

GO INDIVIDUAL LONG COURSE RECORDS

EVENT	10 AND UNDER		11 AND 12		13 AND 14		15 AND 17	
50 FR	RAE CONGDON 32.78 2005	MATTHEW DAHLGREN 31.71 2015	EDITH LACHAPELLE 27.74 1989	JOHN M MILLS 26.17 1993	EDITH LACHAPELLE 27.01 1991	JOHN M MILLS 25.25 1995	ERIKA SELTENREICH-HODGSON 26.31 2012	YANNICK LUPIEN 23.19 1997
100 FR	RAE CONGDON 1:11.39 2005	LEON JI 1:08.46 2006	EDITH LACHAPELLE 59.84 1989	SEAN DAWSON 58.41 2000	EDITH LACHAPELLE 58.03 1991	ANDREW SMITH 56.50 1987	JOSEE BARRETTE 57.91 2014	YANNICK LUPIEN 51.34 1997
200 FR	RAE CONGDON 2:32.72 2005	LEON JI 2:30.84 2006	STEPHANIE HATT 2:13.04 1996	DYLAN BYERS 2:08.43 2013	TABITHA BAUMANN 2:06.48 2010	ANDREW COUPLAND 2:01.53 1998	JAIME THERIAULT 2:04.60 1998	ANDREW COUPLAND 1:53.38 2000
400 FR	NAOMI ELLIS 5:23.39 2005	CEDRIC BOILY 5:23.01 1994	STEPHANIE HATT 4:42.96 1996	DYLAN BYERS 4:34.07 2013	TABITHA BAUMANN 4:22.16 2010	ANDREW COUPLAND 4:17.13 1998	TABITHA BAUMANN 4:16.24 2011	ANDREW COUPLAND 4:00.06 2000
800 FR	NAOMI ELLIS 11:58.72 2005	LIAM VEREGIN 11:56.44 2009	STEPHANIE HATT 9:38.38 1996	DYLAN BYERS 9:34.96 2013	TABITHA BAUMANN 9:04.81 2010	LIAM VEREGIN 9:08.62 2013	TABITHA BAUMANN 8:45.40 2011	LOUIS BERTRAND 8:50.27 2018
1500 FR			EMMA BOAL 19:39.35 2010	JONAH LOMBARDO 18:43.38 2004	TABITHA BAUMANN 17:23.94 2010	DEREK ANDERSON 16:54.36 1989	TABITHA BAUMANN 16:47.61 2011	STEPHEN BAIRD 15:55.15 1990
50 BK	NAOMI ELLIS 36.77 2005	EUAN VAN STRAATEN 36.84 2018	SHAYLYN HEWTON 33.62 2012	DYLAN BYERS 30.96 2013	REGAN RATHWELL 29.75 2018	LIAM VEREGIN 28.64 2013	RAELEIGH MOOU 30.58 2017	LIAM VEREGIN 27.28 2014
100 BK	NAOMI ELLIS 1:18.36 2005	EUAN VAN STRAATEN 1:17.54 2018	EDITH LACHAPELLE 1:10.30 1989	DYLAN BYERS 1:04.72 2013	REGAN RATHWELL 1:03.04 2018	DYLAN BYERS 1:00.90 2015	ERIKA SELTENREICH-HODGSON 1:03.85 2012	JAYDEN COLE 58.76 2017
200 BK	NAOMI ELLIS 2:46.40 2005	LIAM VEREGIN 2:51.03 2009	SHAYLYN HEWTON 2:29.35 2012	DYLAN BYERS 2:19.34 2013	REGAN RATHWELL 2:17.47 2018	DYLAN BYERS 2:11.03 2015	KYLIE WEBER 2:16.66 2011	LIAM VEREGIN 2:07.42 2016
50 BR	NAOMI ELLIS 43.25 2005	KEATON ZHOU 37.93 2017	KAYLA WHITEHEAD 37.19 2014	KEATON ZHOU 36.58 2018	REGAN RATHWELL 35.25 2018	ELI WALL 32.69 2010	ERIKA SELTENREICH-HODGSON 32.39 2012	ELI WALL 29.82 2012
100 BR	NAOMI ELLIS 1:29.07 2005	KEATON ZHOU 1:25.73 2016	TANIA BELISLE-LECLERC 1:19.45 1990	EWAN DUNN 1:17.40 1999	KAILI SALMON 1:14.54 1984	MIKE LAMOTHE 1:09.16 1988	ERIKA SELTENREICH-HODGSON 1:09.81 2012	ASHTON BAUMANN 1:03.47 2010
200 BR	NAOMI ELLIS 3:07.90 2005	KEATON ZHOU 3:02.71 2017	LEANE THORPE 2:52.17 1986	STEVE BAIRD 2:50.26 1985	KELLY KANE 2:41.08 1988	MIKE LAMOTHE 2:29.23 1988	ERIKA SELTENREICH-HODGSON 2:31.38 2012	ASHTON BAUMANN 2:18.71 2010
50 FL	ISLA HARDIE 36.71 2018	MATTHEW DAHLGREN 34.16 2015	RAE CONGDON 31.79 2007	MATTHEW DAHLGREN 30.48 2017	CATTUONG LE 29.28 2014	COLE COOPER 27.67 2013	CASSIA SNYDER 28.61 2018	MATTHEW DANS 25.30 2013
100 FL	DANIELLE BELAND 1:19.28 1995	STEVEN MEDAGLIA 1:17.33 1995	DANIELLE BELAND 1:07.93 1997	JOHN M MILLS 1:07.35 1992	REGAN RATHWELL 1:04.09 2018	DANIEL PAQUETTE 1:00.75 1989	COURTNEY SHERWOOD 1:03.41 2018	MATTHEW DANS 56.40 2012
200 FL			KAREN SEWELL 2:26.55 1986	STEVEN MEDAGLIA 2:30.66 1997	KATHRYN KIMBER 2:19.10 1989	STEVEN MEDAGLIA 2:13.26 1999	JENNIFER RAMSDEN 2:17.91 1993	ROBERT SAMPSON 2:06.32 1990
200 IM	NAOMI ELLIS 2:48.51 2005	STEVEN MEDAGLIA 2:49.39 1995	EDITH LACHAPELLE 2:31.91 1989	STEVEN MEDAGLIA 2:32.01 1997	TANIA BELISLE-LECLERC 2:21.46 1992	STEVEN MEDAGLIA 2:14.04 1999	ERIKA SELTENREICH-HODGSON 2:12.93 2012	MONTANA CHAMPAGNE 2:06.12 2014
400 IM	NEELEY ARNOTT 6:39.03 2006	COLE COOPER 6:14.38 2009	JULIE GRAVELLE 5:23.50 1992	STEVEN MEDAGLIA 5:16.61 1997	TANIA BELISLE-LECLERC 4:59.09 1992	STEVEN MEDAGLIA 4:40.60 1999	ERIKA SELTENREICH-HODGSON 4:42.71 2013	STEPHEN BAIRD 4:27.09 1990

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