

50m Freestyle			
Rank	Name	Time	Year
1	RATHWELL, Regan	27.40	2017
2	LACHAPELLE, Edith	27.44	1989
3	FRIEND, Jill	28.56	1992
4	BENSEBAA, Leticia	28.74	2017
5	ARES, Chantal	28.81	1996
6	WEISS-REID, Beatrice	28.99	2018
7	HATT, Stephanie	29.07	1996
8	PHEE, Sarah	29.10	2001
9	SNYDER, Cassia	29.25	2014
10	CONGDON, Rae	29.31	2007
10	EL DANASOURY, Laila	29.31	2016
12	WHITEHEAD, Kayla	29.39	2013
12	BARAN, Tatiana	29.39	1989
14	BARBEAU, Melanie	29.43	2008
15	XU, Ella	29.53	2019

100m Freestyle			
Rank	Name	Time	Year
1	LACHAPELLE, Edith	59.23	1989
2	BENSEBAA, Leticia	1:01.00	2017
3	CONGDON, Rae	1:02.04	2007
4	PHEE, Sarah	1:02.00	2001
5	RATHWELL, Regan	1:02.25	2016
6	HATT, Stephanie	1:02.73	1996
7	ARES, Chantal	1:03.08	1996
8	HOWE, Olivia	1:02.86	2018
9	WEISS-REID, Beatrice	1:03.30	2018
9	EL DANASOURY, Laila	1:03.36	2016
11	BELL, Shannon	1:03.44	1987
12	FRIEND, Jill	1:03.54	1992
12	BARAN, Tatiana	1:03.54	1989
14	KIMBER, Kathryn	1:03.99	1988
15	SNYDER, Cassia	1:04.40	2014

200m Freestyle			
Rank	Name	Time	Year
1	LACHAPELLE, Edith	2:09.15	1989
2	RATHWELL, Regan	2:11.31	2017
3	BENSEBAA, Leticia	2:12.14	2017
4	HATT, Stephanie	2:12.87	1996
5	CONGDON, Rae	2:13.84	2007
6	BENSEBAA, Leticia	2:15.30	2017
6	ARES, Chantal	2:15.30	1996
8	WEISS-REID, Beatrice	2:16.17	2018
9	ZARINS, Stephanie	2:16.54	1993
10	MCQUEEN, Shannon	2:17.33	2000
11	BARAN, Tatiana	2:17.94	1989
12	PHEE, Sarah	2:17.95	2001
13	BELL, Shannon	2:18.00	1987
14	ARNOTT, Neeley	2:18.54	2008
15	HOWE, Olivia	2:18.67	2017

400m Freestyle			
Rank	Name	Time	Year
1	RATHWELL, Regan	4:36.45	2017
2	HATT, Stephanie	4:36.96	1996
3	GRAVELLE, Julie	4:39.54	1992
4	CONGDON, Rae	4:41.65	2007
5	ZARINS, Stephanie	4:43.94	1993
6	BENSEBAA, Leticia	4:46.24	2017
7	MCQUEEN, Shannon	4:46.35	2000
8	WEISS-REID, Beatrice	4:48.76	2018
9	SOLOSKI, Rachel	4:48.86	1999
10	MIGICOVSKY, Rachel	4:49.60	1998
11	BARAN, Tatiana	4:51.16	1989
12	ADAMS, Erin	4:51.60	1990
13	PALMER, Heather	4:51.70	1997
14	BELL, Shannon	4:51.80	1987
15	ARNOTT, Neeley	4:52.50	2008

800m Freestyle			
Rank	Name	Time	Year
1	GRAVELLE, Julie	9:32.94	1992
2	ARES, Chantal	9:35.08	1996
3	HATT, Stephanie	9:35.73	1996
4	RATHWELL, Regan	9:40.22	2017
5	ZARINS, Stephanie	9:40.86	1993
6	MCQUEEN, Shannon	9:45.22	2000
7	MIGICOVSKY, Rachel	9:48.00	1998
8	CONGDON, Rae	9:51.96	2007
9	BENSEBAA, Leticia	9:52.97	2017
10	WEISS-REID, Beatrice	9:54.38	2018
11	PALMER, Heather	9:55.45	1997
12	FOWLER, Kristin	9:57.19	1986
13	SOLOSKI, Lauren	9:57.48	1997
14	BELL, Shannon	9:57.49	1987
15	ARNOTT, Neeley	10:00.62	2008

1500m Freestyle			
Rank	Name	Time	Year
1	ARNOTT, Neeley	18:50.11	2008
2	O'NEILL, Charlotte	19:50.42	2006
3	CONGDON, Rae	19:59.87	2006
4	BOAL, Emma	20:03.15	2009
5	ARNOTT, Hallie	20:07.72	2008
6	LOGAN, Hannah	20:47.83	2006
7	WORKMAN, Sydney	21:22.49	2009
8	RUDNICKI, Erika	22:50.77	2006
9			
10			
11			
12			
13			
14			
15			

50m Backstroke			
Rank	Name	Time	Year
1	RATHWELL, Regan	30.81	2017
2	HEWTON, Shaylyn	32.59	2012
2	LADD, Mia Catelyn	32.59	2018
4	BENSEBAA, Leticia	33.09	2017
5	KULIK, Barbara	33.57	2014
6	CORRIVEAU, Emmalina	33.91	2003
7	ZOU, Lillian	34.14	2019
8	ELLIS, Naomi	34.34	2006
9	WOODS, Kelly	34.37	2007
10	CHARAPOVA, Katya	34.41	2019
11	SMITH, Nora	34.47	2012
12	ARNOTT, Neeley	34.49	2008
13	THOMAS, Mikayla	34.51	2008
14	DAVID, Grace	34.82	2017
15	WHITEHEAD, Kayla	34.89	2014

100m Backstroke			
Rank	Name	Time	Year
1	HEWTON, Shaylyn	1:08.85	2012
2	RATHWELL, Regan	1:09.67	2016
3	LACHAPELLE, Edith	1:10.05	1989
4	BENSEBAA, Leticia	1:10.18	2018
5	FRIEND, Jill	1:10.64	1992
6	ZOU, Lillian	1:11.44	2019
7	LADD, Mia Catelyn	1:11.70	2019
7	CORRIVEAU, Emmalina	1:11.80	2004
9	PITTMAN, Kaitlyn	1:11.84	2001
10	MCQUEEN, Shannon	1:12.25	2000
11	SNYDER, Cassia	1:12.26	2014
12	ARNOTT, Neeley	1:12.37	2008
13	HOWE, Olivia	1:12.71	2017
14	ELLIS, Naomi	1:12.78	2006
15	THOMAS, Mikayla	1:12.84	2008

200m Backstroke			
Rank	Name	Time	Year
1	RATHWELL, Regan	2:23.90	2017
2	HEWTON, Shaylyn	2:25.83	2012
3	BENSEBAA, Leticia	2:28.67	2017
4	ZARINS, Stephanie	2:29.25	1993
5	LACHAPELLE, Edith	2:30.02	1989
6	ARNOTT, Neeley	2:32.34	2008
7	FRIEND, Jill	2:32.54	1992
8	MCQUEEN, Shannon	2:34.06	1999
9	ARES, Chantal	2:34.07	1996
10	ELLIS, Naomi	2:34.96	2006
11	BELL, Shannon	2:35.11	1987
12	WOODS, Kelly	2:35.56	2007
13	ARNOTT, Hallie	2:35.61	2008
14	CORRIVEAU, Emmalina	2:35.99	2004
15	PITTMAN, Kaitlyn	2:36.39	2000

50m Breaststroke			
Rank	Name	Time	Year
1	RATHWELL, Regan	35.12	2016
2	WHITEHEAD, Kayla	36.80	2013
3	HEWTON, Shaylyn	37.43	2012
4	BENSEBAA, Leticia	37.76	2018
5	CORRIVEAU, Mieke	38.94	2004
6	BURR, Maggie-Mae	39.30	2015
7	ELLIS, Naomi	39.37	2005
8	ARNOTT, Hallie	40.00	2007
9	BAUMANN, Tabitha	40.04	2008
10	BOAL, Emma	40.29	2010
11	TEJADA, Mia	40.44	2009
12	BRACQ, Laurence	40.54	2016
13	PAGE, Natasha	40.87	2013
14	CROTEAU, Tiffany	40.89	2007
15	YUAN, Emily	40.97	2017

100m Breaststroke			
Rank	Name	Time	Year
1	RATHWELL, Regan	1:15.66	2017
2	ZARINS, Stephanie	1:18.76	1993
3	BELAND, Danielle	1:20.09	1997
4	WHITEHEAD, Kayla	1:20.18	2014
5	MIGICOVSKY, Rachel	1:20.31	1998
6	THORPE, Leanne	1:21.28	1986
7	GESPACHER, Rosemarie	1:21.82	1989
8	PARSONS, Sara	1:22.22	1987
9	BENSEBAA, Leticia	1:22.40	2017
10	SALVADOR, Roselyn	1:22.88	1986
11	BELISLE-LECLERC, Tania	1:23.26	1990
12	ARNOTT, Hallie	1:23.40	2008
13	MACMILLAN, Alichia	1:23.92	1987
14	WIJESEKERA, Kusum	1:23.94	1995
15	OGILVIE, Lucy	1:24.33	2007

200m Breaststroke			
Rank	Name	Time	Year
1	RATHWELL, Regan	2:40.43	2017
2	ZARINS, Stephanie	2:47.80	1993
3	THORPE, Leanne	2:50.10	1986
4	BENSEBAA, Leticia	2:50.65	2017
5	BELAND, Danielle	2:51.46	1997
6	MIGICOVSKY, Rachel	2:53.90	1998
7	WHITEHEAD, Kayla	2:54.64	2013
8	ARNOTT, Hallie	2:55.51	2008
9	ELLIS, Naomi	2:55.56	2005
10	WIJESEKERA, Kusum	2:55.70	1995
11	BELISLE-LECLERC, Tania	2:56.10	1990
12	PARSONS, Sara	2:56.85	1987
13	CORRIVEAU, Mieke	2:58.56	2005
14	GESPACHER, Rosemarie	2:58.76	1989
15	KIMBER, Kathryn	2:58.90	1988

50m Butterfly			
Rank	Name	Time	Year
1	RATHWELL, Regan	30.46	2017
2	BENSEBAA, Leticia	30.85	2017
3	SNYDER, Cassia	31.60	2014
4	YUAN, Emily	32.31	2017
5	WHITEHEAD, Kayla	32.56	2014
6	CONGDON, Rae	32.82	2007
7	EL DANASOURY, Laila	32.96	2015
8	KULIK, Barbara	33.09	2014
9	HARDIE, Isla	33.09	2019
10	BURKE, Charlotte	33.23	2014
11	SMITH, Nora	33.31	2013
12	WEISS-REID, Beatrice	33.32	2017
13	JONES, Eloise	33.46	2014
14	ZOU, Selena	33.52	2016
15	CROTEAU, Tiffany	33.90	2007

100m Butterfly			
Rank	Name	Time	Year
1	RATHWELL, Regan	1:06.56	2017
2	LACHAPELLE, Edith	1:07.14	1989
3	BELAND, Danielle	1:07.80	1997
4	KIMBER, Kathryn	1:08.53	1988
5	BENSEBAA, Leticia	1:08.54	2017
6	SEWELL, Susan	1:09.00	1988
7	SEWELL, Karen	1:09.99	1986
8	GRAVELLE, Julie	1:10.91	1992
9	GALBRAITH, Hayley	1:10.93	2018
10	HAYLEY, Courtney	1:11.33	1991
11	SNYDER, Cassia	1:11.42	2014
12	WHITEHEAD, Kayla	1:11.45	2014
13	YUAN, Emily	1:11.66	2018
14	MACMILLAN, Alichia	1:11.73	1987
15	ROY, Marie	1:11.80	1998

200m Butterfly			
Rank	Name	Time	Year
1	LACHAPELLE, Edith	2:28.11	1989
2	KIMBER, Kathryn	2:38.58	1988
3	SEWELL, Karen	2:29.12	1986
4	BELAND, Danielle	2:31.08	1997
5	BENSEBAA, Leticia	2:31.64	2017
5	SEWELL, Susan	2:31.64	1988
7	GRAVELLE, Julie	2:33.88	1992
8	BENSEBAA, Leticia	2:34.78	2017
9	MACMILLAN, Alichia	2:36.22	1987
10	THORPE, Leanne	2:38.25	1986
11	ZARINS, Stephanie	2:38.31	1993
12	HATT, Stephanie	2:38.41	1996
13	BURKE, Charlotte	2:38.53	2014
14	YUAN, Emily	2:41.53	2018
15	O'SHEA, Annie	2:42.50	2003

100m Individual Medley			
Rank	Name	Time	Year
1	BENSEBAA, Leticia	1:11.64	2018
2	EL DANASOURY, Laila	1:15.75	2016
3	TAKER, Madison	1:15.90	2016
4	YUAN, Emily	1:16.05	2017
5	SNYDER, Cassia	1:16.34	2013
6	ZOU, Lillian	1:16.60	2019
7	BEAUCHESNE, Brooke	1:18.64	2018
8	KULIK, Barbara	1:18.78	2014
9	XU, Ella	1:19.25	2019
10	CHARAPOVA, Katya	1:19.44	2019
11	HEWTON, Shaylyn	1:19.61	2012
12	WEISS-REID, Beatrice	1:19.84	2017
13	ZOU, Selena	1:19.89	2016
14	LADD, Mia Catelyn	1:19.94	2018
15	WHITEHEAD, Kayla	1:19.99	2013

200m Individual Medley			
Rank	Name	Time	Year
1	RATHWELL, Regan	2:23.81	2017
2	LACHAPELLE, Edith	2:28.55	1989
3	BENSEBAA, Leticia	2:28.78	2017
4	ZARINS, Stephanie	2:29.33	1993
5	KIMBER, Kathryn	2:33.48	1988
6	WHITEHEAD, Kayla	2:33.92	2013
7	YUAN, Emily	2:34.60	2018
8	BELL, Shannon	2:34.98	1987
9	BELAND, Danielle	2:35.57	1997
10	ARES, Chantal	2:36.01	1996
11	SEWELL, Susan	2:36.19	1988
12	THORPE, Leanne	2:36.84	1986
13	CONGDON, Rae	2:37.58	2007
14	PHEE, Sarah	2:37.87	2001
15	MACMILLAN, Alichia	2:38.26	1987

400m Individual Medley			
Rank	Name	Time	Year
1	RATHWELL, Regan	5:03.09	2017
2	BENSEBAA, Leticia	5:13.53	2017
3	ZARINS, Stephanie	5:14.32	1993
4	KIMBER, Kathryn	5:18.91	1988
5	BENSEBAA, Leticia	5:23.29	2017
6	BELL, Shannon	5:26.39	1987
7	SEWELL, Susan	5:26.47	1988
8	BELAND, Danielle	5:26.69	1997
9	THORPE, Leanne	5:29.20	1986
10	FOWLER, Kristin	5:30.31	1986
11	SOLOSKI, Rachel	5:30.57	1999
12	GRAVELLE, Julie	5:32.13	1992
13	HATT, Stephanie	5:32.20	1996
14	CONGDON, Rae	5:33.30	2007
15	YUAN, Emily	5:33.52	2018

LAST UPDATED
November 4, 2019