



Senior		15-17		13-14		11-12		10 and under		10 and under		11-12		13-14		15-17		Senior	
Spencer Bouge (2018)	Eduard Fullum-Huot (2019)	22.12	22.59	27.03	27.69	27.03	29.69	27.03	29.69	50	Alice Chow (1998)	Alyson Kis (2013)	Alyson Kis (2015)	Alyson Ackman (2009)	25.69	24.87	Caroline Lapierre-Lamre (2014)	24.87	
Dominique Masse-Martel (2009)	Eduard Fullum-Huot (2019)	48.90	53.03	58.86	1:04.81	58.86	1:04.81	58.86	1:04.81	100	Stephanie Shevchuk (1985)	Alyson Kis (2013)	Alyson Kis (2014)	Alyson Ackman (2009)	54.99	54.99	Caroline Lapierre-Lamre (2014)	54.99	
Dominique Masse-Martel (2009)	Peter Smidt (1979)	1:47.36	1:48.53	1:57.25	1:58.58	1:57.25	2:08.58	1:57.25	2:08.58	200	Holly McComb (1986)	Miriam Tickitt (1983)	Alyson Kis (2014)	Alyson Ackman (2010)	1:59.26	1:59.26	Samantha Chertveron (2009)	1:59.26	
Peter Smidt (1979)	Peter Smidt (1979)	3:51.16	4:01.54	4:22.94	4:47.08	4:22.94	4:47.08	4:22.94	4:47.08	400	Tara Sloan (1992)	Stephanie Shevchuk (1987)	Jennifer Hutchison (1987)	Julie Daignault (1982)	4:09.30	4:07.65	Samantha Chertveron (2010)	4:07.65	
Eric Brown (2019)	Eric Brown (2019)	7:58.19	8:41.57	9:22.60	8:41.57	9:22.60	10:29.61	9:22.60	10:29.61	800	Stephanie Shevchuk (1984)	Stephanie Shevchuk (1987)	Stephanie Shevchuk (1987)	Julie Daignault (1982)	8:33.89	8:33.89	Julie Daignault (1982)	8:33.89	
Eric Brown (2019)	Eric Brown (2019)	15:10.03	15:10.03	16:14.53	17:13.18	16:14.53	19:03.59	16:14.53	19:03.59	1500	Maria Gagner (2006)	Stephanie Shevchuk (1988)	Samantha Chertveron (2006)	Stephanie Shevchuk (1989)	16:38.11	16:38.11	Stephanie Shevchuk (1989)	16:38.11	
D.Masse-Martel, S.Bielby, J.Dagpe, D.Jensen (2009)	T.Bond, D.Jensen, K.Zayed, D.Masse-Martel (2008)	1:31.40	1:33.17	1:39.69	1:52.60	1:39.69	2:08.92	1:39.69	2:08.92	Relay 4x50	S.Achkar, J.Dollinger, L.Kuzak, J.Vermes-Monty (2011)	J.Dollinger, L.Kuzak, J.Vermes-Monty, A.Kis (2013)	A.Kis, J.Dollinger, A.Janvier, J.Pauletto (2014)	A.Ackman, K.Cardi, A.Zevnik, A.McGregor (2009)	1:44.80	1:44.80	L.Stonebridge, A.McGregor, A.Ackman, A.Zevnik (2009)	1:44.80	
D.Masse-Martel, S.Bielby, J.Dagpe, D.Jensen (2009)	M.Belkhehadi, A.Alaoui, Z.Kuzak, P.Robins (2016)	2:02.88	2:11.33	2:45.43	3:11.80	2:45.43	3:11.80	2:45.43	3:11.80	Relay 4x100	H.Pauletto, K.Morinville, K.Schweers, A.Ferguson (2012)	A.Ferguson, J.Williar, J.Dahmen, J.Buche (2016)	A.Kis, J.Pauletto, E.Dobby, J.Buche (2016)	K.Simpson, A.Zevnik, A.McGregor, A.Ackman (2010)	3:05.58	3:05.58	K.Simpson, A.McGregor, A.Ackman, A.Zevnik (2011)	3:05.58	
D.Jensen, D.Masse-Martel, T.Ruse, S.Bielby (2009)	A.Alaoui, M.Belkhehadi, Z.Kuzak, E.Brown	7:24.23	7:28.69	8:14.57	9:35.23	8:14.57	10:32.19	8:14.57	10:32.19	Relay 4x200	A.Kis, J.Vermes-Monty, K.Braithwaite, J.Dollinger (2013)	A.Kis, J.Pauletto, E.Dobby, J.Buche (2016)	A.Ackman, A.Zevnik, A.McGregor, K.Simpson (2010)	A.Zevnik, K.Simpson, A.McGregor, A.Ackman (2011)	8:10.10	8:10.10	A.Zevnik, K.Simpson, A.McGregor, A.Ackman (2011)	8:10.10	
Victor Davis (1989)	Matthew Ackman (2013)	27.93	29.29	30.35	33.48	30.35	35.35	30.35	35.35	50	Jordan Trilling (2008)	Ashley McGregor (2006)	Ashley McGregor (2007)	Ashley McGregor (2010)	30.89	30.89	Ashley McGregor (2010)	30.89	
Victor Davis (1989)	Matthew Ackman (2013)	1:00.01	1:00.01	1:06.84	1:14.37	1:06.84	1:21.86	1:06.84	1:21.86	100	Alexia Ferguson (2013)	Hailey Pauletto (2014)	Hailey Pauletto (2014)	Robyn Corbett (1977)	1:06.79	1:06.79	Ashley McGregor (2010)	1:06.79	
Victor Davis (1987)	James Guest (2013)	2:08.42	2:10.31	2:24.31	2:40.31	2:24.31	2:56.50	2:24.31	2:56.50	200	Tara Sloan (1992)	Hailey Pauletto (2014)	Francisca Difore (2014)	Ashley McGregor (2010)	2:29.58	2:29.58	Ashley McGregor (2010)	2:29.58	
Alexander Davidson (2009)	Matthew Grillo (2008)	25.06	25.91	27.33	30.25	27.33	34.20	27.33	34.20	50	Arielle Gregoire (2010)	Jacqueline Buche (2016)	Alexia Zevnik (2009)	Alexia Zevnik (2011)	28.22	28.22	Alexia Zevnik (2011)	28.22	
Tobias Orwol (2007)	Matthew Grillo (2008)	54.02	56.06	59.15	1:03.53	59.15	1:11.76	59.15	1:11.76	100	Julie Daignault (1976)	Jacqueline Buche (2016)	Alexia Zevnik (2009)	Alexia Zevnik (2011)	1:02.59	1:02.59	Alexia Zevnik (2011)	1:02.59	
Tobias Orwol (2007)	Charles Millette (2017)	1:56.95	1:56.95	2:04.00	2:13.40	2:04.00	2:24.00	2:04.00	2:24.00	200	Alicia Neasom (1999)	Jacqueline Buche (2016)	Alexia Zevnik (2009)	Alexia Zevnik (2011)	2:15.18	2:15.18	Alexia Zevnik (2011)	2:15.18	
Craig Hutchison (1994)	Matthew Ackman (2013)	24.30	25.92	26.97	31.22	26.97	33.22	26.97	33.22	50	Tara Schultz (1990)	Juliette Vermes-Monty (2013)	Erica Dobby (2014)	Alyson Ackman (2009)	27.56	27.56	Caroline Lapierre-Lamre (2015)	27.56	
Tim Rose (2009)	Justin Finney (1992)	53.18	53.18	1:05.69	1:14.08	1:05.69	1:14.08	1:05.69	1:14.08	100	Holly McComb (1986)	Holly McComb (1988)	Lora Williar (2016)	Jeanne Dahmen (2019)	1:09.25	1:09.25	Samantha Chertveron (2009)	1:09.25	
Time Rose (2009)	Justin Finney (1992)	1:56.86	1:59.89	2:13.31	2:27.62	2:13.31	2:49.10	2:13.31	2:49.10	200	Melissa Larocque (2001)	Lisa Vignin (1989)	Gabrielle Murphy (2009)	Chantal Venne (1982)	2:10.81	2:10.81	Wendy Quirk (1978)	2:10.81	
Tim Rose (2009)	Daniel Jensen (2008)	56.30	56.30	1:07.04	1:17.04	1:07.04	1:28.04	1:07.04	1:28.04	100	Holly McComb (1986)	Ashley McGregor (2006)	Ashley McGregor (2008)	Ashley McGregor (2010)	1:09.32	1:09.32	Ashley McGregor (2010)	1:09.32	
Tobias Orwol (2007)	Liam Das (2013)	1:58.39	2:00.30	2:10.89	2:20.16	2:10.89	2:31.79	2:10.89	2:31.79	200	Stephanie Shevchuk (1985)	Alyson Kis (2013)	Katrina Braithwaite (2014)	Ashley McGregor (2010)	2:13.07	2:13.07	Ashley McGregor (2010)	2:13.07	
Tobias Orwol (2007)	James Guest (2013)	4:12.24	4:12.24	4:38.04	4:54.20	4:38.04	5:28.10	4:38.04	5:28.10	400	Stephanie Shevchuk (1985)	Holly McComb (1989)	Katrina Braithwaite (2014)	Katrina Braithwaite (2015)	4:42.57	4:42.57	Alexa Janvier (2017)	4:42.57	
A.Davidson, C.Buna, T.Ruse, D.Masse-Martel (2009)	Finney, Costapoulos, Ponomiliev, Lyoid (1992)	1:42.50	1:45.54	1:53.04	2:06.87	1:53.04	2:20.18	1:53.04	2:20.18	Relay 4x50	J.Dollinger, H.Pauletto, J.Vermes-Monty, L.Kuzak (2011)	V.Song, J.Pauletto, K.Braithwaite, A.Gregoire (2013)	J.Dollinger, J.Pauletto, E.Dobby, A.Kis (2014)	A.Zevnik, A.McGregor, A.Ackman, K.Cardi (2009)	1:54.25	1:54.25	A.Zevnik, A.McGregor, G.Murphy, A.Ackman (2011)	1:54.25	
N.Laffeur, J.Guest, A.Magnan, M.Ackman (2013)	E.Pelletier, C.Ching, A.Goin, M.Ackman (2013)	3:43.66	3:47.99	4:11.55	4:50.78	4:11.55	5:20.78	4:11.55	5:20.78	Relay 4x100	J.Vermes-Monty, J.Dollinger, K.Braithwaite, A.Kis (2012)	A.Zevnik, A.McGregor, A.Ackman, K.Cardi (2008)	A.Zevnik, A.McGregor, G.Murphy, A.Ackman (2010)	A.Zevnik, A.McGregor, G.Murphy, K.Simpson (2011)	4:07.71	4:07.71	A.Zevnik, A.McGregor, G.Murphy, K.Simpson (2011)	4:07.71	
Spencer Bouge (2018)	Matthew Grillo (2010)	22.70	23.55	25.05	27.51	25.05	28.47	25.05	28.47	50	Tiffany Woods (1995)	Nancy Birchenough (1984)	Alyson Kis (2013)	Alyson Ackman (2009)	26.61	26.61	Caroline Lapierre-Lamre (2015)	26.61	
Craig Hutchison (2000)	Matthew Grillo (2010)	50.07	51.52	54.87	1:00.31	54.87	1:05.60	54.87	1:05.60	100	Stephanie Shevchuk (1985)	Holly McComb (1988)	Petina Lessard (1989)	Alyson Ackman (2010)	54.53	54.53	Alexia Zevnik (2016)	54.53	
Tobias Orwol (2008)	Peter Smidt (1978)	1:50.64	1:51.96	1:59.01	2:08.57	1:59.01	2:19.64	1:59.01	2:19.64	200	Stephanie Shevchuk (1985)	Holly McComb (1988)	Petina Lessard (1989)	Alyson Ackman (2010)	1:57.79	1:57.79	Samantha Chertveron (2014)	1:57.79	
Peter Smidt (1978)	Peter Smidt (1978)	3:56.48	3:56.48	4:13.55	4:26.47	4:13.55	5:11.26	4:13.55	5:11.26	400	Ashley Gowan (1994)	Nancy Birchenough (1984)	Wendy Quirk (1976)	Julie Daignault (1982)	4:09.56	4:09.56	Samantha Chertveron (2012)	4:09.56	
Stanford U (2020)	Stanford U (2020)	8:12.19	8:12.19	8:37.65	9:04.82	8:37.65	10:04.82	8:37.65	10:04.82	800	Noemie Brand (1997)	Stephanie Shevchuk (1987)	Miriam Tickitt (1984)	Julie Daignault (1982)	8:45.47	8:45.47	Julie Daignault (1982)	8:45.47	
Stanford U (2020)	Stanford U (2020)	15:38.86	15:38.86	16:29.18	17:13.50	16:29.18	18:37.50	16:29.18	18:37.50	1500	Amanda Baxter (1997)	Stephanie Shevchuk (1987)	Stephanie Shevchuk (1988)	Stephanie Shevchuk (1989)	16:49.45	16:49.45	Stephanie Orwol (2017)	16:49.45	
M.Ackman, S.Bougie, M.Porvin, A.Bujold (2014)	1987	1:35.31	1:36.59	1:44.43	1:55.39	1:44.43	2:10.62	1:44.43	2:10.62	Relay 4x50	L.Williar, C.Taylor, C.Charpier, A.Ferguson (2013)	J.Vermes-Monty, A.Gregoire, E.Dobby, K.Braithwaite (2013)	J.Vermes-Monty, A.Kis, J.Pauletto, A.Gregoire (2013)	A.McGregor, A.Ackman, R.Ochi, K.Cardi (2009)	1:49.21	1:49.21	A.Zevnik, V.Daignault, K.Simpson, C.Bergeron-Miron (2017)	1:49.21	
D.Masse-Martel, M.Grillo, T.Ruse, K.Zayed (2011)	T.Bond, K.Zayed, D.Jensen, D.Masse-Martel (2008)	3:25.79	3:31.97	3:50.56	4:53.81	3:50.56	5:15.46	3:50.56	5:15.46	Relay 4x100	Z.Morinville, L.Leban, G.Brown, K.Simonovic (2015)	M.Dumitrescu, K.Morinville, H.Pauletto, K.Schweers (2015)	A.Kis, J.Pauletto, J.Vermes-Monty, A.Gregoire (2013)	2:08	2:08	A.Zevnik, V.Daignault, K.Simpson, C.Bergeron-Miron (2017)	2:08		
K.Zayed, T.Ruse, D.Jensen, S.Bielby (2011)	R.McRae, M.Hunger, C.Millette, P.Hussey (2013)	7:33.46	7:48.44	8:27.81	9:42.39	8:27.81	10:57.39	8:27.81	10:57.39	Relay 4x200	J.Dollinger, H.Pauletto, J.Vermes-Monty, L.Kuzak (2011)	H.Pauletto, M.Dumitrescu, K.Morinville, J.Schweers (2014)	A.Kis, J.Dollinger, A.Janvier, K.Braithwaite (2014)	1:57.89	1:57.89	A.Ackman, A.McGregor, G.Daignault, C.Chertveron (2010)	1:57.89		
Matthew Ackman (2014)	Moncer Balamane (2019)	28.36	29.10	31.69	34.50	31.69	36.46	31.69	36.46	50	Jordan Trilling (2008)	Jordan Trilling (2010)	Ashley McGregor (2007)	Ashley McGregor (2010)	31.95	31.95	Ashley McGregor (2011)	31.95	
Matthew Ackman (2014)	James Guest (2013)	1:01.95	1:02.97	1:09.91	1:15.78	1:09.91	1:24.01	1:09.91	1:24.01	100	Alexia Ferguson (2013)	Hailey Pauletto (2014)	Ashley McGregor (2008)	Ashley McGregor (2009)	1:09.39	1:09.39	Ashley McGregor (2012)	1:09.39	
James Guest (2015)	James Guest (2014)	2:14.11	2:14.11	2:25.42	2:44.34	2:25.42	3:06.40	2:25.42	3:06.40	200	Hailey Pauletto (2011)	Hailey Pauletto (2013)	Ashley McGregor (2008)	Ashley McGregor (2010)	2:25.32	2:25.32	Ashley McGregor (2015)	2:25.32	
Daniel Jensen (2011)	Matthew Grillo (2011)	26.83	27.23	28.39	31.71	28.39	32.17	28.39	32.17	50	Alexia Ferguson (2013)	Hailey Pauletto (2014)	Ashley McGregor (2008)	Ashley McGregor (2010)	29.77	29.77	Alexia Zevnik (2015)	29.77	
Tobias Orwol (2006)	Kvib, Poulet (2017)	58.88	58.88	1:01.59	1:15.08	1:01.59	1:15.08	1:01.59	1:15.08	100	Arielle Gregoire (2010)	Jacqueline Buche (2016)	Alexia Zevnik (2009)	Alexia Zevnik (2011)	1:03.48	1:03.48	Alexia Zevnik (2017)	1:03.48	
Tobias Orwol (2006)	Charles Millette (2018)	1:58.94	1:58.94	2:06.84	2:13.21	2:06.84	2:25.81	2:06.84	2:25.81	200	Jacqueline Buche (2014)	Jacqueline Buche (2016)	Alexia Zevnik (2009)	Alexia Zevnik (2011)	2:09.92	2:09.92	Alexia Zevnik (2017)	2:09.92	
Justin Finney (1993)	Matthew Grillo (2009)	24.94	25.09	26.91	29.81	26.91	34.38	26.91	34.38	50	Juliette Vermes-Monty (2011)	Jeanne Dahmen (2015)	Jeanne Dahmen (2017)	Jeanne Dahmen (2018)	27.67	27.67	Caroline Lapierre-Lamre (2015)	27.67	
Tim Rose (2009)	Emil Gaud (2016)	55.12	56.25	59.51	1:05.77	59.51	1:18.22	59.51	1:18.22	100	Jennifer Hutchison (1983)	Jeanne Dahmen (2015)	Jeanne Dahmen (2015)	Ashley McGregor (2010)/Wendy Quirk (1976)	1:01.54	1:01.54	Caroline Kuczynski (2012)	1:01.54	
Tobias Orwol (2008)	Charles Millette (2018)	1:59.54	2:03.49	2:11.20	2:20.87	2:11.20	2:35.29	2:11.20	2:35.29	200	Carol Docherty (1981)	Lora Williar (2017)	Wendy Quirk (1976)	Wendy Quirk (1978)	2:13.65	2:13.65	Wendy Quirk (1978)	2:13.65	
Tobias Orwol (2008)	Liam Das (2011)	2:00.43	2:00.43	2:14.71	2:23.79	2:00.43	2:35.81	2:00.43	2:35.81	200	Tiffany Woods (1995)	Katrina Braithwaite (2012)	Holly McComb (1990)	Alexa Janvier (2017)	2:17.69	2:17.69	Alexia Zevnik (2016)	2:17.69	
Steven Bielby (2012)	Eric Brown (2019)	4:23.66	4:30.33	4:46.44	5:08.13	4:46.44	6:14.53	4:46.44	6:14.53	400	Jennifer Hutchison (1983)	Katrina Braithwaite (2012)	Holly McComb (1990)	Alexa Janvier (2017)	4:59.19	4:59.19	Natalie Ginasas (1984)	4:59.19	
1988	C.Tu Feng, J.Guest, N.Laffeur, M.Ackman (2012)	1:46.15	1:49.93	1:57.95	2:09.79	1:57.95	2:34.18	1:57.95	2:34.18	Relay 4x50	J.Dollinger, H.Pauletto, J.Vermes-Monty, L.Kuzak (2011)	A.Gregoire, J.Difore, K.Braithwaite, J.Vermes-Monty (2012)	A.Kis, J.Pauletto, E.Dobby, J.Vermes-Monty (2013)	1:57.89	1:57.89	A.Ackman, A.McGregor, G.Murphy, K.Simpson (2011)	1:57.89		
D.Jensen, L.Das, T.Ruse, M.Grillo (2011)	1987	3:49.17	3:59.59	4:18.77	5:05.31	4:18.77	6:05.31	4:18.77	6:05.31	Relay 4x100	J.Vermes-Monty, J.Dollinger, K.Braithwaite, A.Kis (2012)	A.Kis, J.Difore, K.Braithwaite, J.Dollinger (2014)	2:08	2:08	A.Zevnik, A.McGregor, C.Kuczynski, C.Chertveron (2011)	2:08			