 16:56.07	Niblett, Patricia
Patricia Niblett	75	QUEBEC 04/22/2007 16:56.07
Penny Cullen	76	ON PROV 18 03/23/2018 21:49.00

1500 Free	Club Rec: 38:49.76	Cullen, Penny
Penny Cullen	77	NATCHAMP1 05/24/2019 38:49.76

50 Back	Club Rec: :54.95	Niblett, Patricia
Patricia Niblett	76	NATIONALS 05/16/2008 :54.95
Inas Elattar	75	NATS22 05/20/2022 :58.39
Penny Cullen	77	NATCHAMP1 05/24/2019 1:05.33

100 Back	Club Rec: 2:01.12	Niblett, Patricia
Patricia Niblett	76	NATIONALS 05/16/2008 2:01.12
Inas Elattar	75	NATS22 05/20/2022 2:07.22
Penny Cullen	75	CMSC 2017 05/12/2017 2:43.81

200 Back	Club Rec: 4:41.30	Elattar, Inas
Inas Elattar	75	NATS22 05/20/2022 4:41.30

50 Breast	Club Rec: :57.12	Niblett, Patricia
Patricia Niblett	77	NATIONALS 05/15/2009 :57.12
Penny Cullen	77	OlymPink19 04/26/2019 1:40.30

100 Breast	Club Rec: 2:19.47	Niblett, Patricia
Patricia Niblett	77	TECH 01/31/2009 2:19.47

200 Breast	Club Rec: 5:01.46	Niblett, Patricia
Patricia Niblett	77	TECH 01/31/2009 5:01.46

50 Fly	Club Rec: 1:02.01	Angus, Patricia
Patricia Angus	78	NATS22 05/20/2022 1:02.01
Penny Cullen	77	TECHFeb19 02/02/2019 1:54.69

100 Fly	Club Rec: 2:37.61	Angus, Patricia
Patricia Angus	78	NATS22 05/20/2022 2:37.61

100 IM	Club Rec: 2:16.18	Angus, Patricia
Patricia Angus	78	NATS22 05/20/2022 2:16.18
Penny Cullen	77	TECHFeb19 02/02/2019 3:02.06

200 IM	Club Rec: 5:01.85	Angus, Patricia
Patricia Angus	78	NATS22 05/20/2022 5:01.85

Female 80 to 84

50 Free	Club Rec: :46.00	Niblett, Patricia
Patricia Niblett	80	QUE PROV 04/13/2012 :46.00
Penny Cullen	80	NATS22 05/20/2022 1:01.38

100 Free	Club Rec: 1:47.63	Niblett, Patricia
Patricia Niblett	80	TECH 03/04/2012 1:47.63
Penny Cullen	80	NATS22 05/20/2022 2:15.04

200 Free	Club Rec: 4:00.63	Niblett, Patricia
Patricia Niblett	80	TECH 03/04/2012 4:00.63
Penny Cullen	80	NATS22 05/20/2022 4:51.40

400 Free	Club Rec: 9:44.16	Cullen, Penny
Penny Cullen	80	NATS22 05/20/2022 9:44.16

800 Free	Club Rec: 19:19.27	Niblett, Patricia
Patricia Niblett	80	QUE PROV 04/13/2012 19:19.27
Penny Cullen	80	MSO22 06/11/2022 20:25.64

1500 Free	Club Rec: 38:13.10	Cullen, Penny
Penny Cullen	80	NATS22 05/20/2022 38:13.10

50 Back	Club Rec: 1:07.42	Cullen, Penny
Penny Cullen	80	NATS22 05/20/2022 1:07.42

Male 18 to 24					50 Back	Club Rec: :28.20	Kopinsky, Riley		
50 Free	Club Rec: :24.73	Grant, Robin			Riley Kopinsky	19	ON PROV 18	03/23/2018	:28.20
Robin Grant	22	NATL 2011	05/23/2011	:24.73	Robin Grant	22	NATL 2011	05/23/2011	:29.50
Riley Kopinsky	19	ON PROV 18	03/23/2018	:24.88	Cameron Valcic	19	ON PROV 18	03/23/2018	:30.65
Cameron Valcic	19	ON PROV 18	03/23/2018	:24.90	Alex Lightbody	22	CMSC 2015	05/18/2015	:30.92
Casey Gergely	23	NATL 2011	05/23/2011	:24.93	Nicholas Lightbody	20	NATL 2011	05/23/2011	:31.32
Chris Cormier	20	PROVINCIAL	03/26/2011	:25.08	Robert Gillberry	24	TECH	12/04/2010	:33.73
Alex Lightbody	22	CMSC 2015	05/18/2015	:25.24	Cody Lombardo	18	TECH	12/10/2011	:36.67
Nicholas Lightbody	20	NATL 2011	05/23/2011	:25.61	Justin Boileau	24	NY	12/06/1997	:37.91
Matthew Laschuk	23	NATL 2013	05/17/2013	:25.81	Martin Morissette	23	PROVINCIAL	03/26/2011	:38.00
Eric Brault	22	TECH	03/03/2013	:26.06	Chris Bouwman	21	NATL 2011	05/23/2011	:39.92
Nick Bakish	23	QUE PROV	04/19/2002	:27.65					
100 Free	Club Rec: :53.54	Grant, Robin			100 Back	Club Rec: 1:01.66	Gergely, Casey		
Robin Grant	22	NATL 2011	05/23/2011	:53.54	Casey Gergely	23	NATL 2011	05/23/2011	1:01.66
Riley Kopinsky	19	ON PROV 18	03/23/2018	:54.16	Riley Kopinsky	19	ON PROV 18	03/23/2018	1:02.70
Casey Gergely	23	NATL 2011	05/23/2011	:55.01	Alex Lightbody	22	CMSC 2015	05/18/2015	1:04.94
Alex Lightbody	22	CMSC 2015	05/18/2015	:55.13	Jacob Barton	20	TECH	11/01/2008	1:06.72
Cameron Valcic	19	ON PROV 18	03/23/2018	:55.47	Jordan Allen	24	ON PROV 18	03/23/2018	1:15.64
Nicholas Lightbody	20	NATL 2011	05/23/2011	:55.66	Herman Liao	18	NATL 2013	05/17/2013	1:28.24
Matthew Laschuk	23	NATL 2013	05/17/2013	:56.39	Chris Bouwman	21	NATL 2011	05/23/2011	1:32.97
Eric Brault	22	TECH	03/03/2013	:58.78	Zach Chartrand	21	NATL 2013	05/17/2013	1:37.40
Nick Bakish	23	QUE PROV	04/19/2002	:59.69	Peter Hucal	19	NATL 2011	05/23/2011	1:40.93
Robert Gillberry	24	TECH	12/04/2010	1:00.19	Maurice Gibbs	24	TECHNOSPO	04/12/1997	1:43.92
200 Free	Club Rec: 2:00.62	Lightbody, Nicholas			200 Back	Club Rec: 3:22.68	Bouwman, Chris		
Nicholas Lightbody	20	NATL 2011	05/23/2011	2:00.62	Chris Bouwman	21	NATL 2011	05/23/2011	3:22.68
Alex Lightbody	22	CMSC 2015	05/18/2015	2:05.97					
Eric Brault	22	TECH	03/03/2013	2:07.12	50 Breast	Club Rec: :31.04	Gergely, Casey		
Jeremy Leite	24	CMSC 2015	05/18/2015	2:13.49	Casey Gergely	23	NATL 2011	05/23/2011	:31.04
Jordan Allen	24	ON PROV 18	03/23/2018	2:19.31	Matthew Laschuk	23	NATL 2013	05/17/2013	:31.30
Stephan Innes	21	TECH	03/03/2013	2:25.10	Robin Grant	22	NATL 2011	05/23/2011	:31.36
Martin Morissette	23	PROVINCIAL	03/26/2011	2:27.35	Cameron Valcic	19	ON PROV 18	03/23/2018	:33.51
Michel Boileau	23	MONTREAL	06/26/1997	2:31.51	Riley Kopinsky	19	ON PROV 18	03/23/2018	:33.80
Jason Kokotailo	22	NATIONALS	05/20/2005	2:33.78	Nick Bakish	23	QUE PROV	04/19/2002	:33.90
Antoine Beaulieu	23	RIDEAU	02/02/2008	2:37.27	Antoine Beaulieu	23	RIDEAU	02/02/2008	:36.64
400 Free	Club Rec: 4:22.33	Lightbody, Nicholas			Justin Boileau	24	NY	12/06/1997	:38.64
Nicholas Lightbody	20	NATL 2011	05/23/2011	4:22.33	Andrew Steel	21	NATL 2011	05/23/2011	:39.32
Jeremy Leite	24	CMSC 2015	05/18/2015	4:52.73	Maurice Gibbs	24	MONTREAL	06/26/1997	:39.46
Michel Boileau	23	BRANTFORD	05/25/1997	5:31.46	100 Breast	Club Rec: 1:10.89	Laschuk, Matthew		
Jason Kokotailo	22	NATIONALS	05/20/2005	5:41.29	Matthew Laschuk	23	NATL 2013	05/17/2013	1:10.89
Zach Chartrand	21	NATL 2013	05/17/2013	6:02.68	Robin Grant	22	NATL 2011	05/23/2011	1:11.22
Maurice Gibbs	24	TECHNOSPO	04/12/1997	6:19.05	Nick Bakish	23	QUE PROV	04/19/2002	1:15.71
Herman Liao	18	NATL 2013	05/17/2013	8:16.35	Jeremy Leite	24	CMSC 2015	05/18/2015	1:17.58
800 Free	Club Rec: 9:10.39	Cormier, Chris			Andrew Steel	21	NATL 2011	05/23/2011	1:27.19
Chris Cormier	20	PROVINCIAL	03/26/2011	9:10.39	Maurice Gibbs	24	MONTREAL	06/26/1997	1:30.59
Jeremy Leite	24	CMSC 2015	05/18/2015	9:55.10	Jason Kokotailo	22	TECH	01/22/2005	1:32.18
Angus Cowan	20	TechTT31M	03/31/2019	10:44.63	Iain Wilson	19	NATL 2011	05/23/2011	1:41.19
Cody Lombardo	19	QUE PROV	04/13/2012	11:46.18	Herman Liao	18	NATL 2013	05/17/2013	1:46.14
Jason Kokotailo	22	NATIONALS	05/20/2005	11:58.85	Jacob Allen	24	TECH FEB20	02/09/2020	1:49.90
Herman Liao	18	NATL 2013	05/17/2013	16:07.40	200 Breast	Club Rec: 2:46.68	Bakish, Nick		
1500 Free	Club Rec: 19:23.71	Leite, Jeremy			Nick Bakish	23	QUE PROV	04/19/2002	2:46.68
Jeremy Leite	24	CMSC 2015	05/18/2015	19:23.71	Jason Kokotailo	22	NATIONALS	05/20/2005	3:15.12
Angus Cowan	20	TechTT31M	03/31/2019	20:30.18	Andrew Steel	21	NATL 2011	05/23/2011	3:16.69
Michel Boileau	22	HULL	03/30/1996	22:14.49	50 Fly	Club Rec: :26.48	Valcic, Cameron		
Jason Kokotailo	22	NATIONALS	05/20/2005	22:55.81	Cameron Valcic	19	ON PROV 18	03/23/2018	:26.48
Maurice Gibbs	24	MONTREAL	06/26/1997	25:14.76	Casey Gergely	23	NATL 2011	05/23/2011	:26.72
Zach Chartrand	21	NATL 2013	05/17/2013	25:40.02	Matthew Laschuk	23	NATL 2013	05/17/2013	:26.91
Herman Liao	18	NATL 2013	05/17/2013	32:15.76	Alex Lightbody	22	CMSC 2015	05/18/2015	:26.99
					Nicholas Lightbody	20	NATL 2011	05/23/2011	:27.58
					Riley Kopinsky	19	ON PROV 18	03/23/2018	:28.07
					Robert Gillberry	24	TECH	12/04/2010	:29.48
					Nick Bakish	23	QUE PROV	04/19/2002	:29.96

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Jordan Allen	24	ON PROV 18	03/23/2018	:32.09	Eric Brault	27	ON PROV 18	03/23/2018	:55.97
Michel Boileau	23	TECHNOSPO	10/19/1996	:32.66	Alex Bronson	28	NATL 2011	05/23/2011	:58.02
100 Fly	Club Rec: :57.34	Gergely, Casey			Ian Kennedy	27	QUE PROV	04/03/2004	:58.10
Casey Gergely	23	NATL 2011	05/23/2011	:57.34	Andrew Baier	26	NATL 2011	05/23/2011	:58.21
Matthew Laschuk	23	NATL 2013	05/17/2013	:59.82	Pierre Barber	29	QUE PROV	04/19/2002	:58.69
Alex Lightbody	22	CMSC 2015	05/18/2015	1:00.23	200 Free	Club Rec: 1:55.77	Bonneau, Louis David		
Cameron Valcic	19	ON PROV 18	03/23/2018	1:01.60	Louis David Bonneau	28	NATIONALS	05/16/2008	1:55.77
Nicholas Lightbody	20	NATL 2011	05/23/2011	1:04.00	Daniel Paquette	25	Nat99	05/14/1999	1:59.34
Eric Brault	22	TECH	03/03/2013	1:05.00	Adam Nicholson	28	OntProv'09	03/20/2009	2:02.43
Michel Boileau	23	TECHNOSPO	11/01/1996	1:13.99	Roger Hanna	27	ON PROV 18	03/23/2018	2:02.77
Andrew Steel	21	NATL 2011	05/23/2011	1:25.44	Eric Brault	27	ON PROV 18	03/23/2018	2:03.14
200 Fly	Club Rec: 2:16.10	Gergely, Casey			Jamie Stephenson	29	QUE PROV	04/19/2002	2:05.69
Casey Gergely	23	NATL 2011	05/23/2011	2:16.10	David Goodwin	26	NATIONALS	05/20/2005	2:06.14
100 IM	Club Rec: 1:01.53	Grant, Robin			Trevor Pound	29	Nat99	05/14/1999	2:07.49
Robin Grant	22	NATL 2011	05/23/2011	1:01.53	Alex Bronson	28	NATL 2011	05/23/2011	2:09.97
Matthew Laschuk	23	NATL 2013	05/17/2013	1:02.23	Pierre Barber	29	QUE PROV	04/19/2002	2:13.17
Chris Cormier	20	PROVINCIAL	03/26/2011	1:03.17	400 Free	Club Rec: 4:12.42	Bonneau, Louis David		
Nick Bakish	23	QUE PROV	04/19/2002	1:08.05	Louis David Bonneau	28	NATIONALS	05/16/2008	4:12.42
Jeremy Leite	24	CMSC 2015	05/18/2015	1:08.22	Jamie Stephenson	29	QUE PROV	04/19/2002	4:27.13
Jacob Barton	20	TECH	11/01/2008	1:08.57	Roger Hanna	27	ON PROV 18	03/23/2018	4:27.81
Robert Gillberry	24	TECH	12/04/2010	1:08.58	Eric Brault	27	ON PROV 18	03/23/2018	4:28.33
Justin Boileau	24	NY	12/06/1997	1:16.50	Adam Nicholson	28	OntProv'09	03/20/2009	4:31.02
Andrew Steel	21	NATL 2011	05/23/2011	1:17.21	Danny Finch	28	MONTREAL	06/26/1997	4:34.24
Martin Morissette	23	PROVINCIAL	03/26/2011	1:18.22	David Goodwin	26	TECH	04/09/2005	4:38.35
200 IM	Club Rec: 2:19.18	Lightbody, Nicholas			Pierre Barber	29	QUE PROV	04/19/2002	4:51.43
Nicholas Lightbody	20	NATL 2011	05/23/2011	2:19.18	Daniel Brumar	29	NATS22	05/20/2022	5:04.17
Chris Cormier	20	PROVINCIAL	03/26/2011	2:20.12	Justin Boileau	26	Nat99	05/14/1999	5:06.09
Robin Grant	22	NATL 2011	05/23/2011	2:22.65	800 Free	Club Rec: 9:38.49	Finch, Danny		
Jeremy Leite	24	CMSC 2015	05/18/2015	2:31.14	Danny Finch	28	MONTREAL	06/26/1997	9:38.49
Cody Lombardo	19	QUE PROV	04/13/2012	2:45.59	Jeremy Leite	26	CMSC 2017	05/12/2017	10:04.80
Michel Boileau	23	BRANTFORD	05/25/1997	2:48.25	Eric Brault	28	TechTT31M	03/31/2019	10:17.05
Andrew Steel	21	NATL 2011	05/23/2011	2:57.18	Mark McKenna	29	TECHNOSPO	02/08/1997	10:24.90
Zach Chartrand	21	NATL 2013	05/17/2013	3:16.95	Daniel Brumar	26	NATCHAMP1	05/24/2019	10:25.94
Peter Hucal	19	NATL 2011	05/23/2011	3:21.42	James Wildsmith	29	RIDEAU	02/02/2008	10:51.41
Maurice Gibbs	24	TECHNOSPO	04/12/1997	3:32.44	Paul Mears	28	NATL 2013	05/17/2013	11:04.44
400 IM	Club Rec: 5:05.77	Cormier, Chris			Steven Cann	28	PROVI	04/06/2003	11:26.25
Chris Cormier	20	PROVINCIAL	03/26/2011	5:05.77	Nathaniel Mallet	26	TECHNOSPO	12/12/1998	11:46.24
Male 25 to 29					Jordan Allen	25	Tech29Mar	04/25/2019	12:03.00
25 Free					1500 Free	Club Rec: 18:15.36	Stephenson, Jamie		
Jordan Allen	25	NATCHAMP1	05/24/2019	:12.62	Jamie Stephenson	29	QUE PROV	04/19/2002	18:15.36
Jonathon Christie	27	TECH	10/20/2001	:12.78	Daniel Paquette	25	OTTAWA-TE	12/11/1999	19:03.92
Daniel Brumar	26	NATCHAMP1	05/24/2019	:13.43	Jeremy Leite	26	CMSC 2017	05/12/2017	19:38.50
50 Free	Club Rec: :24.66	Nicholson, Adam			Eric Brault	28	TechTT31M	03/31/2019	19:43.49
Adam Nicholson	28	OntProv'09	03/20/2009	:24.66	Daniel Brumar	26	NATCHAMP1	05/24/2019	20:28.34
Daniel Paquette	25	Nat99	05/14/1999	:24.67	Jonathon Christie	28	QUE PROV	04/19/2002	20:33.28
Louis David Bonneau	28	NATIONALS	05/16/2008	:24.70	William Dicke	25	OTTAWA-TE	12/11/1999	21:06.91
Trevor Pound	29	Nat99	05/14/1999	:25.25	Justin Boileau	26	Nat99	05/14/1999	21:08.41
Ian Kennedy	27	QUE PROV	04/03/2004	:25.59	Greg Moore	26	PROVI	04/06/2003	21:25.19
Eric Brault	27	ON PROV 18	03/23/2018	:25.60	Paul Mears	28	NATL 2013	05/17/2013	21:34.27
Jean Francois Pare	29	QUE PROV	04/21/2006	:25.87	50 Back	Club Rec: :28.75	Babaris, Alex		
Roger Hanna	25	TECH Dec16	12/04/2016	:26.27	Alex Babaris	25	QUE PROV	04/21/2006	:28.75
Pierre Barber	29	QUE PROV	04/19/2002	:26.33	Daniel Paquette	25	Nat99	05/14/1999	:29.11
Larry Hasson	26	TECH	12/05/2009	:26.38	Jean Francois Pare	29	QUE PROV	04/21/2006	:29.39
100 Free	Club Rec: :53.18	Bonneau, Louis David			David Goodwin	26	NATIONALS	05/20/2005	:29.87
Louis David Bonneau	28	NATIONALS	05/16/2008	:53.18	Christian Pilon	29	VICTORIA	05/19/1995	:30.34
Daniel Paquette	25	Nat99	05/14/1999	:53.93	James Wildsmith	28	QUEBEC	04/22/2007	:31.26
Adam Nicholson	28	OntProv'09	03/20/2009	:54.48	Daniel Brumar	25	ON PROV 18	03/23/2018	:31.61
Trevor Pound	29	Nat99	05/14/1999	:55.34	Robert Gillberry	25	PROVINCIAL	03/26/2011	:31.88
Roger Hanna	27	ON PROV 18	03/23/2018	:55.58	Andrew Gallagher	27	TROIS	04/20/2001	:34.73
					Jonathon Christie	27	TECH	10/20/2001	:35.29

100 Back	Club Rec: :59.67	Bonneau, Louis David	Eric Brault	28	NATCHAMP1	05/24/2019	:28.42
Louis David Bonneau	28	NATIONALS 05/16/2008	:59.67	Ian Kennedy	28	NATIONALS 05/20/2005	:28.75
David Goodwin	26	NATIONALS 05/20/2005	1:03.90	100 Fly	Club Rec: :58.88	Paquette, Daniel	
James Wildsmith	28	QUEBEC 04/22/2007	1:07.19	Daniel Paquette	25	Nat99 05/14/1999	:58.88
Daniel Brumar	26	NATCHAMP1 05/24/2019	1:08.64	Louis David Bonneau	28	NATIONALS 05/16/2008	:59.18
Robert Gillberry	25	PROVINCIAL 03/26/2011	1:10.94	Andrew Baier	26	NATL 2011 05/23/2011	1:05.03
Jonathon Christie	28	TECH 04/13/2002	1:14.69	Martin Launiere	27	QUE PROV 04/21/2006	1:05.68
Paul Mears	26	NATL 2011 05/23/2011	1:15.41	Robert Gillberry	25	PROVINCIAL 03/26/2011	1:07.14
Jordan Allen	25	NATCHAMP1 05/24/2019	1:15.65	Ian Kennedy	28	NATIONALS 05/20/2005	1:07.52
Nathaniel Mallet	27	Nat99 05/14/1999	1:18.18	Majed Piedra Abu Sharar	29	TECH Dec16 12/04/2016	1:07.53
Khalil Hassanali	26	NATIONALS 05/15/2009	1:18.23	Jonathon Christie	27	TROIS 04/20/2001	1:10.83
200 Back	Club Rec: 2:15.67	Goodwin, David	Michel Boileau	26	TECHNOSPO	04/17/1999	1:15.68
David Goodwin	26	NATIONALS 05/20/2005	2:15.67	Daniel Brumar	25	Tech Mar18 03/04/2018	1:17.86
Louis David Bonneau	27	QUEBEC 04/22/2007	2:20.15	200 Fly	Club Rec: 2:21.20	Bonneau, Louis David	
James Wildsmith	28	QUEBEC 04/22/2007	2:22.06	Louis David Bonneau	28	TECH 01/13/2008	2:21.20
Daniel Brumar	26	MSO19 03/22/2019	2:28.62	James Wildsmith	28	QUEBEC 04/22/2007	2:22.86
Khalil Hassanali	26	NATIONALS 05/15/2009	2:47.15	Danny Finch	28	MONTREAL 06/26/1997	2:25.17
Paul Mears	28	NATL 2013 05/17/2013	2:57.47	Jonathon Christie	28	QUE PROV 04/19/2002	2:35.81
50 Breast	Club Rec: :30.85	Pilon, Christian	Khalil Hassanali	26	NATIONALS 05/15/2009	3:11.13	
Christian Pilon	29	VICTORIA 05/19/1995	:30.85	100 IM	Club Rec: 1:00.33	Bonneau, Louis David	
Roger Hanna	25	TECH Dec16 12/04/2016	:32.07	Louis David Bonneau	28	NATIONALS 05/16/2008	1:00.33
Martin Launiere	27	QUE PROV 04/21/2006	:32.51	Daniel Paquette	25	Nat99 05/14/1999	1:01.29
Adam Nicholson	28	OntProv'09 03/20/2009	:32.57	Christian Pilon	29	VICTORIA 05/19/1995	1:01.60
Jonathon Christie	28	QUE PROV 04/19/2002	:33.59	Chris (dob) Elliot	29	TECH 11/04/2006	1:02.24
Alex Bronson	28	NATL 2011 05/23/2011	:33.97	Roger Hanna	27	ON PROV 18 03/23/2018	1:03.14
Ian Kennedy	27	QUE PROV 04/03/2004	:34.14	Jean Francois Pare	29	QUE PROV 04/21/2006	1:04.14
Mark McKenna	29	MONTREAL 06/26/1997	:34.29	Danny Finch	28	MONTREAL 06/26/1997	1:04.79
Andrew Gallagher	27	TROIS 04/20/2001	:35.54	Andrew Baier	26	NATL 2011 05/23/2011	1:06.12
Andrew Milne	26	PROVI 04/06/2003	:35.84	Trevor Pound	29	Nat99 05/14/1999	1:06.20
100 Breast	Club Rec: 1:07.70	Pilon, Christian	David Goodwin	26	NATIONALS 05/20/2005	1:06.33	
Christian Pilon	29	VICTORIA 05/19/1995	1:07.70	200 IM	Club Rec: 2:09.95	Bonneau, Louis David	
Roger Hanna	27	ON PROV 18 03/23/2018	1:09.99	Louis David Bonneau	28	NATIONALS 05/16/2008	2:09.95
Alex Bronson	28	NATL 2011 05/23/2011	1:13.02	Alex Babaris	25	QUE PROV 04/21/2006	2:20.48
Mark McKenna	29	MONTREAL 06/26/1997	1:13.54	Danny Finch	28	MONTREAL 06/26/1997	2:20.78
James Wildsmith	28	QUEBEC 04/22/2007	1:14.10	David Goodwin	26	NATIONALS 05/20/2005	2:21.04
Martin Launiere	27	QUE PROV 04/21/2006	1:14.13	Alex Bronson	28	NATL 2011 05/23/2011	2:21.67
Daniel Brumar	25	TECH Feb18 02/04/2018	1:14.24	Eric Brault	27	ON PROV 18 03/23/2018	2:21.83
Jonathon Christie	28	QUE PROV 04/19/2002	1:14.45	James Wildsmith	28	QUEBEC 04/22/2007	2:23.28
Louis David Bonneau	28	TECH 01/13/2008	1:15.27	Andrew Baier	26	NATL 2011 05/23/2011	2:27.24
Jeremy Leite	26	CMSC 2017 05/12/2017	1:15.65	Jonathon Christie	28	QUE PROV 04/19/2002	2:29.08
200 Breast	Club Rec: 2:26.59	Pilon, Christian	Daniel Brumar	25	ON PROV 18 03/23/2018	2:30.52	
Christian Pilon	29	VICTORIA 05/19/1995	2:26.59	400 IM	Club Rec: 4:58.82	Goodwin, David	
Chris (dob) Elliot	29	TECH 11/04/2006	2:27.17	David Goodwin	26	NATIONALS 05/20/2005	4:58.82
Danny Finch	28	MONTREAL 06/26/1997	2:37.45	Danny Finch	28	MONTREAL 06/26/1997	5:01.81
Alex Bronson	28	NATL 2011 05/23/2011	2:40.29	Jamie Stephenson	29	QUE PROV 04/19/2002	5:10.63
Martin Launiere	27	QUE PROV 04/21/2006	2:41.70	Eric Brault	27	ON PROV 18 03/23/2018	5:11.27
Jonathon Christie	28	QUE PROV 04/19/2002	2:42.38	Jonathon Christie	28	QUE PROV 04/19/2002	5:18.85
Mark McKenna	29	MONTREAL 06/26/1997	2:43.61	Andrew Baier	26	NATL 2011 05/23/2011	5:24.79
Andrew Milne	26	NATIONALS 05/16/2003	2:56.87	Khalil Hassanali	26	NATIONALS 05/15/2009	6:24.81
Daniel Brumar	26	NATCHAMP1 05/24/2019	2:57.11	Steven Cann	28	PROVI 04/06/2003	6:30.55
Tim Laurich	28	NATS22 05/20/2022	3:16.33	Male 30 to 34			
50 Fly	Club Rec: :26.23	Babaris, Alex	25 Free	John Helsdon	34	TECH 10/20/2001	:16.58
Alex Babaris	25	QUE PROV 04/21/2006	:26.23	50 Free	Club Rec: :24.48	Oliva, Stepan	
Daniel Paquette	25	Nat99 05/14/1999	:26.96	Stepan Oliva	33	Nat99 05/14/1999	:24.48
Louis David Bonneau	27	QUEBEC 04/22/2007	:27.58	Adam Nicholson	30	PROVINCIAL 03/26/2011	:24.81
Jean Francois Pare	29	QUE PROV 04/21/2006	:27.63	Gerry Parenti	31	NATIONALS 05/16/2003	:24.88
Christian Pilon	29	VICTORIA 05/19/1995	:27.80	Patrick Byam	33	TECH 03/02/2014	:25.15
Trevor Pound	29	Nat99 05/14/1999	:27.96	Scott Dick	34	NATIONALS 05/20/2005	:25.27
Andrew Baier	27	NATL 2012 05/18/2012	:28.13				
Larry Hasson	26	TECH 12/05/2009	:28.40				

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Louis David Bonneau	30	QUE PROV	04/16/2010	:25.35	50 Back	Club Rec: :27.63	Parenti, Gerry		
Justin George	32	CMSC 2016	05/20/2016	:25.44	Gerry Parenti	31	NATIONALS	05/16/2003	:27.63
Mark Saint-Omer	31	TECH Dec	12/07/2014	:25.47	Jean Francois Pare	30	QUEBEC	04/22/2007	:28.69
Pierre Barber	30	PROVI	04/06/2003	:25.63	Scott Dick	34	NATIONALS	05/20/2005	:30.44
Jean Francois Pare	30	QUEBEC	04/22/2007	:25.81	Alvaro Yogi	33	NATL 2013	05/17/2013	:30.69
100 Free	Club Rec: :53.75	Bonneau, Louis David			Danny Finch	34	SPEEDEAUS	02/16/2002	:31.09
Louis David Bonneau	30	QUE PROV	04/16/2010	:53.75	Christian Pilon	34	TECHNOSPO	03/20/1999	:31.30
Jean Francois Pare	32	OntProv'09	03/20/2009	:54.09	James Wildsmith	31	QUE PROV	04/16/2010	:31.55
Stepan Oliva	33	Nat99	05/14/1999	:54.20	Greg (dob) Hughes	31	PROVI	04/06/2003	:32.85
Adam Nicholson	30	PROVINCIAL	03/26/2011	:54.69	Adam Nicholson	30	PROVINCIAL	03/26/2011	:33.04
Gerry Parenti	31	NATIONALS	05/16/2003	:54.82	Maurice Gibbs	30	QUE PROV	04/19/2002	:33.47
Scott Dick	34	NATIONALS	05/20/2005	:54.84	100 Back	Club Rec: 1:00.81	Bonneau, Louis David		
Danny Finch	34	TECH	05/11/2002	:56.91	Louis David Bonneau	30	QUE PROV	04/16/2010	1:00.81
Tomas Oliva	33	ETOBICOKE	04/28/1996	:57.22	Gerry Parenti	31	NATIONALS	05/16/2003	1:01.42
Patrick Byam	33	TECH	03/02/2014	:58.00	Jean Francois Pare	31	NATIONALS	05/16/2008	1:02.99
Pierre Barber	30	PROVI	04/06/2003	:58.37	Alvaro Yogi	34	QUE	04/11/2014	1:05.95
200 Free	Club Rec: 2:01.15	Bonneau, Louis David			James Wildsmith	31	QUE PROV	04/16/2010	1:07.04
Louis David Bonneau	33	NATL 2013	05/17/2013	2:01.15	Danny Finch	34	TECK	03/16/2002	1:07.05
Adam Nicholson	30	PROVINCIAL	03/26/2011	2:02.99	Scott Dick	33	KY MINI ME	11/14/2004	1:10.26
Scott Dick	34	NATIONALS	05/20/2005	2:03.60	Nicolas Dufour	31	NATIONALS	05/16/2003	1:11.26
Danny Finch	34	ONT PROV	04/05/2002	2:03.82	Michael Lane	33	OTTAWA	11/04/2000	1:13.43
Tomas Oliva	33	HULL	03/30/1996	2:08.06	Philip Lemire	34	NATL 2011	05/23/2011	1:14.21
Nicolas Dufour	31	NATIONALS	05/16/2003	2:08.26	200 Back	Club Rec: 2:22.88	Yogi, Alvaro		
Chris (dob) Elliot	30	TECH	01/13/2007	2:09.89	Alvaro Yogi	34	QUE	04/11/2014	2:22.88
Mo Grimshaw	32	Nat99	05/14/1999	2:13.28	Scott Dick	34	NATIONALS	05/20/2005	2:23.13
Pierre Barber	30	PROVI	04/06/2003	2:13.29	Danny Finch	34	QUE PROV	04/19/2002	2:23.45
Alvaro Yogi	34	QUE	04/11/2014	2:13.52	Gerry Parenti	30	QUE PROV	04/19/2002	2:26.96
400 Free	Club Rec: 4:17.80	Bonneau, Louis David			Chris (dob) Elliot	30	TECH	01/13/2007	2:28.51
Louis David Bonneau	30	QUE PROV	04/16/2010	4:17.80	Michael Lane	33	STE FOY	04/14/2000	2:39.74
Danny Finch	34	QUE PROV	04/19/2002	4:26.41	Philip Lemire	32	OntProv'09	03/20/2009	2:42.84
Scott Dick	33	KY SCM	12/04/2004	4:27.74	Maurice Gibbs	32	QUE PROV	04/03/2004	3:13.60
Michael Lane	33	HALIFAX,	05/12/2000	4:39.70	Mathieu Demilly	32	ON PROV 18	03/23/2018	4:21.22
Nicolas Dufour	31	NATIONALS	05/16/2003	4:40.31	50 Breast	Club Rec: :31.58	Pilon, Christian		
Mo Grimshaw	31	TECHNOSPO	12/12/1998	4:45.32	Christian Pilon	34	Nat99	05/14/1999	:31.58
Pierre Barber	30	PROVI	04/06/2003	4:47.78	Adam Nicholson	30	PROVINCIAL	03/26/2011	:32.30
Chris (dob) Elliot	30	TECH	05/05/2007	4:59.74	Steven Medaglia	34	ON PROV 18	03/23/2018	:32.66
Steven Cann	31	TECH	04/08/2006	5:02.67	Jean Francois Pare	32	OntProv'09	03/20/2009	:33.53
Mike Wilson	31	Nat99	05/14/1999	5:04.79	Michael Lane	33	HALIFAX,	05/12/2000	:33.64
800 Free	Club Rec: 9:13.29	Finch, Danny			Danny Finch	34	TECH	05/11/2002	:33.74
Danny Finch	34	TECH	06/01/2002	9:13.29	Alvaro Yogi	33	NATL 2013	05/17/2013	:33.98
Michael Lane	33	HALIFAX,	05/12/2000	9:43.50	Scott Dick	33	RIDEAU SPE	02/21/2004	:34.30
James Wildsmith	31	QUE PROV	04/16/2010	10:10.90	Mark McKenna	31	ETOBICOKE	03/13/1998	:34.89
Richard Isnor	33	OTTAWA-TE	02/12/2000	10:28.74	Martin Launiere	33	QUE PROV	04/13/2012	:35.14
Alvaro Yogi	33	NATL 2013	05/17/2013	10:35.52	100 Breast	Club Rec: 1:09.78	Pilon, Christian		
Steven Cann	31	QUE PROV	04/21/2006	10:41.20	Christian Pilon	34	Nat99	05/14/1999	1:09.78
Ian Fraser	32	TECHNOSPO	05/01/1997	10:41.58	Danny Finch	34	ONT PROV	04/05/2002	1:12.25
Greg Moore	34	PROVINCIAL	03/26/2011	10:48.00	Michael Lane	33	HALIFAX,	05/12/2000	1:14.03
Philip Lemire	32	OntProv'09	03/20/2009	10:57.49	Stepan Oliva	33	Nat99	05/14/1999	1:14.38
Koz Dickinson	31	NATL 2011	05/23/2011	11:12.54	Scott Dick	33	RIDEAU SPE	02/21/2004	1:15.36
1500 Free	Club Rec: 18:23.71	Finch, Danny			Alvaro Yogi	33	NATL 2013	05/17/2013	1:15.39
Danny Finch	33	BROCKVILLE	04/29/2001	18:23.71	Mark McKenna	31	ETOBICOKE	03/13/1998	1:16.10
Michael Lane	33	TECH-OTTA	12/09/2000	19:01.70	Nicolas Dufour	31	NATIONALS	05/16/2003	1:16.27
Tim Lang	34	HULL	03/30/1996	19:42.73	James Wildsmith	31	QUE PROV	04/16/2010	1:17.08
Richard Isnor	33	OTTAWA-TE	02/12/2000	19:52.76	Louis David Bonneau	30	ARTHURS	03/13/2010	1:17.20
Ian Fraser	32	HULL	03/22/1997	19:54.16	200 Breast	Club Rec: 2:30.74	Pilon, Christian		
Steven Cann	34	OntProv'09	03/20/2009	20:42.25	Christian Pilon	34	Nat99	05/14/1999	2:30.74
Mathieu Mallett	32	QUE PROV	04/13/2012	20:52.14	Danny Finch	33	BROCKVILLE	04/29/2001	2:34.77
Mo Grimshaw	31	TECHNOSPO	12/12/1998	20:53.85	Chris (dob) Elliot	30	TECH	05/05/2007	2:39.21
Mike Wilson	31	OTTAWA-TE	12/11/1999	21:17.51	Tomas Oliva	33	ETOBICOKE	04/28/1996	2:41.38
Philip Lemire	34	NATL 2011	05/23/2011	21:22.87	Michael Lane	33	HALIFAX,	05/12/2000	2:45.55

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Scott Dick	33	RIDEAU SPE	02/21/2004	2:46.34	Nicolas Dufour	31	NATIONALS	05/16/2003	5:16.45
Alvaro Yogi	34	TECH Dec	12/07/2014	2:47.31	Alvaro Yogi	34	QUE	04/11/2014	5:22.23
Mark McKenna	31	ETOBICOKE	03/13/1998	2:48.64	Tomas Oliva	33	ETOBICOKE	04/28/1996	5:25.02
Steven Cann	34	OntProv'09	03/20/2009	3:03.39	Steven Cann	31	QUE PROV	04/21/2006	6:01.11
Rob Clay	33	NATIONALS	05/16/2003	3:16.56	Ian Fraser	32	TECHNOSPO	03/08/1997	6:08.96
50 Fly	Club Rec: :26.23	Parenti, Gerry			Male 35 to 39				
Gerry Parenti	31	NATIONALS	05/16/2003	:26.23	25 Free				
Jean Francois Pare	31	NATIONALS	05/16/2008	:27.34	Jean-Francois Harvey	37	TECH	10/20/2001	:11.76
Justin George	32	CMSC 2016	05/20/2016	:27.50	50 Free	Club Rec: :24.61	Parenti, Gerry		
Scott Dick	33	QUE PROV	04/03/2004	:27.93	Gerry Parenti	36	NATIONALS	05/16/2008	:24.61
Danny Finch	34	TECH	05/11/2002	:28.68	Jean-Francois Harvey	38	SPEEDEAUS	02/16/2002	:25.27
Adam Nicholson	30	PROVINCIAL	03/26/2011	:28.76	Scott Dick	36	QUEBEC	04/22/2007	:25.27
Stepan Oliva	33	Nat99	05/14/1999	:28.91	Garth Sindrey	36	PROV	03/30/2012	:25.60
Mark Saint-Omer	31	TECH Dec	12/07/2014	:29.08	Jean Francois Pare	35	QUE PROV	04/13/2012	:25.81
Mo Grimshaw	32	Nat99	05/14/1999	:29.43	Danny Finch	35	PROVI	04/06/2003	:26.06
Pierre Barber	30	PROVI	04/06/2003	:29.79	Rick Scott	36	Nat99	05/14/1999	:26.22
100 Fly	Club Rec: 1:00.03	Parenti, Gerry			Stepan Oliva	39	TECH	11/26/2005	:26.24
Gerry Parenti	31	NATIONALS	05/16/2003	1:00.03	Daren Carbonneau	39	QUEBEC	04/22/2007	:26.49
Scott Dick	34	NATIONALS	05/20/2005	1:00.42	Oliver Gomes	37	NATIONALS	05/16/2008	:26.87
Louis David Bonneau	33	NATL 2013	05/17/2013	1:02.41	100 Free	Club Rec: :54.11	Dick, Scott		
Danny Finch	33	BROS	10/27/2001	1:02.59	Scott Dick	37	NATIONALS	05/16/2008	:54.11
Chris (dob) Elliot	30	TECH	01/13/2007	1:03.34	Gerry Parenti	35	QUEBEC	04/22/2007	:55.82
Jean Francois Pare	31	NATIONALS	05/16/2008	1:03.59	Jean-Francois Harvey	39	NATIONALS	05/16/2003	:56.33
Tomas Oliva	33	ETOBICOKE	04/28/1996	1:04.06	Garth Sindrey	35	PROVINCIAL	03/26/2011	:56.66
Alvaro Yogi	34	TECH Dec	12/07/2014	1:05.34	Danny Finch	35	COUPE	11/29/2003	:57.25
James Wildsmith	31	QUE PROV	04/16/2010	1:07.74	Rick Scott	36	Nat99	05/14/1999	:58.29
Martin Launiere	33	QUE PROV	04/13/2012	1:11.12	Stepan Oliva	39	TECH	11/26/2005	:58.89
200 Fly	Club Rec: 2:17.83	Finch, Danny			Daren Carbonneau	39	QUEBEC	04/22/2007	:59.87
Danny Finch	34	QUE PROV	04/19/2002	2:17.83	Oliver Gomes	37	NATIONALS	05/16/2008	1:00.38
Scott Dick	34	NATIONALS	05/20/2005	2:18.78	Alvaro Yogi	35	TECH Dec15	12/06/2015	1:00.72
Chris (dob) Elliot	30	TECH	01/13/2007	2:28.39	200 Free	Club Rec: 2:00.14	Dick, Scott		
Alvaro Yogi	33	NATL 2013	05/17/2013	2:36.18	Scott Dick	37	NATIONALS	05/16/2008	2:00.14
Michael Lane	33	STE FOY	04/14/2000	3:06.64	Danny Finch	35	PROVI	04/06/2003	2:02.81
Steven Cann	31	QUE PROV	04/21/2006	3:12.84	Garth Sindrey	35	NATL 2011	05/23/2011	2:07.82
100 IM	Club Rec: 1:01.14	Bonneau, Louis David			Nicolas Dufour	37	NATIONALS	05/15/2009	2:09.80
Louis David Bonneau	30	QUE PROV	04/16/2010	1:01.14	Rick Scott	36	Nat99	05/14/1999	2:10.80
Gerry Parenti	31	NATIONALS	05/16/2003	1:01.51	Pierre Barber	38	PROVINCIAL	03/26/2011	2:19.44
Christian Pilon	34	Nat99	05/14/1999	1:02.60	Steve Coles	37	MONTREAL	06/26/1997	2:20.30
Jean Francois Pare	32	OntProv'09	03/20/2009	1:03.06	Jack (dob) Burkom	37	TECH	01/31/2009	2:20.35
Adam Nicholson	30	PROVINCIAL	03/26/2011	1:03.76	John Timmermans	39	NATL 2011	05/23/2011	2:20.41
Danny Finch	34	ONT PROV	04/05/2002	1:04.03	Philip Lemire	35	QUE PROV	04/13/2012	2:23.75
Stepan Oliva	33	Nat99	05/14/1999	1:04.55	400 Free	Club Rec: 4:25.24	Finch, Danny		
Scott Dick	33	QUE PROV	04/03/2004	1:04.90	Danny Finch	37	QUE PROV	04/15/2005	4:25.24
James Wildsmith	31	QUE PROV	04/16/2010	1:08.53	Scott Dick	38	NATIONALS	05/15/2009	4:26.85
Greg (dob) Hughes	31	PROVI	04/06/2003	1:09.99	Nicolas Dufour	37	NATIONALS	05/15/2009	4:40.42
200 IM	Club Rec: 2:11.93	Bonneau, Louis David			Alvaro Yogi	36	CMSC 2016	05/20/2016	4:52.39
Louis David Bonneau	30	QUE PROV	04/16/2010	2:11.93	Tim Lang	36	TECHNOSPO	05/01/1997	5:04.27
Danny Finch	34	QUE PROV	04/19/2002	2:16.02	Pierre Barber	38	PROVINCIAL	03/26/2011	5:10.41
Christian Pilon	34	Nat99	05/14/1999	2:19.83	John Timmermans	39	NATL 2011	05/23/2011	5:16.66
Jean Francois Pare	31	NATIONALS	05/16/2008	2:20.78	Steven Cann	38	NATL 2013	05/17/2013	5:17.96
Scott Dick	33	QUE PROV	04/03/2004	2:23.89	Lee Storm	35	Rideauspee	02/19/2005	5:18.18
Michael Lane	33	HALIFAX,	05/12/2000	2:25.37	Michael Robern	36	TECHNOSPO	12/13/1997	5:27.74
Tomas Oliva	33	ETOBICOKE	04/28/1996	2:25.74	800 Free	Club Rec: 9:10.92	Finch, Danny		
Nicolas Dufour	31	NATIONALS	05/16/2003	2:27.50	Danny Finch	37	QUE PROV	04/15/2005	9:10.92
Mark McKenna	31	ETOBICOKE	03/13/1998	2:35.31	Scott Dick	38	NATIONALS	05/15/2009	9:23.40
Alvaro Yogi	34	TECH Dec	12/07/2014	2:35.66	Nicolas Dufour	39	NATL 2011	05/23/2011	10:09.44
400 IM	Club Rec: 4:53.85	Finch, Danny			Tim Lang	36	TECHNOSPO	05/01/1997	10:16.89
Danny Finch	34	QUE PROV	04/19/2002	4:53.85	Lee Storm	35	Rideauspee	02/19/2005	10:48.28
Scott Dick	34	NATIONALS	05/20/2005	5:08.78	James Norman	39	OTTAWA	06/05/1999	11:18.55
Michael Lane	33	HALIFAX,	05/12/2000	5:14.55					

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Michael Robern	36	TECHNOSPO	12/13/1997	11:21.64	100 Breast	Club Rec: 1:09.85	Sindrey, Garth		
John Timmermans	39	PROVINCIAL	03/26/2011	11:27.90	Garth Sindrey	36	PROV	03/30/2012	1:09.85
Daniel Anderson	36	Tech29Mar	04/25/2019	12:29.27	Danny Finch	36	COUPE	11/27/2004	1:12.03
Matthew White	37	TECHNOSPO	12/13/1997	13:00.37	Tomas Oliva	37	Nat99	05/14/1999	1:14.83
1500 Free	Club Rec: 17:44.76	Finch, Danny			Scott Dick	36	TECH	03/17/2007	1:16.31
Danny Finch	37	NATIONALS	05/20/2005	17:44.76	Ron dob Kuelz	36	TECH	01/13/2007	1:18.40
Tim Lang	36	TECHNOSPO	05/01/1997	19:26.26	Alvaro Yogi	37	TECH Mar17	03/05/2017	1:18.56
Steven Cann	38	NATL 2013	05/17/2013	20:17.55	Nicolas Dufour	37	NATIONALS	05/15/2009	1:18.60
James Norman	39	Nat99	05/14/1999	20:53.35	Daniel Anderson	36	NATCHAMP1	05/24/2019	1:20.49
John Timmermans	39	NATL 2011	05/23/2011	20:56.91	Oliver Gomes	37	NATIONALS	05/16/2008	1:21.88
Lee Storm	35	NATIONALS	05/20/2005	21:13.40	Donald Couzens	35	NATL 2011	05/23/2011	1:31.27
Philip Lemire	35	QUE PROV	04/13/2012	21:51.16	200 Breast	Club Rec: 2:33.46	Finch, Danny		
Reid Van Melle	38	NATL 2013	05/17/2013	21:54.96	Danny Finch	37	NATIONALS	05/20/2005	2:33.46
Clement Chan	36	CMSC 2015	05/18/2015	21:57.61	Alvaro Yogi	37	CMSC 2017	05/12/2017	2:40.76
Michael Robern	35	TECHNOSPO	02/08/1997	22:01.04	Scott Dick	38	OntProv'09	03/20/2009	2:42.11
50 Back	Club Rec: :28.38	Parenti, Gerry			Daniel Anderson	35	ON PROV 18	03/23/2018	2:57.58
Gerry Parenti	36	NATIONALS	05/16/2008	:28.38	Jason Kokotailo	35	ON PROV 18	03/23/2018	3:23.51
Jean Francois Pare	35	QUE PROV	04/13/2012	:29.64	Donald Couzens	36	QUE PROV	04/13/2012	3:25.90
Danny Finch	35	COUPE	11/29/2003	:31.00	Aaron Marsaw	35	NATIONALS	05/16/2008	4:05.89
Rick Scott	36	Nat99	05/14/1999	:31.03	Lee Dixon	37	TECH	01/30/2010	5:15.31
Jean-Francois Harvey	37	TECH	10/20/2001	:33.55	50 Fly	Club Rec: :26.62	Parenti, Gerry		
Philip Lemire	35	QUE PROV	04/13/2012	:34.09	Gerry Parenti	36	NATIONALS	05/16/2008	:26.62
Oliver Gomes	37	NATIONALS	05/16/2008	:35.29	Jean Francois Pare	35	QUE PROV	04/13/2012	:27.41
Nicolas Dufour	37	NATIONALS	05/15/2009	:35.35	Scott Dick	38	NATIONALS	05/15/2009	:27.98
Gary Christie	39	NMSC22	12/11/2022	:35.97	Garth Sindrey	35	NATL 2011	05/23/2011	:28.47
William Van Beek	36	ON PROV 18	03/23/2018	:36.26	Jean-Francois Harvey	39	NATIONALS	05/16/2003	:28.68
100 Back	Club Rec: 1:01.78	Parenti, Gerry			Danny Finch	35	COUPE	11/29/2003	:28.79
Gerry Parenti	35	QUEBEC	04/22/2007	1:01.78	Alvaro Yogi	37	CMSC 2017	05/12/2017	:28.94
Alvaro Yogi	35	CMSC 2015	05/18/2015	1:05.65	Daren Carbonneau	39	QUEBEC	04/22/2007	:29.25
Danny Finch	35	COUPE	11/29/2003	1:06.52	Jordan Gouley	35	TECH FEB20	02/09/2020	:29.72
Rick Scott	36	Nat99	05/14/1999	1:09.63	Clement Chan	36	CMSC 2015	05/18/2015	:31.12
Garth Sindrey	36	PROV	03/30/2012	1:09.70	100 Fly	Club Rec: 1:01.06	Dick, Scott/Parenti, Gerr		
James Wildsmith	39	ON PROV 18	03/23/2018	1:09.84	Scott Dick	37	NATIONALS	05/16/2008	1:01.06
Scott Dick	36	TECH	03/17/2007	1:11.32	Gerry Parenti	35	QUEBEC	04/22/2007	1:01.06
Nicolas Dufour	37	NATIONALS	05/15/2009	1:13.06	Danny Finch	35	COUPE	11/29/2003	1:02.55
Philip Lemire	35	QUE PROV	04/13/2012	1:14.87	Garth Sindrey	35	PROVINCIAL	03/26/2011	1:03.36
Gary Christie	39	NMSC22	12/11/2022	1:16.83	Alvaro Yogi	37	TECH Mar17	03/05/2017	1:08.19
200 Back	Club Rec: 2:20.17	Finch, Danny			James Wildsmith	39	ON PROV 18	03/23/2018	1:09.72
Danny Finch	37	NATIONALS	05/20/2005	2:20.17	Amine Maghri	38	NATL 2013	05/17/2013	1:11.44
Alvaro Yogi	35	CMSC 2015	05/18/2015	2:23.51	Steve Coles	37	TECHNOSPO	11/01/1996	1:21.20
James Wildsmith	39	ON PROV 18	03/23/2018	2:29.90	John Timmermans	39	NATL 2011	05/23/2011	1:22.23
Scott Dick	38	OntProv'09	03/20/2009	2:31.29	Jason Kokotailo	36	NATCHAMP1	05/24/2019	1:29.59
Philip Lemire	35	QUE PROV	04/13/2012	2:46.78	200 Fly	Club Rec: 2:16.12	Finch, Danny		
Lee Storm	36	QUE PROV	04/21/2006	2:57.51	Danny Finch	35	NATIONALS	05/16/2003	2:16.12
Donald Couzens	35	NATL 2011	05/23/2011	3:20.80	Scott Dick	38	OntProv'09	03/20/2009	2:20.82
Marcos Magalhaes	37	NATL 2011	05/23/2011	4:22.54	Alvaro Yogi	37	CMSC 2017	05/12/2017	2:30.22
50 Breast	Club Rec: :32.24	Sindrey, Garth			John Timmermans	39	NATL 2011	05/23/2011	3:16.47
Garth Sindrey	35	NATL 2011	05/23/2011	:32.24	100 IM	Club Rec: 1:01.47	Parenti, Gerry		
Jean Francois Pare	35	QUE PROV	04/13/2012	:32.56	Gerry Parenti	35	QUEBEC	04/22/2007	1:01.47
Alvaro Yogi	37	CMSC 2017	05/12/2017	:33.01	Danny Finch	35	PROVI	04/06/2003	1:03.72
Danny Finch	35	RIDEAU	02/16/2003	:33.32	Garth Sindrey	35	NATL 2011	05/23/2011	1:05.55
Tomas Oliva	37	Nat99	05/14/1999	:34.05	Jean Francois Pare	35	QUE PROV	04/13/2012	1:06.79
Rick Scott	36	Nat99	05/14/1999	:34.62	Rick Scott	36	Nat99	05/14/1999	1:08.11
Gerry Parenti	37	OntProv'09	03/20/2009	:35.19	Scott Dick	36	TECH	11/03/2007	1:08.40
Daniel Anderson	36	NATCHAMP1	05/24/2019	:35.43	Daren Carbonneau	39	QUEBEC	04/22/2007	1:09.03
Ron dob Kuelz	36	TECH	03/17/2007	:36.16	Nicolas Dufour	37	NATIONALS	05/15/2009	1:09.06
Gasim Al Zuhair	39	TECH	12/04/2010	:37.22	James Wildsmith	39	ON PROV 18	03/23/2018	1:11.58
					Daniel Anderson	36	NATCHAMP1	05/24/2019	1:14.52

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200 IM	Club Rec: 2:15.36	Finch, Danny			400 Free	Club Rec: 4:32.80	McCarthy, Chris		
Danny Finch	35	NATIONALS	05/16/2003	2:15.36	Chris McCarthy	42	NATIONALS	05/15/2009	4:32.80
Scott Dick	38	OntProv'09	03/20/2009	2:20.40	Scott Dick	40	NATL 2011	05/23/2011	4:35.40
Garth Sindrey	35	PROVINCIAL	03/26/2011	2:23.29	Chris Weekes	42	NATL 2011	05/23/2011	4:37.50
Alvaro Yogi	36	CMSC 2016	05/20/2016	2:26.73	Dejan Custic	42	QUE PROV	04/16/2010	4:38.69
Gerry Parenti	36	NATIONALS	05/16/2008	2:27.61	Stan McLaurin	40	NATL 2011	05/23/2011	4:50.82
James Wildsmith	39	ON PROV 18	03/23/2018	2:31.62	Steve Coles	44	NATIONALS	05/16/2003	4:51.45
Nicolas Dufour	37	NATIONALS	05/15/2009	2:32.10	Kamal Maghri	40	NATL 2013	05/17/2013	5:02.78
Daren Carbonneau	39	QUEBEC	04/22/2007	2:33.03	Doug Lloyd	41	PROVINCIAL	03/26/2011	5:03.62
Jack (dob) Burkom	37	OntProv'09	03/20/2009	2:33.62	Lee Storm	43	NATL 2013	05/17/2013	5:16.23
Daniel Anderson	35	ON PROV 18	03/23/2018	2:40.66	Andrew Milne	40	QUE Prov17	04/21/2017	5:17.46
400 IM	Club Rec: 4:50.41	Finch, Danny			800 Free	Club Rec: 9:34.86	Custic, Dejan		
Danny Finch	38	TECH	04/08/2006	4:50.41	Dejan Custic	42	QUE PROV	04/16/2010	9:34.86
Scott Dick	37	NATIONALS	05/16/2008	5:05.28	Chris McCarthy	42	NATIONALS	05/15/2009	9:35.80
Alvaro Yogi	37	CMSC 2017	05/12/2017	5:11.36	Scott Dick	40	NATL 2011	05/23/2011	9:36.11
Nicolas Dufour	37	NATIONALS	05/15/2009	5:21.61	Chris Weekes	40	NATIONALS	05/15/2009	9:44.62
James Wildsmith	39	ON PROV 18	03/23/2018	5:25.29	Kamal Maghri	40	NATL 2013	05/17/2013	10:47.38
Jack (dob) Burkom	37	OntProv'09	03/20/2009	5:33.17	James Norman	44	QUE PROV	04/03/2004	10:47.54
Tomas Oliva	37	Nat99	05/14/1999	5:45.07	Filippo Porco	42	NATCHAMP1	05/24/2019	10:56.49
Daniel Anderson	35	ON PROV 18	03/23/2018	5:53.11	John Timmermans	43	CMSC 2015	05/18/2015	10:57.37
Donald Couzens	36	QUE PROV	04/13/2012	6:53.18	Lee Storm	43	NATL 2013	05/17/2013	11:04.44
Jason Kokotailo	35	ON PROV 18	03/23/2018	6:56.27	Peter Hamilton	44	QUEBEC	04/22/2007	11:43.97
Male 40 to 44					1500 Free	Club Rec: 18:25.13	McCarthy, Chris		
25 Free					Chris McCarthy	42	NATIONALS	05/15/2009	18:25.13
Steve Coles	42	TECH	10/20/2001	:13.42	Chris Weekes	42	NATL 2011	05/23/2011	18:39.70
50 Free	Club Rec: :24.33	Oliva, Stepan			Scott Dick	42	NATL 2013	05/17/2013	18:59.96
Stepan Oliva	43	NATIONALS	05/15/2009	:24.33	James Norman	43	PROVI	04/06/2003	20:20.73
Brett MacNeil	40	NATL 2011	05/23/2011	:26.34	Kamal Maghri	40	NATL 2013	05/17/2013	20:25.84
Scott Dick	40	TECH	12/10/2011	:26.50	Lee Storm	43	NATL 2013	05/17/2013	20:46.10
Dejan Custic	41	NATIONALS	05/15/2009	:26.56	John Timmermans	40	PROV	03/30/2012	20:57.25
Chris Weekes	42	NATL 2011	05/23/2011	:26.83	Filippo Porco	42	NATCHAMP1	05/24/2019	21:30.70
Marty Raymond	44	TECH	11/04/2006	:26.88	James Wildsmith	40	TechTT11Ap	04/11/2019	22:40.43
Chris McCarthy	43	QUE PROV	04/16/2010	:27.00	Ed Luff	40	OntProv'09	03/20/2009	24:12.64
Daren Carbonneau	41	OntProv'09	03/20/2009	:27.02	50 Back	Club Rec: :29.90	McCarthy, Chris		
Iain Meredith	40	NATCHAMP1	05/24/2019	:27.37	Chris McCarthy	44	PROVINCIAL	03/26/2011	:29.90
Steve Coles	44	NATIONALS	05/16/2003	:27.41	John March	43	TECHNOSPO	10/19/1996	:30.31
100 Free	Club Rec: :53.84	Oliva, Stepan			Doug Lloyd	41	NATL 2011	05/23/2011	:32.49
Stepan Oliva	43	NATIONALS	05/15/2009	:53.84	Gasim Al Zuhair	40	PROVINCIAL	03/26/2011	:32.68
Scott Dick	40	NATL 2011	05/23/2011	:57.24	Stepan Oliva	43	NATIONALS	05/15/2009	:32.70
Chris Weekes	40	NATIONALS	05/15/2009	:58.05	James Wildsmith	40	OlymPink19	04/26/2019	:34.65
Marty Raymond	44	TECH	11/04/2006	:58.46	Pierre Genereux	44	TROIS	04/20/2001	:34.79
Brett MacNeil	40	NATL 2011	05/23/2011	:58.72	Iain Meredith	40	SOChamp19	04/26/2019	:35.05
Dejan Custic	41	NATIONALS	05/15/2009	:58.85	Scott Dick	42	TECH	01/27/2013	:35.28
Chris McCarthy	42	TECH	12/05/2009	:59.13	George Green	42	QUE PROV	04/21/2006	:35.32
Steve Coles	44	NATIONALS	05/16/2003	:59.47	100 Back	Club Rec: 1:04.70	McCarthy, Chris		
John March	42	CARLETON	01/13/1996	1:00.29	Chris McCarthy	44	NATL 2011	05/23/2011	1:04.70
Stan McLaurin	40	PROVINCIAL	03/26/2011	1:00.57	John March	42	CARLETON	01/13/1996	1:06.07
200 Free	Club Rec: 2:04.33	Oliva, Stepan			Brett MacNeil	40	NATL 2011	05/23/2011	1:06.98
Stepan Oliva	43	NATIONALS	05/15/2009	2:04.33	Stan McLaurin	40	PROVINCIAL	03/26/2011	1:10.84
Scott Dick	40	PROVINCIAL	03/26/2011	2:06.89	Doug Lloyd	41	NATL 2011	05/23/2011	1:11.00
Chris McCarthy	43	QUE PROV	04/16/2010	2:08.18	Stan McLaurin	40	NATL 2011	05/23/2011	1:11.39
Chris Weekes	42	NATL 2011	05/23/2011	2:08.49	Iain Meredith	40	NATCHAMP1	05/24/2019	1:14.07
Marty Raymond	44	TECH	11/04/2006	2:09.43	Pierre Genereux	44	TROIS	04/20/2001	1:14.49
Steve Coles	44	NATIONALS	05/16/2003	2:12.45	Scott Dick	40	TECH	02/19/2011	1:15.57
Kamal Maghri	40	NATL 2013	05/17/2013	2:22.02	Stepan Oliva	42	NATIONALS	05/16/2008	1:18.04
Andrew Milne	40	QUE Prov17	04/21/2017	2:22.33	200 Back	Club Rec: 2:21.86	McCarthy, Chris		
Gasim Al Zuhair	40	PROVINCIAL	03/26/2011	2:23.18	Chris McCarthy	42	NATIONALS	05/15/2009	2:21.86
John Timmermans	40	QUE PROV	04/13/2012	2:23.33	Scott Dick	40	PROVINCIAL	03/26/2011	2:34.56
					Chris Weekes	42	TECH	01/22/2011	2:39.13
					Pierre Genereux	43	STE FOY	04/14/2000	2:54.91

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Lee Storm	43	NATL 2013	05/17/2013	2:59.46	100 IM	Club Rec: 1:04.41	Oliva, Stepan		
Filippo Porco	42	NATCHAMP1	05/24/2019	3:01.37	Stepan Oliva	43	OntProv'09	03/20/2009	1:04.41
Maurice Gibbs	43	CMSC 2015	05/18/2015	3:26.97	Brett MacNeil	40	NATL 2011	05/23/2011	1:05.86
Pierre Sigouin	44	NATL 2011	05/23/2011	4:01.18	Dejan Custic	42	QUE PROV	04/16/2010	1:06.66
50 Breast	Club Rec: :32.91	MacNeil, Brett			Scott Dick	41	TECH	01/29/2012	1:07.40
Brett MacNeil	40	NATL 2011	05/23/2011	:32.91	Gasim Al Zuhair	40	PROVINCIAL	03/26/2011	1:09.12
Stepan Oliva	43	NATIONALS	05/15/2009	:34.15	Chris McCarthy	41	NATIONALS	05/16/2008	1:09.27
Daren Carbonneau	41	OntProv'09	03/20/2009	:34.81	Doug Lloyd	41	NATL 2011	05/23/2011	1:09.66
Gasim Al Zuhair	40	PROVINCIAL	03/26/2011	:35.20	Marty Raymond	44	TECH	11/04/2006	1:10.43
Doug Lloyd	41	PROVINCIAL	03/26/2011	:36.01	John March	43	TECHNOSPO	10/19/1996	1:11.16
John Baenziger	42	PROVI	04/06/2003	:36.07	Iain Meredith	40	NATCHAMP1	05/24/2019	1:12.10
Eric Leicht	43	PROVINCIAL	03/26/2011	:37.60	200 IM	Club Rec: 2:22.70	Custic, Dejan		
Dean Brown	41	Rideauspee	02/19/2005	:37.89	Dejan Custic	42	QUE PROV	04/16/2010	2:22.70
Stan McLaurin	40	PROVINCIAL	03/26/2011	:38.36	Brett MacNeil	40	NATL 2011	05/23/2011	2:24.29
James Wildsmith	40	OlymPink19	04/26/2019	:38.62	Stepan Oliva	42	NATIONALS	05/16/2008	2:24.32
100 Breast	Club Rec: 1:13.16	MacNeil, Brett			Scott Dick	40	PROVINCIAL	03/26/2011	2:25.59
Brett MacNeil	40	NATL 2011	05/23/2011	1:13.16	Chris McCarthy	42	NATIONALS	05/15/2009	2:27.44
Stepan Oliva	43	OntProv'09	03/20/2009	1:13.74	Chris Weekes	43	QUE PROV	04/13/2012	2:37.24
Dejan Custic	43	NATL 2011	05/23/2011	1:17.07	James Wildsmith	40	NATCHAMP1	05/24/2019	2:38.56
Doug Lloyd	41	NATL 2011	05/23/2011	1:17.28	Chris Hill	41	QUEBEC	04/22/2007	2:40.89
Scott Dick	41	TECH	01/29/2012	1:18.38	Iain Meredith	40	SOChamp19	04/26/2019	2:41.93
John Baenziger	42	PROVI	04/06/2003	1:21.04	Jim Wright	43	HULL	03/30/1996	2:45.84
Eric Leicht	43	PROVINCIAL	03/26/2011	1:21.83	400 IM	Club Rec: 5:05.73	Custic, Dejan		
James Wildsmith	40	NATCHAMP1	05/24/2019	1:22.71	Dejan Custic	42	QUE PROV	04/16/2010	5:05.73
Andrew Milne	40	QUE Prov17	04/21/2017	1:23.94	Scott Dick	40	NATL 2011	05/23/2011	5:13.53
Dean Brown	41	Rideauspee	02/19/2005	1:25.33	Chris McCarthy	43	QUE PROV	04/16/2010	5:17.77
200 Breast	Club Rec: 2:43.51	Dick, Scott			Chris Weekes	43	QUE PROV	04/13/2012	5:40.02
Scott Dick	40	NATL 2011	05/23/2011	2:43.51	Pierre Genereux	44	TROIS	04/20/2001	6:14.16
Dejan Custic	44	QUE PROV	04/13/2012	2:45.75	Filippo Porco	42	NATCHAMP1	05/24/2019	6:17.39
Chris McCarthy	44	TECH	01/22/2011	3:01.29	Maurice Gibbs	43	CMSC 2015	05/18/2015	7:43.65
Filippo Porco	42	NATCHAMP1	05/24/2019	3:06.36	Matthew Street	40	Tech Mar18	03/04/2018	8:16.41
Peter Scanlan	42	QUEBEC	04/22/2007	3:32.77	Male 45 to 49				
50 Fly	Club Rec: :28.51	Oliva, Stepan			25 Free				
Stepan Oliva	43	NATIONALS	05/15/2009	:28.51	Peter Hamilton	45	RIDEAU	02/02/2008	:14.99
Dejan Custic	41	OntProv'09	03/20/2009	:29.19	Scott Parsons	48	TECH	10/20/2001	:16.07
Marty Raymond	44	TECH	11/04/2006	:29.37	Derek Howe	45	NATCHAMP1	05/24/2019	:17.88
Stan McLaurin	40	NATL 2011	05/23/2011	:29.60	50 Free	Club Rec: :24.82	Oliva, Stepan		
John March	43	TECHNOSPO	10/19/1996	:29.63	Stepan Oliva	45	NATL 2011	05/23/2011	:24.82
Daren Carbonneau	41	OntProv'09	03/20/2009	:29.74	Bruce Robertson	46	Nat99	05/14/1999	:25.34
Scott Dick	41	QUE PROV	04/13/2012	:29.76	Alex Baumann	47	PROVINCIAL	03/26/2011	:25.99
Chris McCarthy	43	TECH	12/04/2010	:30.24	Tomas Oliva	46	NATIONALS	05/16/2008	:26.17
Stan McLaurin	40	PROVINCIAL	03/26/2011	:30.29	Glen Belfry	49	NATIONALS	05/16/2003	:26.48
Chris Weekes	42	TECH	02/19/2011	:30.39	Marty Raymond	45	QUEBEC	04/22/2007	:26.57
100 Fly	Club Rec: 1:02.55	Dick, Scott			Dejan Custic	45	NATL 2013	05/17/2013	:26.71
Scott Dick	40	NATL 2011	05/23/2011	1:02.55	Rene Molina	49	ON PROV 18	03/23/2018	:26.92
Dejan Custic	41	OntProv'09	03/20/2009	1:04.04	John Dawdy	49	NATL 2013	05/17/2013	:27.22
John March	42	CARLETON	01/13/1996	1:05.82	John March	47	OTTAWA-TE	05/06/2000	:27.48
Chris Weekes	40	NATIONALS	05/15/2009	1:07.11	100 Free	Club Rec: :54.37	Baumann, Alex		
Chris Hill	41	QUEBEC	04/22/2007	1:10.06	Alex Baumann	45	OntProv'09	03/20/2009	:54.37
Kamal Maghri	40	NATL 2013	05/17/2013	1:10.93	Bruce Robertson	46	Nat99	05/14/1999	:55.56
Steve Coles	44	NATIONALS	05/16/2003	1:11.60	Stepan Oliva	45	NATL 2011	05/23/2011	:56.23
James Wildsmith	40	NATCHAMP1	05/24/2019	1:11.99	Marty Raymond	47	TECH	03/07/2009	:58.34
Chris McCarthy	41	TECH	04/12/2008	1:13.51	Stan McLaurin	45	CMSC 2016	05/20/2016	:59.74
James Norman	43	PROVI	04/06/2003	1:14.64	Scott Dick	48	NATCHAMP1	05/24/2019	1:00.04
200 Fly	Club Rec: 2:23.77	Custic, Dejan			John March	46	TECHNOSPO	04/17/1999	1:00.23
Dejan Custic	42	QUE PROV	04/16/2010	2:23.77	John Dawdy	49	NATL 2013	05/17/2013	1:00.73
Scott Dick	40	PROVINCIAL	03/26/2011	2:24.61	Michael Downing	48	CMSC 2016	05/20/2016	1:01.69
Chris Weekes	42	NATL 2011	05/23/2011	2:32.02	Ian Thomas	49	TECH	12/04/2010	1:02.46
Chris McCarthy	44	NATL 2011	05/23/2011	2:41.61					
Chris Hill	41	QUEBEC	04/22/2007	2:43.91					

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200 Free	Club Rec: 2:01.82	Baumann, Alex			Pierre Genereux	47	QUE PROV	04/03/2004	1:14.59
Alex Baumann	45	OntProv'09	03/20/2009	2:01.82	Doug Lloyd	45	CMSC 2015	05/18/2015	1:15.21
Bruce Robertson	46	Nat99	05/14/1999	2:03.71	John Dawdy	49	NATL 2013	05/17/2013	1:15.23
Marty Raymond	45	QUEBEC	04/22/2007	2:08.64	Kevin Watson	49	TECH	01/22/2011	1:15.57
Chris McCarthy	45	QUE PROV	04/13/2012	2:09.80	Scott McCarthy	45	NATL 2013	05/17/2013	1:18.50
Stan McLaurin	45	CMSC 2016	05/20/2016	2:11.39	Patrick Roy	45	CMSC 2015	05/18/2015	1:21.66
Scott Dick	48	NATCHAMP1	05/24/2019	2:14.19	200 Back	Club Rec: 2:19.84	March, John		
John March	48	TECH	11/17/2001	2:19.14	John March	46	Nat99	05/14/1999	2:19.84
Tony Zezza	48	NATIONALS	05/16/2008	2:21.26	Chris McCarthy	45	QUE PROV	04/13/2012	2:24.85
Jeff Wirtanen	45	ON PROV 18	03/23/2018	2:22.98	James Norman	46	QUE PROV	04/21/2006	2:59.47
Michael Downing	49	CMSC 2017	05/12/2017	2:23.53	Patrick Roy	45	CMSC 2015	05/18/2015	3:01.63
					Filippo Porco	45	MSO22	06/11/2022	3:07.72
400 Free	Club Rec: 4:33.35	Raymond, Marty			25 Breast				
Marty Raymond	46	TECH	04/12/2008	4:33.35	Peter Hamilton	45	RIDEAU	02/02/2008	:18.45
Dejan Custic	45	NATL 2013	05/17/2013	4:38.73	50 Breast	Club Rec: :32.97	Oliva, Tomas		
Stan McLaurin	45	CMSC 2016	05/20/2016	4:40.74	Tomas Oliva	46	NATIONALS	05/16/2008	:32.97
Chris McCarthy	45	QUE PROV	04/13/2012	4:45.43	Stepan Oliva	47	NATL 2013	05/17/2013	:34.20
John March	47	TECH-OTTA	11/25/2000	4:54.42	John Dawdy	49	NATL 2013	05/17/2013	:34.59
Jeff Wirtanen	45	ON PROV 18	03/23/2018	4:59.99	Rene Molina	49	ON PROV 18	03/23/2018	:34.97
James Norman	46	QUE PROV	04/21/2006	5:11.19	Marty Raymond	46	TECH	04/12/2008	:35.51
Sebastien Beaulieu	48	NATS22	05/20/2022	5:12.09	Kevin Watson	48	QUE PROV	04/16/2010	:36.05
Daniel Kinsella	49	QUEBEC	04/22/2007	5:12.40	David McLellan	47	CMSC 2016	05/20/2016	:36.05
Jason Kincaid	47	CMSC 2017	05/12/2017	5:19.98	Pierre Genereux	47	QUE PROV	04/03/2004	:37.64
					Daniel Berube	49	QUE PROV	04/21/2006	:38.00
800 Free	Club Rec: 9:36.94	Raymond, Marty			Dave Bolton	49	QUEBEC	04/22/2007	:38.12
Marty Raymond	47	OntProv'09	03/20/2009	9:36.94	100 Breast	Club Rec: 1:08.76	Baumann, Alex		
Dejan Custic	45	NATL 2013	05/17/2013	9:42.41	Alex Baumann	45	OntProv'09	03/20/2009	1:08.76
John March	46	OTTAWA	06/05/1999	10:03.52	Stepan Oliva	45	NATL 2011	05/23/2011	1:13.86
Chris McCarthy	46	NATL 2013	05/17/2013	10:13.01	Tomas Oliva	46	NATIONALS	05/16/2008	1:14.13
Michael Downing	47	CMSC 2015	05/18/2015	10:40.92	Dejan Custic	45	NATL 2013	05/17/2013	1:15.18
James Norman	45	Rideauspee	02/19/2005	10:48.82	David McLellan	47	CMSC 2016	05/20/2016	1:18.56
John Timmermans	45	CMSC 2017	05/12/2017	10:53.43	John Dawdy	48	QUE PROV	04/13/2012	1:20.64
Daniel Kinsella	49	QUEBEC	04/22/2007	10:53.65	Kevin Watson	48	QUE PROV	04/16/2010	1:20.74
Jason Kincaid	47	CMSC 2017	05/12/2017	11:06.18	Pierre Genereux	47	QUE PROV	04/03/2004	1:21.94
Filippo Porco	45	NATS22	05/20/2022	11:25.72	Rick Collard	47	TECH	12/05/2009	1:22.57
					Eric Leicht	45	NATL 2013	05/17/2013	1:23.79
1500 Free	Club Rec: 18:27.07	Raymond, Marty			200 Breast	Club Rec: 2:33.45	Baumann, Alex		
Marty Raymond	47	OntProv'09	03/20/2009	18:27.07	Alex Baumann	45	OntProv'09	03/20/2009	2:33.45
Jeff Wirtanen	45	ON PROV 18	03/23/2018	19:39.29	Scott Dick	48	NATCHAMP1	05/24/2019	2:49.37
James Norman	49	OntProv'09	03/20/2009	20:46.57	Kevin Watson	48	QUE PROV	04/16/2010	2:59.17
Sebastien Beaulieu	48	NATS22	05/20/2022	21:04.93	David McLellan	47	CMSC 2016	05/20/2016	2:59.66
Patrick Roy	45	CMSC 2015	05/18/2015	21:16.54	Rick Collard	49	TECH	01/22/2011	3:01.77
Jason Kincaid	47	CMSC 2017	05/12/2017	21:23.72	Michael Downing	48	CMSC 2016	05/20/2016	3:06.03
Filippo Porco	45	MSO22	06/11/2022	22:19.32	Dave Bolton	49	QUEBEC	04/22/2007	3:15.62
Glen Belfry	49	NATIONALS	05/16/2003	22:21.97	Filippo Porco	45	NATS22	05/20/2022	3:16.95
Eric Leicht	45	NATL 2013	05/17/2013	22:36.10	Bill Connerty	48	PROVINCIAL	03/26/2011	3:19.16
Jim McCaw	48	PROVINCIAL	03/26/2011	22:37.33	Peter Konzuk	49	QUE PROV	04/21/2006	3:22.01
					25 Fly				
50 Back	Club Rec: :29.60	March, John			Peter Hamilton	45	RIDEAU	02/02/2008	:17.30
John March	46	Nat99	05/14/1999	:29.60	50 Fly	Club Rec: :27.90	Robertson, Bruce		
Chris McCarthy	45	QUE PROV	04/13/2012	:30.02	Bruce Robertson	46	Nat99	05/14/1999	:27.90
Bruce Robertson	46	Nat99	05/14/1999	:31.24	Stepan Oliva	45	NATL 2011	05/23/2011	:28.48
Stan McLaurin	45	CMSC Rly	05/20/2016	:32.71	Michael Downing	49	CMSC 2017	05/12/2017	:29.06
Tomas Oliva	46	NATIONALS	05/16/2008	:33.38	John March	47	OTTAWA-TE	01/15/2000	:29.38
John Dawdy	49	NATL 2013	05/17/2013	:33.59	Marty Raymond	47	TECH	12/05/2009	:29.38
Rene Molina	49	ON PROV 18	03/23/2018	:34.28	John Dawdy	49	NATL 2013	05/17/2013	:29.62
Dave Bolton	48	QUE PROV	04/21/2006	:34.59	Dejan Custic	49	CMSC 2017	05/12/2017	:29.78
Pierre Genereux	45	QUE PROV	04/19/2002	:34.90	Tomas Oliva	46	NATIONALS	05/16/2008	:29.81
Kevin Watson	48	QUE PROV	04/16/2010	:35.26	Rene Molina	49	ON PROV 18	03/23/2018	:30.73
					100 Back	Club Rec: 1:03.81	March, John		
					John March	46	Nat99	05/14/1999	1:03.81
					Alex Baumann	46	TECH	12/04/2010	1:04.93
					Chris McCarthy	46	NATL 2013	05/17/2013	1:05.00
					Scott Dick	48	NATCHAMP1	05/24/2019	1:10.93

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Tony Zezza	48	NATIONALS	05/16/2008	:31.45	Devashish Paul	54	NATCHAMP1	05/24/2019	:17.79
100 Fly	Club Rec: :59.80	Baumann, Alex			50 Free	Club Rec: :25.36	Oliva, Stepan		
Alex Baumann	45	OntProv'09	03/20/2009	:59.80	Stepan Oliva	50	CMSC 2016	05/20/2016	:25.36
John March	46	Nat99	05/14/1999	1:02.75	Bruce Robertson	50	NATIONALS	05/16/2003	:25.53
Bruce Robertson	46	Nat99	05/14/1999	1:03.48	Rene Molina	50	NATCHAMP1	05/24/2019	:26.09
Michael Downing	48	CMSC 2016	05/20/2016	1:04.07	Dejan Custic	51	NATCHAMP1	05/24/2019	:26.73
Dejan Custic	45	NATL 2013	05/17/2013	1:04.13	Marty Raymond	51	QUE PROV	04/19/2013	:27.13
Scott Dick	48	NATCHAMP1	05/24/2019	1:07.43	Paull Leamen	53	TECHNOSPO	04/12/1997	:27.25
Marty Raymond	47	TECH	01/31/2009	1:07.69	Ian Thomas	51	QUE PROV	04/13/2012	:27.42
Daniel Kinsella	46	RIDEAU SPE	02/21/2004	1:11.80	Steve Coles	50	NATIONALS	05/15/2009	:27.48
Sebastien Beaulieu	48	NATS22	05/20/2022	1:14.23	Dave Bolton	50	NATIONALS	05/16/2008	:27.48
Tony Zezza	48	NATIONALS	05/16/2008	1:14.92	John March	50	NATIONALS	05/16/2003	:27.50
200 Fly	Club Rec: 2:17.70	Baumann, Alex			100 Free	Club Rec: :55.71	Robertson, Bruce		
Alex Baumann	46	TECH	01/30/2010	2:17.70	Bruce Robertson	50	NATIONALS	05/16/2003	:55.71
John March	46	Nat99	05/14/1999	2:22.25	Stepan Oliva	50	CMSC 2016	05/20/2016	:57.02
Dejan Custic	45	NATL 2013	05/17/2013	2:25.45	Marty Raymond	50	NATL 2012	05/18/2012	:59.16
Michael Downing	47	CMSC 2015	05/18/2015	2:38.00	John March	50	NATIONALS	05/16/2003	:59.18
Chris McCarthy	46	NATL 2013	05/17/2013	2:38.01	Steve Coles	50	NATIONALS	05/15/2009	1:00.52
Jim McCaw	48	PROVINCIAL	03/26/2011	3:07.14	Michael Downing	50	ON PROV 18	03/23/2018	1:01.33
Sebastien Beaulieu	48	NATS22	05/20/2022	3:08.07	Ian Thomas	51	QUE PROV	04/13/2012	1:01.40
100 IM	Club Rec: 1:00.46	Baumann, Alex			Dave Bolton	53	NATL 2011	05/23/2011	1:04.38
Alex Baumann	45	OntProv'09	03/20/2009	1:00.46	Tony Zezza	52	PROV	03/30/2012	1:04.49
Bruce Robertson	46	Nat99	05/14/1999	1:04.14	Robert Read	53	QUEBEC	04/22/2007	1:04.79
Stepan Oliva	47	NATL 2013	05/17/2013	1:04.73	200 Free	Club Rec: 2:04.46	Robertson, Bruce		
Dejan Custic	49	CMSC 2017	05/12/2017	1:06.53	Bruce Robertson	50	NATIONALS	05/16/2003	2:04.46
Tomas Oliva	46	NATIONALS	05/16/2008	1:07.38	Marty Raymond	50	NATL 2012	05/18/2012	2:11.52
John Dawdy	49	NATL 2013	05/17/2013	1:09.51	Michael Downing	50	ON PROV 18	03/23/2018	2:17.90
Scott Dick	47	ON PROV 18	03/23/2018	1:09.90	Steve Coles	50	NATIONALS	05/15/2009	2:17.94
Marty Raymond	48	ARTHURS	03/13/2010	1:11.22	John March	52	TECH	03/12/2005	2:19.26
Michael Downing	48	CMSC 2016	05/20/2016	1:11.67	Jim Wright	51	NATIONALS	05/16/2003	2:21.86
Pierre Genereux	47	QUE PROV	04/03/2004	1:12.45	Philip Wilson	54	NATIONALS	05/15/2009	2:22.48
200 IM	Club Rec: 2:12.01	Baumann, Alex			Ronald Burns	51	VICTORIA	05/19/1995	2:23.08
Alex Baumann	45	OntProv'09	03/20/2009	2:12.01	Tomas Oliva	53	CMSC 2015	05/18/2015	2:25.99
Dejan Custic	45	NATL 2013	05/17/2013	2:23.28	Tony Zezza	51	NATL 2011	05/23/2011	2:27.70
Chris McCarthy	48	CMSC 2015	05/18/2015	2:31.00	400 Free	Club Rec: 4:43.80	Raymond, Marty		
Marty Raymond	45	QUEBEC	04/22/2007	2:31.13	Marty Raymond	50	NATL 2012	05/18/2012	4:43.80
Scott Dick	48	NATCHAMP1	05/24/2019	2:31.89	Chris McCarthy	50	CMSC 2017	05/12/2017	4:59.19
Michael Downing	48	CMSC 2016	05/20/2016	2:35.16	Ronald Burns	51	VICTORIA	05/19/1995	5:04.89
John Dawdy	49	ONT Prov	03/28/2013	2:35.26	Michael Downing	51	NATCHAMP1	05/24/2019	5:09.74
David McLellan	47	CMSC 2016	05/20/2016	2:43.69	Douglas Bishop	53	Nat99	05/14/1999	5:12.39
Pierre Genereux	46	NATIONALS	05/16/2003	2:43.90	Tomas Oliva	53	CMSC 2015	05/18/2015	5:15.75
Daniel Kinsella	47	Rideauspee	02/19/2005	2:44.27	Jim Wright	52	TECH	11/22/2004	5:27.39
400 IM	Club Rec: 5:08.11	Custic, Dejan			Daniel Kinsella	51	OntProv'09	03/20/2009	5:36.19
Dejan Custic	45	NATL 2013	05/17/2013	5:08.11	Paul Hardy	50	TECH	11/26/2005	5:40.83
Chris McCarthy	48	CMSC 2015	05/18/2015	5:24.46	Jim McCaw	54	CMSC 2017	05/12/2017	5:47.20
Marty Raymond	45	QUEBEC	04/22/2007	5:25.97	800 Free	Club Rec: 9:56.40	Raymond, Marty		
Scott Dick	48	NATCHAMP1	05/24/2019	5:29.90	Marty Raymond	50	NATL 2012	05/18/2012	9:56.40
David McLellan	47	CMSC 2016	05/20/2016	5:48.71	Chris McCarthy	50	CMSC 2017	05/12/2017	10:30.77
Daniel Kinsella	49	QUEBEC	04/22/2007	6:09.49	Jim Wright	51	NATIONALS	05/16/2003	10:40.12
Pierre Genereux	45	QUE PROV	04/19/2002	6:15.08	Michael Downing	51	TechTT31M	03/31/2019	11:22.38
Jim McCaw	46	NATIONALS	05/15/2009	6:24.45	Mark McKenna	51	ON PROV 18	03/23/2018	11:26.08
Filippo Porco	45	NATS22	05/20/2022	6:40.65	Ronald Burns	53	MONTREAL	06/26/1997	11:31.24
Francisco Reyes Flores	49	NATCHAMP1	05/24/2019	7:00.81	Douglas Bishop	51	TECHNOSPO	05/01/1997	11:44.36
Male 50 to 54					Paull Leamen	54	TECHNOSPO	12/13/1997	11:55.67
25 Free					Devashish Paul	54	NATCHAMP1	05/24/2019	12:13.72
Rene Molina	50	NATCHAMP1	05/24/2019	:12.28	Graeme Barber	52	ETOBICOKE	04/28/1996	12:14.68
Robert Read	54	RIDEAU	02/02/2008	:13.74	1500 Free	Club Rec: 18:49.90	Raymond, Marty		
Erik Leicht	51	NATCHAMP1	05/24/2019	:13.78	Marty Raymond	50	NATL 2012	05/18/2012	18:49.90
Mark Conrod	51	NATCHAMP1	05/24/2019	:15.18	Philip Wilson	54	NATIONALS	05/15/2009	19:37.88
					Chris McCarthy	50	CMSC 2017	05/12/2017	19:59.15

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Derek Parker	50	QUE PROV	04/13/2012	20:01.69	Robert Read	54	NATIONALS	05/16/2008	1:23.40
Ronald Burns	52	TROIS	04/12/1996	20:39.80	Erik Leicht	51	NATCHAMP1	05/24/2019	1:24.55
Michael Downing	51	TechTT31M	03/31/2019	21:24.52	200 Breast	Club Rec: 2:43.21	Pilon, Christian		
Douglas Bishop	50	ETOBICOKE	04/28/1996	21:26.03	Christian Pilon	53	ON PROV 18	03/23/2018	2:43.21
Jim Wright	53	NATIONALS	05/20/2005	21:33.41	David McLellan	50	NATCHAMP1	05/24/2019	2:58.47
Jim McCaw	50	NATL 2013	05/17/2013	22:35.01	Jim Wright	51	NATIONALS	05/16/2003	2:59.77
Paull Leamen	53	TECHNOSPO	05/01/1997	23:19.31	Kevin Watson	50	QUE PROV	04/13/2012	3:02.84
25 Back					Mark McKenna	51	ON PROV 18	03/23/2018	3:03.04
Robert Read	54	RIDEAU	02/02/2008	:17.61	Chris McCarthy	51	ON PROV 18	03/23/2018	3:06.37
50 Back	Club Rec: :30.74	McCarthy, Chris			Erik Leicht	51	NATCHAMP1	05/24/2019	3:09.29
Chris McCarthy	50	CMSC 2017	05/12/2017	:30.74	Douglas Bishop	51	TECHNOSPO	03/08/1997	3:14.46
John March	50	NATIONALS	05/16/2003	:30.81	Nick Winfield	51	NATIONALS	05/16/2003	3:15.17
Christian Pilon	53	ON PROV 18	03/23/2018	:32.88	Jeff Beedell	54	QUE PROV	04/13/2012	3:18.37
Dave Bolton	50	NATIONALS	05/16/2008	:33.23	25 Fly				
John Dawdy	51	CMSC 2015	05/18/2015	:34.04	Robert Read	54	RIDEAU	02/02/2008	:14.63
Philip Wilson	54	NATIONALS	05/15/2009	:34.21	50 Fly	Club Rec: :28.16	Robertson, Bruce		
Douglas Bishop	53	Nat99	05/14/1999	:34.61	Bruce Robertson	50	NATIONALS	05/16/2003	:28.16
Jim Wright	53	NATIONALS	05/20/2005	:34.62	Michael Downing	50	ON PROV 18	03/23/2018	:29.08
Robert Read	52	QUE PROV	04/21/2006	:35.19	Stepan Oliva	50	CMSC 2016	05/20/2016	:29.64
Rene Molina	50	NATCHAMP1	05/24/2019	:35.26	Dejan Custic	51	NATCHAMP1	05/24/2019	:29.65
100 Back	Club Rec: 1:05.06	March, John			John March	50	NATIONALS	05/16/2003	:29.85
John March	50	NATIONALS	05/16/2003	1:05.06	Marty Raymond	51	TECH	01/27/2013	:30.13
Chris McCarthy	50	CMSC 2017	05/12/2017	1:05.19	Christian Pilon	53	TECH DEC18	12/02/2018	:30.45
Douglas Bishop	53	Nat99	05/14/1999	1:15.67	Tony Zezza	50	ARTHURS	03/13/2010	:31.53
Kevin Watson	50	QUE PROV	04/13/2012	1:16.52	Ian Thomas	50	PROVINCIAL	03/26/2011	:31.53
Philip Wilson	54	NATIONALS	05/15/2009	1:17.03	Rene Molina	50	NATCHAMP1	05/24/2019	:31.62
Dave Bolton	53	NATL 2011	05/23/2011	1:18.79	100 Fly	Club Rec: 1:04.88	Downing, Michael		
Ronald Burns	52	ETOBICOKE	04/28/1996	1:19.85	Michael Downing	50	ON PROV 18	03/23/2018	1:04.88
Derek Parker	51	NATL 2013	05/17/2013	1:20.68	John March	50	NATIONALS	05/16/2003	1:05.18
Mark McKenna	51	ON PROV 18	03/23/2018	1:22.62	Dejan Custic	51	NATCHAMP1	05/24/2019	1:05.84
Jeff Beedell	54	QUE PROV	04/13/2012	1:23.34	John Dawdy	50	TECH	03/02/2014	1:11.10
200 Back	Club Rec: 2:22.81	March, John			Marty Raymond	50	TECH	03/04/2012	1:14.09
John March	50	NATIONALS	05/16/2003	2:22.81	Daniel Kinsella	51	OntProv'09	03/20/2009	1:17.91
Chris McCarthy	50	CMSC 2017	05/12/2017	2:27.89	Tony Zezza	51	NATL 2011	05/23/2011	1:19.43
Ronald Burns	51	VICTORIA	05/19/1995	2:52.77	Ronald Burns	51	VICTORIA	05/19/1995	1:21.06
Jim Wright	51	NATIONALS	05/16/2003	2:55.54	Jim Wright	53	QUE PROV	04/15/2005	1:22.67
Mark McKenna	51	ON PROV 18	03/23/2018	3:04.88	Brian Lehmkuhl	51	QUE PROV	04/13/2012	1:23.67
25 Breast					200 Fly	Club Rec: 2:35.62	Custic, Dejan		
Robert Read	54	RIDEAU	02/02/2008	:17.41	Dejan Custic	51	NATCHAMP1	05/24/2019	2:35.62
50 Breast	Club Rec: :32.83	Pilon, Christian			John March	53	QUE PROV	04/21/2006	2:38.76
Christian Pilon	54	NATCHAMP1	05/24/2019	:32.83	Michael Downing	50	ON PROV 18	03/23/2018	2:43.54
Stepan Oliva	50	CMSC 2016	05/20/2016	:34.01	Jim McCaw	50	TECH	03/03/2013	3:24.17
Rene Molina	50	NATCHAMP1	05/24/2019	:35.48	Devashish Paul	54	NATCHAMP1	05/24/2019	3:29.51
Tomas Oliva	54	CMSC 2016	05/20/2016	:35.50	Graeme Barber	52	TROIS	04/12/1996	3:31.76
Kevin Watson	50	QUE PROV	04/13/2012	:35.90	John Balint	52	ETOBICOKE	04/28/1996	3:47.84
David McLellan	50	NATCHAMP1	05/24/2019	:36.00	100 IM	Club Rec: 1:05.62	Robertson, Bruce		
Marty Raymond	51	TECH	01/27/2013	:36.63	Bruce Robertson	50	NATIONALS	05/16/2003	1:05.62
Robert Read	52	QUE PROV	04/21/2006	:36.83	Stepan Oliva	50	CMSC 2016	05/20/2016	1:06.09
Jim Wright	52	TECH	10/16/2004	:37.22	Dejan Custic	51	NATCHAMP1	05/24/2019	1:07.01
Mark McKenna	51	ON PROV 18	03/23/2018	:37.40	Marty Raymond	51	QUE PROV	04/19/2013	1:10.97
100 Breast	Club Rec: 1:13.13	Pilon, Christian			John Dawdy	51	CMSC 2015	05/18/2015	1:11.03
Christian Pilon	54	NATCHAMP1	05/24/2019	1:13.13	Christian Pilon	52	Tech Feb17	02/05/2017	1:11.92
Stepan Oliva	50	CMSC 2016	05/20/2016	1:14.55	Michael Downing	51	NATCHAMP1	05/24/2019	1:12.92
Kevin Watson	50	QUE PROV	04/13/2012	1:20.32	Ian Thomas	50	PROVINCIAL	03/26/2011	1:12.94
John Dawdy	51	CMSC 2015	05/18/2015	1:20.81	John March	50	TECH	10/18/2003	1:13.08
Jim Wright	51	NATIONALS	05/16/2003	1:20.90	Kevin Watson	50	QUE PROV	04/13/2012	1:13.56
Rene Molina	50	NATCHAMP1	05/24/2019	1:21.37					
David McLellan	50	NATCHAMP1	05/24/2019	1:21.42					
Mark McKenna	51	ON PROV 18	03/23/2018	1:22.30					

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200 IM	Club Rec: 2:26.95	Custic, Dejan	Richard MacDonald	55	NATCHAMP1	05/24/2019	2:40.20
Dejan Custic	51	NATCHAMP1 05/24/2019	400 Free	Club Rec: 5:06.43	Wilson, Philip		
Marty Raymond	50	QUE PROV 04/13/2012	Philip Wilson	56	NATL 2011	05/23/2011	5:06.43
Chris McCarthy	51	ON PROV 18 03/23/2018	Graham Pincott	55	NATCHAMP1	05/24/2019	5:15.31
John March	53	QUE PROV 04/21/2006	Douglas Bishop	58	QUE PROV	04/03/2004	5:16.61
Michael Downing	50	ON PROV 18 03/23/2018	Ronald Burns	56	BROCKVILLE	03/18/2000	5:20.84
Pierre Genereux	50	QUEBEC 04/22/2007	John McManus	57	NATL 2011	05/23/2011	5:24.95
Douglas Bishop	53	Nat99 05/14/1999	Richard MacDonald	55	NATCHAMP1	05/24/2019	5:32.56
Kevin Watson	50	QUE PROV 04/13/2012	Tomas Oliva	55	CMSC 2017	05/12/2017	5:33.29
David McLellan	50	NATCHAMP1 05/24/2019	Graeme Barber	56	Nat99	05/14/1999	5:43.68
Jim Wright	51	NATIONALS 05/16/2003	Paull Leamen	55	ETOBICOKE	03/13/1998	5:43.84
			Mike Olsen	57	Nat99	05/14/1999	5:48.34
400 IM	Club Rec: 5:14.35	Custic, Dejan	800 Free	Club Rec: 10:32.09	Parker, Derek		
Dejan Custic	50	ON PROV 18 03/23/2018	Derek Parker	55	CMSC 2017	05/12/2017	10:32.09
Chris McCarthy	50	CMSC 2017 05/12/2017	Philip Wilson	56	NATL 2011	05/23/2011	10:51.00
Marty Raymond	50	NATL 2012 05/18/2012	Graham Pincott	55	NATCHAMP1	05/24/2019	11:04.36
David McLellan	50	NATCHAMP1 05/24/2019	Jim Wright	56	NATIONALS	05/16/2008	11:05.37
Douglas Bishop	53	Nat99 05/14/1999	Douglas Bishop	58	QUE PROV	04/03/2004	11:18.90
Jim Wright	53	NATIONALS 05/20/2005	Richard MacDonald	55	NATCHAMP1	05/24/2019	11:33.78
Jim McCaw	54	CMSC 2017 05/12/2017	Graeme Barber	56	Nat99	05/14/1999	11:35.94
Graeme Barber	52	ETOBICOKE 04/28/1996	Bill Westcott	59	TechTT31M	03/31/2019	11:52.99
Devashish Paul	54	NATCHAMP1 05/24/2019	Mike Olsen	55	MONTREAL	06/26/1997	12:12.84
John Balint	52	TROIS 04/12/1996	Paull Leamen	56	Nat99	05/14/1999	12:14.52
			1500 Free	Club Rec: 20:36.10	Wilson, Philip		
Male 55 to 59			Philip Wilson	55	QUE PROV	04/16/2010	20:36.10
25 Free			Ronald Burns	56	BROCKVILLE	03/18/2000	20:43.79
Shaun Naroski	57	NATCHAMP1 05/24/2019	Derek Parker	55	TECH Mar17	03/05/2017	21:06.06
Mike Olsen	59	TECH 10/20/2001	Jim Wright	56	NATIONALS	05/16/2008	21:11.95
Homayoun Rastan	57	RIDEAU 02/02/2008	Graham Pincott	55	NATCHAMP1	05/24/2019	21:26.52
			Richard MacDonald	55	NATCHAMP1	05/24/2019	21:44.98
50 Free	Club Rec: :28.48	Read, Robert	Douglas Bishop	59	NATIONALS	05/20/2005	22:00.00
Robert Read	58	NATL 2012 05/18/2012	Graeme Barber	56	Nat99	05/14/1999	22:05.64
John March	59	QUE PROV 04/13/2012	Bill Westcott	59	TechTT31M	03/31/2019	22:12.63
Tomas Oliva	55	CMSC 2017 05/12/2017	Jim McCaw	55	ON PROV 18	03/23/2018	22:49.63
Shaun Naroski	57	NATCHAMP1 05/24/2019	50 Back	Club Rec: :32.67	Wright, Jim		
Jim Wright	56	NATIONALS 05/16/2008	Jim Wright	56	NATIONALS	05/16/2008	:32.67
Bill Westcott	59	NATCHAMP1 05/24/2019	John March	59	TECH	01/29/2012	:33.48
Paull Leamen	56	Nat99 05/14/1999	Robert Read	57	NATL 2011	05/23/2011	:35.13
Phil Rogers	59	NATIONALS 05/15/2009	Philip Wilson	57	QUE PROV	04/13/2012	:35.19
Philip Wilson	56	NATL 2011 05/23/2011	Douglas Bishop	57	NATIONALS	05/16/2003	:36.21
John McManus	57	NATL 2011 05/23/2011	Xuefeng Cai	57	TECHMar19	03/03/2019	:37.42
			Tomas Oliva	55	CMSC 2017	05/12/2017	:38.08
100 Free	Club Rec: 1:02.81	March, John	Jeff Beedell	59	TECH DEC17	12/03/2017	:38.16
John March	59	QUE PROV 04/13/2012	Bill Westcott	59		11/16/2019	:40.66
Robert Read	58	QUE PROV 04/13/2012	John McManus	57	NATL 2011	05/23/2011	:41.23
Philip Wilson	56	NATL 2011 05/23/2011	100 Back	Club Rec: 1:11.03	March, John		
Paull Leamen	55	ETOBICOKE 03/13/1998	John March	59	TECH	01/29/2012	1:11.03
Jim Wright	57	NATIONALS 05/15/2009	Philip Wilson	57	QUE PROV	04/13/2012	1:15.90
Bill Westcott	59	NATCHAMP1 05/24/2019	Robert Read	56	TECH	01/30/2010	1:18.84
John McManus	57	NATL 2011 05/23/2011	Douglas Bishop	57	NATIONALS	05/16/2003	1:18.98
Phil Rogers	59	NATIONALS 05/15/2009	Xuefeng Cai	57	TECHMar19	03/03/2019	1:22.22
Derek Parker	56	RedBlue18 12/09/2018	Jim Wright	59	PROVINCIAL	03/26/2011	1:22.79
Richard MacDonald	55	NATCHAMP1 05/24/2019	Richard MacDonald	55	NATCHAMP1	05/24/2019	1:24.22
			Jeff Beedell	55	NATL 2013	05/17/2013	1:25.82
200 Free	Club Rec: 2:23.78	March, John	John McManus	57	NATL 2011	05/23/2011	1:28.84
John March	59	QUE PROV 04/13/2012	Kerry Smith	55	NATL 2013	05/17/2013	1:36.94
Philip Wilson	55	QUE PROV 04/16/2010	200 Back	Club Rec: 2:39.28	March, John		
Tomas Oliva	55	CMSC 2017 05/12/2017	John March	59	QUE PROV	04/13/2012	2:39.28
John McManus	57	NATL 2011 05/23/2011	Xuefeng Cai	57	NATCHAMP1	05/24/2019	3:03.20
Ronald Burns	56	BROCKVILLE 03/18/2000	John McManus	57	NATL 2011	05/23/2011	3:03.27
Graham Pincott	55	QcChamp19 04/26/2019					
Jim Wright	57	OntProv'09 03/20/2009					
Paull Leamen	55	ETOBICOKE 03/13/1998					
Ralph Chown	57	VICTORIA 05/19/1995					

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Jim Wright	59	NATL 2011	05/23/2011	3:07.73	Homayoun Rastan	58	OntProv'09	03/20/2009	1:32.97
Jeff Beedell	55	TECH	03/03/2013	3:08.72	Graeme Barber	55	ETOBICOKE	03/13/1998	1:34.43
Anton Lovink	58	Rideauspee	02/19/2005	3:46.40	Ralph Chown	57	VICTORIA	05/19/1995	1:34.74
John Balint	59	QUE PROV	04/19/2002	3:48.19	200 Fly	Club Rec: 3:19.29	Naroski, Shaun		
Ralph Chown	58	ETOBICOKE	04/28/1996	3:54.83	Shaun Naroski	57	NATCHAMP1	05/24/2019	3:19.29
Stephen McGuire	56	NATIONALS	05/16/2008	4:46.11	Jim McCaw	55	ON PROV 18	03/23/2018	3:25.58
50 Breast	Club Rec: :35.89	Oliva, Tomas			John McManus	57	NATL 2011	05/23/2011	3:28.30
Tomas Oliva	55	CMSC 2017	05/12/2017	:35.89	John March	59	TECH	03/04/2012	3:31.11
Jim Wright	56	NATIONALS	05/16/2008	:36.60	Homayoun Rastan	58	NATIONALS	05/15/2009	3:31.94
Robert Read	57	NATL 2011	05/23/2011	:36.83	Devashish Paul	55	TECH MAR20	03/01/2020	3:40.40
Bill Westcott	59	NATCHAMP1	05/24/2019	:37.26	Graeme Barber	56	TROIS	04/16/1999	3:41.48
Mike Olsen	57	Nat99	05/14/1999	:39.10	Ralph Chown	57	VICTORIA	05/19/1995	3:48.13
Douglas Bishop	57	NATIONALS	05/16/2003	:39.24	Anton Lovink	56	NATIONALS	05/16/2003	4:30.88
Derek Parker	56	RedBlue18	12/09/2018	:40.35	100 IM	Club Rec: 1:13.06	Wright, Jim		
Paul Gallagher	55	TROIS	04/20/2001	:41.22	Jim Wright	57	NATIONALS	05/15/2009	1:13.06
Jeff Beedell	59	TECH DEC17	12/03/2017	:41.65	Robert Read	55	NATIONALS	05/15/2009	1:14.17
Ralph Chown	58	ETOBICOKE	04/28/1996	:42.65	Shaun Naroski	57	NATCHAMP1	05/24/2019	1:15.58
100 Breast	Club Rec: 1:20.48	Wright, Jim			Bill Westcott	59	NATCHAMP1	05/24/2019	1:16.80
Jim Wright	56	NATIONALS	05/16/2008	1:20.48	Douglas Bishop	56	QUE PROV	04/19/2002	1:16.85
Bill Westcott	59	NATCHAMP1	05/24/2019	1:22.26	Philip Wilson	56	NATL 2011	05/23/2011	1:18.43
Douglas Bishop	58	QUE PROV	04/03/2004	1:24.97	Xuefeng Cai	57	NATCHAMP1	05/24/2019	1:22.57
Graham Pincott	55	NATCHAMP1	05/24/2019	1:27.34	John McManus	57	NATL 2011	05/23/2011	1:22.58
Robert Read	56	TECH	01/30/2010	1:27.59	Graeme Barber	56	Nat99	05/14/1999	1:22.83
Jeff Beedell	55	NATL 2013	05/17/2013	1:29.75	John Balint	56	Nat99	05/14/1999	1:26.97
Paul Gallagher	55	TROIS	04/20/2001	1:31.20	200 IM	Club Rec: 2:47.93	Bishop, Douglas		
Mike Olsen	57	TROIS	04/16/1999	1:32.13	Douglas Bishop	58	QUE PROV	04/03/2004	2:47.93
Vello Mijal	57	NATIONALS	05/16/2003	1:35.92	Jim Wright	59	NATL 2011	05/23/2011	2:54.64
Daniel Deschambault	58	CMSC 2017	05/12/2017	1:36.59	Shaun Naroski	57	NATCHAMP1	05/24/2019	2:57.78
200 Breast	Club Rec: 2:58.03	Wright, Jim			Jeff Beedell	55	NATL 2013	05/17/2013	3:04.97
Jim Wright	56	NATIONALS	05/16/2008	2:58.03	Graeme Barber	55	ETOBICOKE	03/13/1998	3:06.00
Bill Westcott	59	NATCHAMP1	05/24/2019	3:06.39	Xuefeng Cai	57	NATCHAMP1	05/24/2019	3:09.87
Jeff Beedell	55	TECH	03/03/2013	3:20.60	Jim McCaw	55	ON PROV 18	03/23/2018	3:11.47
Paul Gallagher	55	TROIS	04/20/2001	3:21.69	John Balint	56	Nat99	05/14/1999	3:16.15
Mike Olsen	57	Nat99	05/14/1999	3:29.10	Kerry Smith	56	TECH	03/02/2014	3:16.52
Ralph Chown	59	TECHNOSPO	03/08/1997	3:33.65	Ralph Chown	58	ETOBICOKE	04/28/1996	3:20.01
Vello Mijal	58	QUE PROV	04/03/2004	3:34.00	400 IM	Club Rec: 5:58.16	Wright, Jim		
Douglas Baum	58	MSO22	06/11/2022	3:40.97	Jim Wright	56	NATIONALS	05/16/2008	5:58.16
Anton Lovink	55	QUE PROV	04/19/2002	3:45.86	Douglas Bishop	57	NATIONALS	05/16/2003	5:58.27
Marcel Desjardins	55	NATIONALS	05/16/2003	3:55.14	Graeme Barber	56	Nat99	05/14/1999	6:46.03
25 Fly					Jim McCaw	55	ON PROV 18	03/23/2018	6:48.33
Homayoun Rastan	57	RIDEAU	02/02/2008	:17.56	Devashish Paul	57	QCCHAMPS	04/22/2022	7:13.73
50 Fly	Club Rec: :30.69	March, John			John Balint	56	TROIS	04/16/1999	7:30.52
John March	59	QUE PROV	04/13/2012	:30.69	Mike Olsen	57	TROIS	04/16/1999	7:50.80
Shaun Naroski	57	NATCHAMP1	05/24/2019	:31.60	Anton Lovink	55	QUE PROV	04/19/2002	7:51.95
Jim Wright	56	TECH	11/01/2008	:32.00	Male 60 to 64				
Robert Read	58	NATL 2012	05/18/2012	:32.33	25 Free				
Philip Wilson	57	QUE PROV	04/13/2012	:33.27	Mike Olsen	61	TECH	10/18/2003	:15.30
Bill Westcott	59		11/16/2019	:34.25	John Ross	62	TECH	10/20/2001	:21.44
Tomas Oliva	55	CMSC 2017	05/12/2017	:34.73	Grant Sinclair	64	TECH	10/20/2001	:23.01
Xuefeng Cai	57	TECHMar19	03/03/2019	:35.32	John March	60	TECH	03/03/2013	:29.16
Paull Leamen	56	Nat99	05/14/1999	:36.96	50 Free	Club Rec: :28.78	March, John		
Phil Rogers	59	NATIONALS	05/15/2009	:37.20	John March	60	NATL 2013	05/17/2013	:28.78
100 Fly	Club Rec: 1:09.15	March, John			Robert Read	61	CMSC 2015	05/18/2015	:29.60
John March	59	QUE PROV	04/13/2012	1:09.15	Shaun Naroski	60	NATS22	05/20/2022	:29.69
Philip Wilson	56	NATL 2011	05/23/2011	1:17.26	Peter Leach	64	OntProv'09	03/20/2009	:29.94
Shaun Naroski	57	NATCHAMP1	05/24/2019	1:18.56	Bill Westcott	60	QCCUPFEB2	02/22/2020	:30.21
Robert Read	55	NATIONALS	05/15/2009	1:20.88	Phil Rogers	61	NATL 2011	05/23/2011	:30.50
John McManus	57	NATL 2011	05/23/2011	1:28.23	Paull Leamen	62	NATIONALS	05/20/2005	:30.88
Jim McCaw	56	NATCHAMP1	05/24/2019	1:30.84	Philip Wilson	62	CMSC 2017	05/12/2017	:31.08
Douglas Bishop	56	TECH	04/13/2002	1:32.16					

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Mike Heath-Eves	63	NATIONALS	05/20/2005	:31.18	25 Back					
Mike Olsen	61	PROVI	04/06/2003	:31.75	John March	60	TECH	03/03/2013	:34.22	
100 Free	Club Rec: 1:03.81	March, John			50 Back	Club Rec: :33.55	March, John			
John March	60	TECH	01/27/2013	1:03.81	John March	60	NATL 2013	05/17/2013	:33.55	
Robert Read	61	CMSC 2015	05/18/2015	1:06.19	Philip Wilson	62	CMSC 2017	05/12/2017	:36.48	
Shaun Naroski	60	NATS22	05/20/2022	1:07.73	Robert Read	61	CMSC 2015	05/18/2015	:36.92	
Phil Rogers	61	NATL 2011	05/23/2011	1:09.03	Douglas Bishop	61	QUEBEC	04/22/2007	:37.46	
Mike Heath-Eves	63	NATIONALS	05/20/2005	1:09.40	Jeff Beedell	60	ON PROV 18	03/23/2018	:37.52	
Paull Leamen	62	NATIONALS	05/20/2005	1:09.42	Shaun Naroski	60	NATS22	05/20/2022	:37.56	
Bill Westcott	62	NATS22	05/20/2022	1:09.67	Iain Ryder	62	NATIONALS	05/15/2009	:38.78	
Mike Olsen	61	PROVI	04/06/2003	1:10.23	Peter Leach	64	NATIONALS	05/15/2009	:41.53	
Philip Wilson	62	CMSC 2017	05/12/2017	1:10.69	Mike Heath-Eves	63	NATIONALS	05/20/2005	:42.42	
Peter Leach	64	NATIONALS	05/15/2009	1:11.56	Mark Robson	64	Willy Lee	11/21/2015	:43.03	
200 Free	Club Rec: 2:32.35	Wilson, Philip			100 Back	Club Rec: 1:11.68	March, John			
Philip Wilson	63	ON PROV 18	03/23/2018	2:32.35	John March	60	NATL 2013	05/17/2013	1:11.68	
Mike Heath-Eves	63	NATIONALS	05/20/2005	2:37.29	Philip Wilson	62	CMSC 2017	05/12/2017	1:21.70	
Paull Leamen	62	NATIONALS	05/20/2005	2:40.07	Douglas Bishop	62	NATIONALS	05/16/2008	1:23.02	
Phil Rogers	63	NATL 2013	05/17/2013	2:41.25	Jeff Beedell	60	ON PROV 18	03/23/2018	1:24.24	
Ralph Chown	62	HALIFAX,	05/12/2000	2:42.61	Iain Ryder	61	NATIONALS	05/16/2008	1:26.40	
Peter Leach	64	OntProv'09	03/20/2009	2:44.09	Peter Leach	64	NATIONALS	05/15/2009	1:32.64	
Mike Olsen	61	NATIONALS	05/16/2003	2:48.41	Paull Leamen	60	PROVI	04/06/2003	1:38.65	
Tim Scapillato	64	ON PROV 18	03/23/2018	2:59.63	John Balint	60	PROVI	04/06/2003	1:38.94	
Graeme Barber	60	PROVI	04/06/2003	3:02.67	Vello Mijal	63	OntProv'09	03/20/2009	1:41.45	
Richard Milne	61	NATIONALS	05/16/2003	3:10.96	Ralph Chown	60	TECHNOSPO	01/10/1998	1:58.80	
400 Free	Club Rec: 5:05.99	Read, Dave			200 Back	Club Rec: 2:44.19	March, John			
Dave Read	60	NATL 2013	05/17/2013	5:05.99	John March	60	NATL 2013	05/17/2013	2:44.19	
Douglas Bishop	61	QUEBEC	04/22/2007	5:26.77	Douglas Bishop	61	QUEBEC	04/22/2007	2:56.42	
Philip Wilson	62	CMSC 2017	05/12/2017	5:27.39	Jeff Beedell	60	ON PROV 18	03/23/2018	3:08.03	
Mike Heath-Eves	63	QUE PROV	04/15/2005	5:41.42	Peter Leach	64	NATIONALS	05/15/2009	3:22.67	
Paull Leamen	60	PROVI	04/06/2003	5:47.84	John Balint	64	TECH	01/13/2007	3:52.87	
Mike Olsen	61	PROVI	04/06/2003	5:55.78	Ralph Chown	60	TECHNOSPO	02/07/1998	4:01.91	
Phil Rogers	61	NATL 2011	05/23/2011	5:58.99	Ken Johnson	63	PROVINCIAL	03/26/2011	6:24.08	
Graeme Barber	61	QUE PROV	04/03/2004	6:04.15						
Peter Leach	62	QUEBEC	04/22/2007	6:06.25	50 Breast	Club Rec: :35.70	Ritchie, Andy			
John Balint	60	NATIONALS	05/16/2003	6:24.45	Andy Ritchie	61	NATCHAMP1	05/24/2019	:35.70	
					Bill Westcott	60	QCCUPFEB2	02/22/2020	:37.66	
800 Free	Club Rec: 10:52.63	Read, Dave			Robert Read	64	ON PROV 18	03/23/2018	:38.35	
Dave Read	60	NATL 2013	05/17/2013	10:52.63	Shaun Naroski	60	NATS22	05/20/2022	:39.16	
Philip Wilson	63	ON PROV 18	03/23/2018	11:14.22	Jeff Beedell	60	ON PROV 18	03/23/2018	:40.45	
Mike Heath-Eves	63	NATIONALS	05/20/2005	11:45.55	Mike Olsen	63	NATIONALS	05/20/2005	:41.24	
Douglas Bishop	63	OntProv'09	03/20/2009	11:48.71	Mark Robson	64	Willy Lee	11/21/2015	:42.45	
Paull Leamen	62	NATIONALS	05/20/2005	11:59.14	Tim Scapillato	63	CMSC 2017	05/12/2017	:43.99	
Mike Olsen	61	PROVI	04/06/2003	12:31.50	Jeff Mackwood	60	OlymPink19	04/26/2019	:44.84	
Ralph Chown	60	TECHNOSPO	12/12/1998	12:55.56	Andrew Roberts	61	TECH	12/01/2013	:45.24	
John Balint	60	NATIONALS	05/16/2003	13:01.03						
Homayoun Rastan	62	NATL 2013	05/17/2013	14:05.12	100 Breast	Club Rec: 1:17.74	Ritchie, Andy			
Lee Fasken	64	ON PROV 18	03/23/2018	15:00.72	Andy Ritchie	61	NATCHAMP1	05/24/2019	1:17.74	
					Bill Westcott	60	QCCUPFEB2	02/22/2020	1:22.67	
1500 Free	Club Rec: 22:17.14	Bishop, Douglas			Jeff Beedell	60	ON PROV 18	03/23/2018	1:30.74	
Douglas Bishop	60	QUE PROV	04/21/2006	22:17.14	Vello Mijal	63	OntProv'09	03/20/2009	1:37.66	
Mike Heath-Eves	63	Rideauspee	02/19/2005	22:49.15	Mike Olsen	62	QUE PROV	04/03/2004	1:38.16	
Paull Leamen	62	NATIONALS	05/20/2005	23:01.98	Daniel Deschambault	63	NATS22	05/20/2022	1:42.21	
Graeme Barber	61	QUE PROV	04/03/2004	23:33.29	Tim Scapillato	63	CMSC 2017	05/12/2017	1:43.33	
Mike Olsen	63	NATIONALS	05/20/2005	24:15.21	Ralph Chown	60	TECHNOSPO	01/10/1998	1:45.92	
John Balint	60	PROVI	04/06/2003	24:26.42	Andrew Roberts	62	TECH	04/13/2014	1:46.91	
Ralph Chown	62	STE FOY	04/14/2000	24:27.50	Marcel Desjardins	60	TECH	04/12/2008	1:50.54	
Tim Scapillato	64	ON PROV 18	03/23/2018	27:22.75						
Richard Milne	64	QUE PROV	04/21/2006	28:41.64	200 Breast	Club Rec: 2:47.32	Ritchie, Andy			
Marcel Desjardins	60	NATIONALS	05/16/2008	28:51.01	Andy Ritchie	61	NATCHAMP1	05/24/2019	2:47.32	
					Bill Westcott	62	NATS22	05/20/2022	3:06.87	
					Douglas Bishop	61	QUEBEC	04/22/2007	3:20.06	
					Jeff Beedell	60	ON PROV 18	03/23/2018	3:20.98	

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Vello Mijal	63	OntProv'09	03/20/2009	3:43.32	400 IM	Club Rec: 5:33.39	Ritchie, Andy		
Mike Olsen	64	QUE PROV	04/21/2006	3:45.96	Andy Ritchie	61	NATCHAMP1	05/24/2019	5:33.39
Ralph Chown	60	TECHNOSPO	02/07/1998	3:50.64	Dave Read	60	NATL 2013	05/17/2013	5:56.01
Andrew Roberts	63	CMSC 2015	05/18/2015	4:02.74	Douglas Bishop	60	QUE PROV	04/21/2006	6:09.64
Marcel Desjardins	60	NATIONALS	05/16/2008	4:16.60	John Balint	60	PROVI	04/06/2003	7:20.88
25 Fly					Graeme Barber	61	QUE PROV	04/03/2004	7:27.33
John March	60	TECH	03/03/2013	:31.35	Ralph Chown	60	TECHNOSPO	02/07/1998	7:28.72
50 Fly	Club Rec: :30.56	March, John			Homayoun Rastan	60	NATL 2011	05/23/2011	7:39.24
John March	60	NATL 2013	05/17/2013	:30.56	Male 65 to 69				
Shaun Naroski	60	NATS22	05/20/2022	:34.06	25 Free				
Robert Read	61	CMSC 2015	05/18/2015	:34.08	Robert Read	65	NATCHAMP1	05/24/2019	:13.86
Bill Westcott	62	NMSC22	12/11/2022	:34.22	Paull Leamen	65	RIDEAU	02/02/2008	:15.47
Phil Rogers	62	TECH	12/02/2012	:36.09	Tim Scapillato	65	NATCHAMP1	05/24/2019	:15.66
Philip Wilson	62	CMSC 2017	05/12/2017	:36.11	Mike Olsen	66	RIDEAU	02/02/2008	:15.71
Mike Heath-Eves	63	QUE PROV	04/15/2005	:37.48	Jim Gallivan	67	NATCHAMP1	05/24/2019	:20.49
Graeme Barber	61	QUE PROV	04/03/2004	:39.55	50 Free	Club Rec: :30.22	Wilkin, Dave		
Homayoun Rastan	61	QUE PROV	04/13/2012	:39.60	Dave Wilkin	66	ON PROV 18	03/23/2018	:30.22
Paull Leamen	62	NATIONALS	05/20/2005	:39.79	Robert Read	65	NATCHAMP1	05/24/2019	:30.27
100 Fly	Club Rec: 1:08.59	March, John			Paull Leamen	65	NATIONALS	05/16/2008	:30.71
John March	60	NATL 2013	05/17/2013	1:08.59	Peter Leach	65	PROV	03/19/2010	:31.23
Dave Read	60	NATL 2013	05/17/2013	1:12.16	Mike Heath-Eves	67	OntProv'09	03/20/2009	:31.25
Shaun Naroski	60	NATS22	05/20/2022	1:22.86	Mark Robson	65	CMSC 2016	05/20/2016	:31.49
Mike Heath-Eves	64	TECH	01/07/2006	1:33.23	Mike Olsen	66	NATIONALS	05/16/2008	:31.54
Homayoun Rastan	60	NATL 2011	05/23/2011	1:33.51	Phil Rogers	65	CMSC 2015	05/18/2015	:33.07
Bill Carscallen	64	QUE PROV	04/13/2012	1:39.53	Douglas Bishop	65	PROVINCIAL	03/26/2011	:33.26
John Balint	60	NATIONALS	05/16/2003	1:40.03	Larry Durr	69	RIDEAU	02/02/2008	:33.44
Ralph Chown	62	HALIFAX,	05/12/2000	1:40.68	100 Free	Club Rec: 1:08.68	Leamen, Paull		
Graeme Barber	61	QUE PROV	04/03/2004	1:40.98	Paull Leamen	65	NATIONALS	05/16/2008	1:08.68
Mike Olsen	60	TECH	01/19/2002	2:11.99	Robert Read	65	NATCHAMP1	05/24/2019	1:08.86
200 Fly	Club Rec: 2:45.86	Read, Dave			Mike Heath-Eves	67	NATIONALS	05/15/2009	1:09.60
Dave Read	60	NATL 2013	05/17/2013	2:45.86	Mark Robson	65	CMSC 2016	05/20/2016	1:10.55
John March	60	NATL 2013	05/17/2013	2:48.08	Peter Leach	65	PROV	03/19/2010	1:12.62
Homayoun Rastan	60	NATL 2011	05/23/2011	3:47.10	Phil Rogers	65	CMSC 2015	05/18/2015	1:15.41
Ralph Chown	62	HALIFAX,	05/12/2000	3:48.10	John Weekes	69	QUE PROV	04/13/2012	1:15.66
John Balint	60	PROVI	04/06/2003	3:49.00	Mike Olsen	69	NATL 2011	05/23/2011	1:16.80
100 IM	Club Rec: 1:09.82	March, John			Arthur Inglis	69	TECH	11/17/2001	1:16.93
John March	60	TECH	01/27/2013	1:09.82	Larry Durr	69	TECH	11/01/2008	1:20.36
Andy Ritchie	61	NATCHAMP1	05/24/2019	1:11.95	200 Free	Club Rec: 2:33.59	Heath-Eves, Mike		
Bill Westcott	60	QCCUPFEB2	02/22/2020	1:15.48	Mike Heath-Eves	67	OntProv'09	03/20/2009	2:33.59
Robert Read	60	TECH	01/26/2014	1:18.19	Paull Leamen	66	OntProv'09	03/20/2009	2:36.63
Shaun Naroski	60	NATS22	05/20/2022	1:18.69	Mark Robson	68	NATCHAMP1	05/24/2019	2:40.99
Douglas Bishop	60	QUE PROV	04/21/2006	1:19.14	Peter Leach	65	PROV	03/19/2010	2:49.02
Philip Wilson	63	ON PROV 18	03/23/2018	1:22.19	Mike Olsen	67	TECH	01/31/2009	2:51.85
Iain Ryder	61	NATIONALS	05/16/2008	1:23.57	Phil Rogers	65	CMSC 2015	05/18/2015	2:54.04
Jeff Beedell	60	OLYMPINK18	04/07/2018	1:24.31	John Weekes	69	QUE PROV	04/13/2012	2:57.09
Mike Heath-Eves	63	NATIONALS	05/20/2005	1:27.35	Graeme Barber	69	QUE PROV	04/13/2012	3:06.40
200 IM	Club Rec: 2:38.56	Ritchie, Andy			Arthur Inglis	69	TECH	11/17/2001	3:07.77
Andy Ritchie	61	NATCHAMP1	05/24/2019	2:38.56	Tim Scapillato	65	TECHMar19	03/03/2019	3:09.68
Douglas Bishop	61	QUEBEC	04/22/2007	2:51.69	400 Free	Club Rec: 5:38.22	Leamen, Paull		
Bill Westcott	62	NATS22	05/20/2022	2:54.15	Paull Leamen	65	NATIONALS	05/16/2008	5:38.22
Jeff Beedell	61	NATCHAMP1	05/24/2019	3:10.66	Mike Heath-Eves	66	NATIONALS	05/16/2008	5:41.69
Ralph Chown	62	HALIFAX,	05/12/2000	3:20.90	Mike Olsen	67	NATIONALS	05/15/2009	6:12.14
Graeme Barber	61	QUE PROV	04/03/2004	3:21.61	Peter Leach	68	QUE PROV	04/19/2013	6:15.35
Homayoun Rastan	64	CMSC 2015	05/18/2015	3:33.16	Graeme Barber	69	QUE PROV	04/13/2012	6:29.30
Paull Leamen	60	TECH	11/23/2003	3:35.50	John Weekes	69	QUE PROV	04/13/2012	6:35.65
Mike Olsen	63	TECH	01/22/2005	3:43.93	Tim Scapillato	65	NATCHAMP1	05/24/2019	6:42.79
Jim Gallivan	64	TECH Dec16	12/04/2016	5:38.48	Harvey Glatt	67	TECH	11/17/2001	8:18.07
					Alan Lister	66	ETOBICOKE	04/28/1996	8:44.21
					John Ross	67	TECH	04/08/2006	8:52.72

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800 Free	Club Rec: 11:53.30	Leamen, Paull	Larry Durr	69	NATIONALS	05/16/2008	:44.40
Paull Leamen	65	NATIONALS 05/16/2008 11:53.30	Tim Scapillato	65	TECHMar19	03/03/2019	:45.66
Mike Heath-Eves	67	NATIONALS 05/15/2009 11:58.29	Alan Jowett	67	TECH	01/26/2014	:45.66
Mike Olsen	65	QUEBEC 04/22/2007 12:56.64	John Weekes	69	TECH	12/02/2012	:51.92
Peter Leach	69	CMSC 2014 05/16/2014 13:05.77	100 Breast	Club Rec: 1:34.32	Robson, Mark		
John Weekes	69	QUE PROV 04/13/2012 14:05.33	Mark Robson	65	ONT Prov16	04/01/2016	1:34.32
Homayoun Rastan	68	NATCHAMP1 05/24/2019 15:04.45	Robert Read	68	MSO22	06/11/2022	1:34.58
Bill Carscallen	65	NATL 2013 05/17/2013 15:05.92	Mike Olsen	66	NATIONALS	05/16/2008	1:36.14
Harvey Glatt	68	QUE PROV 04/19/2002 17:02.86	Larry Durr	69	NATIONALS	05/16/2008	1:37.23
Andrew Roberts	65	CMSC 2017 05/12/2017 17:19.99	Vello Mijal	66	QUE PROV	04/13/2012	1:39.79
Razek Abdelnour	67	NATL 2013 05/17/2013 17:50.40	Andrew Roberts	67	NATCHAMP1	05/24/2019	1:47.16
1500 Free	Club Rec: 22:18.28	Bishop, Douglas	John Weekes	69	QUE PROV	04/13/2012	1:52.52
Douglas Bishop	65	PROVINCIAL 03/26/2011 22:18.28	Rick Baxter	68	NATL 2011	05/23/2011	2:03.90
Paull Leamen	65	NATIONALS 05/16/2008 22:52.44	Razek Abdelnour	65	NATL 2011	05/23/2011	2:04.14
Mike Heath-Eves	67	NATIONALS 05/15/2009 23:03.49	Gary Grant	67	QUE PROV	04/13/2012	2:04.36
Graeme Barber	69	QUE PROV 04/13/2012 24:32.14	200 Breast	Club Rec: 3:39.22	Mijal, Vello		
Mike Olsen	67	NATIONALS 05/15/2009 24:51.80	Vello Mijal	66	QUE PROV	04/13/2012	3:39.22
Peter Leach	66	NATL 2011 05/23/2011 25:18.97	Mike Olsen	66	NATIONALS	05/16/2008	3:39.25
John Balint	65	NATIONALS 05/16/2008 25:28.93	Larry Durr	69	NATIONALS	05/16/2008	3:41.10
John Weekes	68	NATL 2011 05/23/2011 29:03.70	Andrew Roberts	67	NATCHAMP1	05/24/2019	4:08.51
Andrew Roberts	67	NATCHAMP1 05/24/2019 33:22.07	John Weekes	68	NATL 2011	05/23/2011	4:19.00
Harvey Glatt	65	Nat99 05/14/1999 33:57.17	Alan Lister	67	MONTREAL	06/26/1997	5:20.31
50 Back	Club Rec: :35.56	Wilkin, Dave	Ken Johnson	65	NATL 2013	05/17/2013	5:34.98
Dave Wilkin	66	ON PROV 18 03/23/2018 :35.56	25 Fly				
Mike Heath-Eves	66	INGLIS 03/08/2008 :38.27	Paull Leamen	65	RIDEAU	02/02/2008	:18.30
Peter Leach	67	QUE PROV 04/13/2012 :39.21	Mike Olsen	66	RIDEAU	02/02/2008	:20.05
Robert Read	65	NATCHAMP1 05/24/2019 :39.29	50 Fly	Club Rec: :34.09	Wilkin, Dave		
Arthur Inglis	69	TECH 11/17/2001 :39.34	Dave Wilkin	66	ON PROV 18	03/23/2018	:34.09
Douglas Bishop	65	PROVINCIAL 03/26/2011 :39.41	Phil Rogers	65	CMSC 2015	05/18/2015	:38.61
Mark Robson	68	NATCHAMP1 05/24/2019 :39.92	Mike Heath-Eves	66	NATIONALS	05/16/2008	:39.14
Larry Durr	69	KINGSTON 11/23/2008 :42.68	Robert Read	68	NATS22	05/20/2022	:39.61
Vello Mijal	66	QUE PROV 04/13/2012 :43.02	Homayoun Rastan	66	CMSC 2017	05/12/2017	:41.01
Anton Lovink	66	NATL 2013 05/17/2013 :44.81	Paull Leamen	69	QUE PROV	04/13/2012	:41.88
100 Back	Club Rec: 1:24.25	Robson, Mark	Bill Carscallen	65	NATL 2013	05/17/2013	:42.42
Mark Robson	68	NATCHAMP1 05/24/2019 1:24.25	Mike Olsen	65	TECH	03/17/2007	:43.60
Douglas Bishop	65	PROVINCIAL 03/26/2011 1:26.08	John Balint	65	INGLIS	03/08/2008	:44.77
Arthur Inglis	69	TECH 12/08/2001 1:29.91	Graeme Barber	69	QUE PROV	04/13/2012	:45.26
Peter Leach	65	PROV 03/19/2010 1:30.01	100 Fly	Club Rec: 1:34.87	Heath-Eves, Mike		
Larry Durr	69	NATIONALS 05/16/2008 1:32.00	Mike Heath-Eves	66	NATIONALS	05/16/2008	1:34.87
Vello Mijal	66	QUE PROV 04/13/2012 1:34.76	Homayoun Rastan	66	CMSC 2017	05/12/2017	1:40.75
Anton Lovink	66	NATL 2013 05/17/2013 1:47.62	Paull Leamen	68	TECH	01/22/2011	1:42.07
Mike Heath-Eves	67	OntProv'09 03/20/2009 1:54.74	Bill Carscallen	65	TECH	03/03/2013	1:46.37
Rick Baxter	68	NATL 2011 05/23/2011 2:08.72	Graeme Barber	67	QUE PROV	04/16/2010	2:03.09
Razek Abdelnour	69	Willy Lee 11/21/2015 2:26.50	Ken Johnson	65	NATL 2013	05/17/2013	3:27.57
200 Back	Club Rec: 3:04.01	Bishop, Douglas	200 Fly	Club Rec: 3:39.56	Heath-Eves, Mike		
Douglas Bishop	65	PROVINCIAL 03/26/2011 3:04.01	Mike Heath-Eves	68	QUE PROV	04/16/2010	3:39.56
Peter Leach	65	PROV 03/19/2010 3:18.90	Homayoun Rastan	68	NATCHAMP1	05/24/2019	4:11.99
Arthur Inglis	69	TROIS 04/20/2001 3:22.56	Ken Johnson	68	CMSC 2016	05/20/2016	7:43.81
Vello Mijal	66	QUE PROV 04/13/2012 3:26.20	100 IM	Club Rec: 1:20.29	Wilkin, Dave		
Larry Durr	69	NATIONALS 05/16/2008 3:34.68	Dave Wilkin	66	ON PROV 18	03/23/2018	1:20.29
Anton Lovink	66	NATL 2013 05/17/2013 3:46.12	Robert Read	65	NATCHAMP1	05/24/2019	1:20.92
Grant Sinclair	66	NATIONALS 05/16/2003 5:54.49	Mark Robson	65	CMSC 2016	05/20/2016	1:25.32
Ken Johnson	68	CMSC 2016 05/20/2016 6:38.90	Mike Heath-Eves	67	NATIONALS	05/15/2009	1:29.38
50 Breast	Club Rec: :38.83	Wilkin, Dave	Alan Jowett	67	TECH	01/26/2014	1:32.37
Dave Wilkin	66	ON PROV 18 03/23/2018 :38.83	Peter Leach	66	NATL 2011	05/23/2011	1:32.90
Robert Read	65	NATCHAMP1 05/24/2019 :39.80	Larry Durr	69	TECH	11/01/2008	1:33.50
Mike Olsen	66	NATIONALS 05/16/2008 :40.90	Arthur Inglis	69	CALGARY	05/18/2001	1:33.80
Mark Robson	65	CMSC 2016 05/20/2016 :42.25	Paull Leamen	67	ARTHURS	03/13/2010	1:34.20
Andrew Roberts	66	TECH DEC18 12/02/2018 :43.90	Vello Mijal	65	PROVINCIAL	03/26/2011	1:34.46
Vello Mijal	66	QUE PROV 04/13/2012 :43.98					

200 IM	Club Rec: 3:36.28	Durr, Larry	Mike Olsen	70	QUE PROV	04/13/2012	6:31.36
Larry Durr	69	TECH 04/12/2008	3:36.28	Larry Durr	70	NATIONALS 05/15/2009	6:44.26
Graeme Barber	67	QUE PROV 04/16/2010	3:47.24	Paull Leamen	73	CMSC 2016 05/20/2016	7:10.86
Bill Carscallen	65	NATL 2013 05/17/2013	3:50.47	800 Free	Club Rec: 12:49.46	Heath-Eves, Mike	
Homayoun Rastan	66	CMSC 2017 05/12/2017	3:51.72	Mike Heath-Eves	72	CMSC 2014 05/16/2014	12:49.46
John Balint	67	QUE PROV 04/16/2010	4:29.71	Graeme Barber	70	NATL 2013 05/17/2013	13:05.30
Ken Johnson	65	NATL 2013 05/17/2013	5:39.08	Peter Leach	72	ONT Prov17 03/24/2017	13:14.62
400 IM	Club Rec: 6:28.60	Bishop, Douglas	Arthur Inglis	71	NATIONALS 05/16/2003	13:25.83	
Douglas Bishop	65	PROVINCIAL 03/26/2011	6:28.60	Mike Olsen	70	QUE PROV 04/13/2012	13:28.09
Graeme Barber	69	QUE PROV 04/13/2012	7:43.75	John Weekes	72	CMSC 2015 05/18/2015	13:38.76
Bill Carscallen	65	NATL 2013 05/17/2013	8:17.19	Robert Jack	72	QUE PROV 04/19/2013	13:40.90
John Balint	65	NATIONALS 05/16/2008	8:34.18	Harvey Glatt	73	QUEBEC 04/22/2007	20:04.66
Homayoun Rastan	68	NATCHAMP1 05/24/2019	8:36.34	Alan Lister	70	OTTAWA 06/05/1999	20:06.58
Ken Johnson	65	NATL 2013 05/17/2013	12:04.23	John Ross	70	OntProv'09 03/20/2009	20:12.57
Male 70 to 74			1500 Free	Club Rec: 24:01.44	Heath-Eves, Mike		
25 Free			Mike Heath-Eves	72	CMSC 2014 05/16/2014	24:01.44	
Vello Mijal	73	NATCHAMP1 05/24/2019	:18.02	Graeme Barber	70	NATL 2013 05/17/2013	25:26.16
Lorne McDougall	70	NATCHAMP1 05/24/2019	:18.88	Mike Olsen	71	NATL 2013 05/17/2013	25:28.00
50 Free	Club Rec: :31.99	McDougall, Lorne	Paull Leamen	70	NATL 2013 05/17/2013	27:41.51	
Lorne McDougall	70	NATCHAMP1 05/24/2019	:31.99	Razek Abdelnour	70	CMSC 2016 05/20/2016	36:42.44
Mark Robson	71	NATS22 05/20/2022	:32.21	John Ross	70	OntProv'09 03/20/2009	39:01.33
Mike Olsen	70	QUE PROV 04/13/2012	:32.98	Harvey Glatt	74	NATIONALS 05/16/2008	39:03.95
Arthur Inglis	70	NYG PENT 12/14/2002	:33.03	Ken Johnson	71	NATCHAMP1 05/24/2019	39:56.06
Paull Leamen	70	NATL 2013 05/17/2013	:33.31	50 Back	Club Rec: :38.24	Inglis, Arthur	
Mike Heath-Eves	70	QUE PROV 04/13/2012	:33.35	Arthur Inglis	70	NYG PENT 12/14/2002	:38.24
Peter Leach	70	CMSC 2015 05/18/2015	:33.39	Mark Robson	71	NATS22 05/20/2022	:40.53
John Weekes	70	NATL 2013 05/17/2013	:33.72	Larry Durr	70	OntProv'09 03/20/2009	:41.43
Ralph Chown	71	TECH 12/05/2009	:35.57	Vello Mijal	70	ONT Prov16 04/01/2016	:42.52
Larry Durr	72	NATL 2011 05/23/2011	:36.10	Robert Jack	72	NATL 2013 05/17/2013	:44.09
100 Free	Club Rec: 1:12.56	Robson, Mark	Peter Leach	71	CMSC 2016 05/20/2016	:44.21	
Mark Robson	71	NATS22 05/20/2022	1:12.56	Mike Heath-Eves	71	NATL 2013 05/17/2013	:46.29
Lorne McDougall	70	NATCHAMP1 05/24/2019	1:14.00	John Weekes	73	TECH Dec16 12/04/2016	:47.30
Arthur Inglis	71	TECHSPRINT 01/18/2003	1:14.93	Anton Lovink	70	CMSC 2017 05/12/2017	:49.80
Mike Heath-Eves	72	CMSC 2014 05/16/2014	1:15.59	Alan Lister	71	OTTAWA-TE 05/06/2000	1:04.31
Peter Leach	71	CMSC 2016 05/20/2016	1:16.65	100 Back	Club Rec: 1:26.72	Robson, Mark	
Mike Olsen	70	QUE PROV 04/13/2012	1:17.15	Mark Robson	71	NATS22 05/20/2022	1:26.72
John Weekes	73	CMSC 2016 05/20/2016	1:17.99	Arthur Inglis	71	PROVI 04/06/2003	1:27.77
Ralph Chown	71	TECH 12/05/2009	1:19.63	Larry Durr	70	TECH 12/05/2009	1:31.41
Paull Leamen	73	CMSC 2016 05/20/2016	1:19.87	Peter Leach	71	CMSC 2016 05/20/2016	1:36.51
Larry Durr	70	NATIONALS 05/15/2009	1:21.05	Vello Mijal	72	ON PROV 18 03/23/2018	1:37.75
200 Free	Club Rec: 2:46.62	McDougall, Lorne	Robert Jack	73	CMSC 2014 05/16/2014	1:38.50	
Lorne McDougall	70	NATCHAMP1 05/24/2019	2:46.62	Anton Lovink	70	CMSC 2017 05/12/2017	1:55.63
Mike Heath-Eves	70	QUE PROV 04/13/2012	2:47.84	Grant Sinclair	71	TECH 01/13/2008	3:18.45
Mark Robson	71	NATS22 05/20/2022	2:49.87	200 Back	Club Rec: 3:14.76	Inglis, Arthur	
Peter Leach	72	CMSC 2017 05/12/2017	2:52.14	Arthur Inglis	71	NATIONALS 05/16/2003	3:14.76
John Weekes	70	NATL 2013 05/17/2013	2:53.57	Peter Leach	71	CMSC 2016 05/20/2016	3:23.61
Mike Olsen	71	NATL 2013 05/17/2013	2:57.39	Vello Mijal	73	MSO19 03/22/2019	3:38.50
Larry Durr	70	TECH 03/07/2009	2:59.50	Robert Jack	73	CMSC 2014 05/16/2014	3:43.82
Arthur Inglis	71	PROVI 04/06/2003	3:01.83	Ken Johnson	70	CMSC 18 05/19/2018	6:41.14
Paull Leamen	70	QUE PROV 04/19/2013	3:02.59	Grant Sinclair	70	QUEBEC 04/22/2007	6:46.31
Graeme Barber	70	NATL 2013 05/17/2013	3:09.03	50 Breast	Club Rec: :42.55	Olsen, Michael	
400 Free	Club Rec: 5:54.54	Robson, Mark	Mike Olsen	70	QUE PROV 04/13/2012	:42.55	
Mark Robson	71	NATS22 05/20/2022	5:54.54	Arthur Inglis	70	NYG PENT 12/14/2002	:43.78
Lorne McDougall	70	NATCHAMP1 05/24/2019	6:05.46	Larry Durr	70	OntProv'09 03/20/2009	:44.17
Mike Heath-Eves	70	QUE PROV 04/13/2012	6:05.77	Mark Robson	71	NATS22 05/20/2022	:45.06
Peter Leach	72	ONT Prov17 03/24/2017	6:12.31	Vello Mijal	70	ONT Prov16 04/01/2016	:47.28
Arthur Inglis	70	TECH SPRIN 11/23/2002	6:20.93	Robert Jack	72	NATL 2013 05/17/2013	:47.34
John Weekes	72	CMSC 2015 05/18/2015	6:26.39	John Weekes	71	TECH 01/26/2014	:52.31
Graeme Barber	70	NATL 2013 05/17/2013	6:28.69	Alan Lister	71	HALIFAX, 05/12/2000	:59.63
				Razek Abdelnour	70	CMSC 2016 05/20/2016	1:02.75

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Ken Johnson	71	SOChamp19	04/26/2019	1:19.34					
100 Breast	Club Rec: 1:35.94	Durr, Larry			Male 75 to 79				
Larry Durr	70	TECH	01/31/2009	1:35.94	25 Free				
Robert Jack	73	TECH	03/02/2014	1:46.00	Mike Olsen	77	NATCHAMP1	05/24/2019	:17.39
Ralph Chown	71	TECH	12/05/2009	1:49.31	50 Free	Club Rec: :32.03	Heath-Eves, Mike		
Vello Mijal	71	CMSC 2017	05/12/2017	1:49.67	Mike Heath-Eves	75	TECH Mar17	03/05/2017	:32.03
Mike Olsen	70	TECH	03/04/2012	1:51.53	Victor Armatys	75	Tech Mar18	03/04/2018	:34.73
John Weekes	70	TECH	03/03/2013	1:53.03	Mike Olsen	75	CMSC 2017	05/12/2017	:35.63
Alan Lister	72	CALGARY	05/18/2001	2:18.91	John Weekes	76	NATCHAMP1	05/24/2019	:37.44
Ken Johnson	70	Tech Mar18	03/04/2018	2:46.29	Peter Leach	75	TECH MAR20	03/01/2020	:38.28
200 Breast	Club Rec: 3:45.20	Jack, Robert			Larry Durr	75	Perth 2014	05/04/2014	:40.21
Robert Jack	73	TECH	03/02/2014	3:45.20	Robert Jack	75	TECH Dec16	12/04/2016	:42.55
Larry Durr	70	OntProv'09	03/20/2009	3:45.31	Graeme Barber	79	MSO22	06/11/2022	:44.74
Vello Mijal	70	ONT Prov16	04/01/2016	3:55.89	Alan Lister	75	QUE PROV	04/03/2004	:47.50
Mike Olsen	70	TECH	03/04/2012	3:59.69	Harvey Glatt	75	OntProv'09	03/20/2009	:57.59
Alan Lister	72	TROIS	04/20/2001	5:04.39	100 Free	Club Rec: 1:19.36	Armatys, Victor		
25 Fly					Victor Armatys	76	NATCHAMP1	05/24/2019	1:19.36
Robert Jack	72	TECH	03/03/2013	:39.79	Mike Heath-Eves	75	TECH Mar17	03/05/2017	1:19.37
50 Fly	Club Rec: :39.79	Jack, Robert			John Weekes	75	ON PROV 18	03/23/2018	1:24.45
Robert Jack	71	TECH	12/02/2012	:39.79	Mike Olsen	75	CMSC 2017	05/12/2017	1:25.02
John Weekes	72	CMSC 2015	05/18/2015	:43.87	Larry Durr	75	TECH	03/02/2014	1:30.72
Paull Leamen	70	NATL 2013	05/17/2013	:45.09	Peter Leach	75	TECH MAR20	03/01/2020	1:31.25
Mike Olsen	71	TECH	01/27/2013	:45.61	Robert Jack	75	TECH Dec16	12/04/2016	1:35.53
Arthur Inglis	70	NYG PENT	12/14/2002	:45.81	Graeme Barber	79	MSO22	06/11/2022	1:45.18
Graeme Barber	73	ONT Prov16	04/01/2016	:50.70	Alan Lister	75	QUE PROV	04/03/2004	1:54.29
Anton Lovink	70	Perth	04/30/2017	:54.85	Harvey Glatt	75	OntProv'09	03/20/2009	2:07.58
Ken Johnson	71	TECHMar19	03/03/2019	1:13.64	200 Free	Club Rec: 2:57.00	Heath-Eves, Mike		
100 Fly	Club Rec: 1:37.00	Jack, Robert			Mike Heath-Eves	75	TECH Mar17	03/05/2017	2:57.00
Robert Jack	72	SWOTT2013	11/23/2013	1:37.00	John Weekes	75	ON PROV 18	03/23/2018	3:11.70
John Weekes	70	TECH	03/03/2013	1:59.94	Mike Olsen	75	ONT Prov17	03/24/2017	3:14.24
Graeme Barber	70	QUE PROV	04/19/2013	2:06.51	Graeme Barber	75	ON PROV 18	03/23/2018	3:17.57
Ken Johnson	71	NATCHAMP1	05/24/2019	3:11.75	Peter Leach	75	TECH MAR20	03/01/2020	3:19.38
200 Fly	Club Rec: 7:14.93	Johnson, Ken			Alan Lister	75	QUE PROV	04/03/2004	4:28.66
Ken Johnson	71	SOChamp19	04/26/2019	7:14.93	Harvey Glatt	75	OntProv'09	03/20/2009	5:00.96
100 IM	Club Rec: 1:27.89	Inglis, Arthur			400 Free	Club Rec: 6:23.48	Heath-Eves, Mike		
Arthur Inglis	70	NYG PENT	12/14/2002	1:27.89	Mike Heath-Eves	75	CMSC 2017	05/12/2017	6:23.48
Robert Jack	72	QUE PROV	04/19/2013	1:32.24	Graeme Barber	75	ON PROV 18	03/23/2018	6:48.88
Larry Durr	71	ARTHURS	03/13/2010	1:34.78	Mike Olsen	75	CMSC 2017	05/12/2017	6:53.11
Mike Heath-Eves	71	NATL 2013	05/17/2013	1:34.91	Alan Lister	75	QUE PROV	04/03/2004	9:36.01
John Weekes	72	CMSC 2015	05/18/2015	1:36.48	800 Free	Club Rec: 13:34.84	Heath-Eves, Mike		
Graeme Barber	70	NATL 2013	05/17/2013	1:38.61	Mike Heath-Eves	75	CMSC 2017	05/12/2017	13:34.84
Vello Mijal	71	CMSC 2017	05/12/2017	1:38.98	Graeme Barber	75	ON PROV 18	03/23/2018	13:57.51
Paull Leamen	70	TECH	01/27/2013	1:43.83	Mike Olsen	77	MSO19	03/22/2019	14:29.13
Mike Olsen	70	TECH	11/11/2012	1:58.62	John Weekes	76	NATCHAMP1	05/24/2019	15:31.86
Anton Lovink	70	CMSC 2017	05/12/2017	1:58.83	1500 Free	Club Rec: 25:31.42	Heath-Eves, Mike		
200 IM	Club Rec: 3:22.05	Inglis, Arthur			Mike Heath-Eves	75	CMSC 2017	05/12/2017	25:31.42
Arthur Inglis	71	NATIONALS	05/16/2003	3:22.05	Mike Olsen	77	NATCHAMP1	05/24/2019	26:45.24
Larry Durr	70	OntProv'09	03/20/2009	3:30.52	Graeme Barber	76	MSO19	03/22/2019	26:57.95
Robert Jack	73	CMSC 2014	05/16/2014	3:33.43	50 Back	Club Rec: :44.96	Durr, Larry		
Mike Heath-Eves	72	TECH Dec	12/07/2014	3:38.43	Larry Durr	76	CMSC 2015	05/18/2015	:44.96
John Weekes	70	NATL 2013	05/17/2013	3:40.06	Robert Jack	75	CMSC 2016	05/20/2016	:45.60
Graeme Barber	70	QUE PROV	04/19/2013	3:45.63	Peter Leach	75	TECH MAR20	03/01/2020	:47.63
Ken Johnson	71	EOMAC19	11/17/2019	5:52.71	Mike Heath-Eves	76	OLYMPINK18	04/07/2018	:48.05
400 IM	Club Rec: 7:56.94	Barber, Graeme			Grant Sinclair	76	NATL 2013	05/17/2013	1:33.14
Graeme Barber	70	NATL 2013	05/17/2013	7:56.94	100 Back	Club Rec: 1:40.84	Durr, Larry		
Ken Johnson	71	EOMAC19	11/17/2019	12:21.49	Larry Durr	75	TECH	04/13/2014	1:40.84
					Robert Jack	75	CMSC 2016	05/20/2016	1:45.34
					Mike Heath-Eves	75	Red-Blue17	12/16/2017	1:46.60
					John Weekes	75	ON PROV 18	03/23/2018	1:49.51
					Jack Robert	77	TECH DEC18	12/02/2018	1:53.59

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Grant Sinclair	76	NATL 2013	05/17/2013	3:21.03	200 Free	Club Rec: 3:11.55	Heath-Eves, Mike		
200 Back	Club Rec: 3:47.69	Jack, Robert			Mike Heath-Eves	80	NATS22	05/20/2022	3:11.55
Robert Jack	75	CMSC 2016	05/20/2016	3:47.69	Mike Olsen	80	MSO22	06/11/2022	3:41.33
Larry Durr	76	CMSC 2015	05/18/2015	4:04.06	400 Free	Club Rec: 6:57.36	Heath-Eves, Mike		
50 Breast	Club Rec: :47.84	Olsen, Michael			Mike Heath-Eves	80	MSO22	06/11/2022	6:57.36
Mike Olsen	75	ONT Prov17	03/24/2017	:47.84	Mike Olsen	80	MSO22	06/11/2022	7:58.13
Larry Durr	75	TECH	01/26/2014	:48.00	800 Free	Club Rec: 14:57.20	Heath-Eves, Mike		
Robert Jack	75	ONT Prov16	04/01/2016	:49.96	Mike Heath-Eves	80	NATS22	05/20/2022	14:57.20
John Weekes	75	ON PROV 18	03/23/2018	:52.07	Mike Olsen	80	MSO22	06/11/2022	16:35.01
Mike Heath-Eves	76	OLYMPINK18	04/07/2018	:54.57	1500 Free	Club Rec: 27:36.17	Heath-Eves, Mike		
Alan Lister	75	QUE PROV	04/03/2004	1:02.38	Mike Heath-Eves	80	NATS22	05/20/2022	27:36.17
100 Breast	Club Rec: 1:48.54	Durr, Larry			Mike Olsen	80	MSO22	06/11/2022	30:59.67
Larry Durr	75	TECH	04/13/2014	1:48.54	50 Back	Club Rec: :49.38	Jack, Robert		
Robert Jack	75	TECH Dec16	12/04/2016	1:51.78	Robert Jack	81	MSO22	06/11/2022	:49.38
Jack Robert	77	TECH DEC18	12/02/2018	1:54.52	Mike Heath-Eves	80	NMSC22	12/11/2022	:50.69
Mike Olsen	77	MSO19	03/22/2019	1:55.60	Larry Durr	80	NATCHAMP1	05/24/2019	:52.22
John Weekes	75	ON PROV 18	03/23/2018	1:58.89	James Hubay	84	TECH	04/13/2014	1:08.00
Alan Lister	75	QUE PROV	04/03/2004	2:25.10	100 Back	Club Rec: 1:48.06	Heath-Eves, Mike		
200 Breast	Club Rec: 3:59.44	Durr, Larry			Mike Heath-Eves	80	MSO22	06/11/2022	1:48.06
Larry Durr	75	TECH	03/02/2014	3:59.44	Robert Jack	81	MSO22	06/11/2022	1:49.71
50 Fly	Club Rec: :37.68	Armatys, Victor			Larry Durr	80	NATCHAMP1	05/24/2019	1:55.34
Victor Armatys	75	ON PROV 18	03/23/2018	:37.68	James Hubay	84	TECH	03/02/2014	2:27.42
Robert Jack	75	CMSC 2016	05/20/2016	:44.72	200 Back	Club Rec: 4:02.91	Jack, Robert		
Jack Robert	77	TECH DEC18	12/02/2018	:49.72	Robert Jack	81	NATS22	05/20/2022	4:02.91
Mike Heath-Eves	76	OLYMPINK18	04/07/2018	:50.47	50 Breast	Club Rec: :54.57	Jack, Robert		
John Weekes	76	NATCHAMP1	05/24/2019	:53.06	Robert Jack	80	BTRAIN21	12/12/2021	:54.57
Mike Olsen	75	Tech Feb17	02/05/2017	:55.03	Larry Durr	80	NATCHAMP1	05/24/2019	:56.73
100 Fly	Club Rec: 1:39.40	Armatys, Victor			Mike Olsen	80	NATS22	05/20/2022	:58.10
Victor Armatys	76	NATCHAMP1	05/24/2019	1:39.40	100 Breast	Club Rec: 2:00.15	Jack, Robert		
Robert Jack	75	ONT Prov16	04/01/2016	1:41.44	Robert Jack	81	MSO22	06/11/2022	2:00.15
200 Fly	Club Rec: 3:56.00	Armatys, Victor			Larry Durr	80	NATCHAMP1	05/24/2019	2:06.77
Victor Armatys	76	NATCHAMP1	05/24/2019	3:56.00	200 Breast	Club Rec: 4:39.23	Durr, Larry		
100 IM	Club Rec: 1:28.93	Armatys, Victor			Larry Durr	80	NATCHAMP1	05/24/2019	4:39.23
Victor Armatys	76	NATCHAMP1	05/24/2019	1:28.93	50 Fly	Club Rec: :49.59	Jack, Robert		
Robert Jack	76	CMSC 2017	05/12/2017	1:39.47	Robert Jack	81	NATS22	05/20/2022	:49.59
John Weekes	76	NATCHAMP1	05/24/2019	1:42.23	Mike Heath-Eves	80	NMSC22	12/11/2022	:58.48
Mike Heath-Eves	76	OLYMPINK18	04/07/2018	1:42.61	100 IM	Club Rec: 1:47.70	Jack, Robert		
Jack Robert	77	TECH DEC18	12/02/2018	1:43.56	Robert Jack	81	NATS22	05/20/2022	1:47.70
Graeme Barber	75	ON PROV 18	03/23/2018	1:43.90	200 IM	Club Rec: 4:07.11	Jack, Robert		
200 IM	Club Rec: 3:25.03	Armatys, Victor			Robert Jack	81	NATS22	05/20/2022	4:07.11
Victor Armatys	75	ON PROV 18	03/23/2018	3:25.03	Male 85 to 89				
Robert Jack	75	CMSC 2016	05/20/2016	3:42.44	25 Free				
Graeme Barber	75	ON PROV 18	03/23/2018	3:56.17	A. Fouad Kamal	86	NATCHAMP1	05/24/2019	:19.90
John Weekes	76	NATCHAMP1	05/24/2019	4:02.38	50 Free	Club Rec: :46.08	Kamal, A. Fouad		
400 IM	Club Rec: 7:33.20	Armatys, Victor			A. Fouad Kamal	86	NATCHAMP1	05/24/2019	:46.08
Victor Armatys	76	NATCHAMP1	05/24/2019	7:33.20	100 Free	Club Rec: 2:05.63	Kamal, A. Fouad		
Graeme Barber	75	ON PROV 18	03/23/2018	8:19.54	A. Fouad Kamal	86	NATCHAMP1	05/24/2019	2:05.63
Male 80 to 84					200 Free	Club Rec: 5:48.89	Kamal, A. Fouad		
50 Free	Club Rec: :37.77	Heath-Eves, Mike			A. Fouad Kamal	89	NATS22	05/20/2022	5:48.89
Mike Heath-Eves	80	NATS22	05/20/2022	:37.77	400 Free	Club Rec: 11:52.86	Kamal, A. Fouad		
Mike Olsen	80	MSO22	06/11/2022	:39.47	A. Fouad Kamal	89	NATS22	05/20/2022	11:52.86
Robert Jack	80	BTRAIN21	12/12/2021	:47.62	50 Back	Club Rec: :55.90	Kamal, A. Fouad		
James Hubay	84	TECH	03/02/2014	1:00.03	A. Fouad Kamal	86	NATCHAMP1	05/24/2019	:55.90
100 Free	Club Rec: 1:26.85	Heath-Eves, Mike			50 Breast	Club Rec: 1:07.52	Kamal, A. Fouad		
Mike Heath-Eves	80	NMSC22	12/11/2022	1:26.85	A. Fouad Kamal	86	NATCHAMP1	05/24/2019	1:07.52
Mike Olsen	80	MSO22	06/11/2022	1:37.45					
James Hubay	84	TECH	04/13/2014	2:16.81					

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100 Breast	Club Rec: 3:09.49	Kamal, A. Fouad			
A. Fouad Kamal	89	MSO22	06/11/2022	3:09.49	
50 Fly	Club Rec: 1:11.83	Kamal, A. Fouad			
A. Fouad Kamal	86	NATCHAMP1	05/24/2019	1:11.83	
100 IM	Club Rec: 2:34.63	Kamal, A. Fouad			
A. Fouad Kamal	86	NATCHAMP1	05/24/2019	2:34.63	
Male 90 to 94					
50 Free	Club Rec: 1:07.92	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	1:07.92	
100 Free	Club Rec: 2:41.33	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	2:41.33	
50 Back	Club Rec: 1:08.12	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	1:08.12	
100 Back	Club Rec: 2:39.00	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	2:39.00	
200 Back	Club Rec: 7:04.07	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	7:04.07	
100 IM	Club Rec: 4:37.53	Haupt, Caspar			
Caspar Haupt	90	NATL 2013	05/17/2013	4:37.53	