

Oakville Aquatic Club

RECORDS OAK LC

LC Meters-Female

10 & U	50	Free	30.91	3-Jun-05	OAK	Mika Spencer at STAR KICK-OFF LONG COURSE ABC MEET
	100	Free	1:09.99	30-Jun-11	OAK	Nina Tomic at 2011 LC Junior and PARA Provincials
	200	Free	2:29.50	30-Jun-11	OAK	Nina Tomic at 2011 LC Junior and PARA Provincials
	400	Free	5:05.20	1-Jan-78	OAK	V. Reiferstein
	800	Free	11:23.87	28-May-11	OAK	Sarah Cauvel at Taking Up The Slack Meet
	1500	Free	25:00.00	1-Aug-00	OAK	No Record
	50	Back	36.45	7-Jul-05	OAK	Marni Oldershaw at 2005 LC JR/SWAD Provincials
	100	Back	1:17.71	30-Jun-11	OAK	Sarah Cauvel at 2011 LC Junior and PARA Provincials
	200	Back	2:48.83	30-Jun-11	OAK	Sarah Cauvel at 2011 LC Junior and PARA Provincials
	50	Breast	42.04	1-Jan-03	OAK	Erin Assman
	100	Breast	1:29.20	30-Jun-11	OAK	Nina Tomic at 2011 LC Junior and PARA Provincials
	200	Breast	3:21.01	3-Jun-11	OAK	Nina Tomic at STAR LONG COURSE ABC MEET 2011
	50	Fly	35.63	28-May-11	OAK	Sarah Cauvel at Taking Up The Slack Meet
	100	Fly	1:21.34	2-May-08	OAK	Michelle Gervais at 2008 Hicken Invitational
	200	Fly	3:00.73	11-Apr-08	OAK	Michelle Gervais at The Victor Davis Memorial Cup 2008
	200	IM	2:50.28	30-Jun-11	OAK	Nina Tomic at 2011 LC Junior and PARA Provincials
	400	IM	6:04.23	11-Apr-08	OAK	Michelle Gervais at The Victor Davis Memorial Cup 2008
	200	Free Relay	2:12.39	7-Jul-05	OAK	M. Spencer, J. Keire, M. Oldershaw, C. Ross
	400	Free Relay	4:55.70	7-Jul-05	OAK	M. Spencer, J. Keire, M. Oldershaw, C. Ross
	200	Medley Relay	2:32.50	15-Apr-11	OAK	S. Cauvel, T. Slavkovska, E. Tsang, N. Tomic
400	Medley Relay	5:38.18	30-Jun-11	OAK	S. Cauvel, T. Slavkovska, N. Tomic, J. Chow	
11-12	50	Free	28.13	19-Jul-07	OAK	Mika Spencer at Championnats nationaux groupe
	100	Free	1:00.34	19-Jul-07	OAK	Mika Spencer at Championnats nationaux groupe
	200	Free	2:11.15	19-Jul-07	OAK	Mika Spencer at Championnats nationaux groupe
	400	Free	4:40.24	5-Jul-07	OAK	Mika Spencer at 2007 LC JR/SWAD Provincials
	800	Free	9:34.10	1-Jan-75	OAK	S. Piasecki
	1500	Free	19:06.96	20-Jul-06	OAK	Jacqueline Keire at 2006 Canadian Age Group Nationals
	50	Back	32.36	31-May-07	OAK	Marni Oldershaw at 2007 Age Group International
	100	Back	1:08.95	19-Jul-07	OAK	Marni Oldershaw at Championnats nationaux groupe
	200	Back	2:25.91	23-Jul-14	OAK	Alyssa Forbes at 2014 Canadian Age Group Championships
	50	Breast	35.42	25-Jul-12	OAK	Maggie Copland at 2012 Canadian Age Group Championships
	100	Breast	1:16.66	25-Jul-12	OAK	Maggie Copland at 2012 Canadian Age Group Championships
	200	Breast	2:46.35	2-Aug-12	OAK	Maggie Copland at 2012 North American Challenge Cup
	50	Fly	30.96	19-Jul-07	OAK	Mika Spencer at Championnats nationaux groupe
	100	Fly	1:08.76	19-Jul-07	OAK	Mika Spencer at Championnats nationaux groupe
	200	Fly	2:29.84	21-Jul-10	OAK	Olivia Sinclair at 2010 Canadian Age Group Championship
	200	IM	2:28.04	19-Jul-07	OAK	Marni Oldershaw at Championnats nationaux groupe
	400	IM	5:16.09	5-Jul-07	OAK	Marni Oldershaw at 2007 LC JR/SWAD Provincials
	200	Free Relay	1:55.75	5-Jul-07	OAK	M. Oldershaw, B. Jordan, A. Harrison, M. Spencer
	400	Free Relay	4:12.90	5-Jul-07	OAK	M. Oldershaw, B. Jordan, A. Harrison, M. Spencer
	800	Free Relay	9:42.63	24-Jul-13	OAK	A. Forbes, K. Brough, S. Liu, N. Tomic
	200	Medley Relay	2:08.58	5-Jul-07	OAK	A. Harrison, M. Oldershaw, B. Jordan, M. Spencer
	400	Medley Relay	4:43.64	5-Jul-07	OAK	A. Harrison, M. Oldershaw, B. Jordan, M. Spencer

Oakville Aquatic Club

RECORDS OAK LC

13-14	50	Free	27.23	15-Jul-09	OAK	Sharalynn Missiuna at Championnats canadiens groupe
	100	Free	58.66	15-Jul-09	OAK	Mika Spencer at Championnats canadiens groupe
	200	Free	2:07.66	15-Jul-09	OAK	Mika Spencer at Championnats canadiens groupe
	400	Free	4:28.30	1-Jan-75	OAK	L. Matheson
	800	Free	9:06.55	19-Feb-15	OAK	Mabel Zavaros at 2015 Speedo Eastern Canadian O
	1500	Free	17:39.78	1-May-09	OAK	Marni Oldershaw at 2009 Hicken Invitational
	50	Back	30.50	2-Jul-09	OAK	Annie Harrison at 2009 LC Junior and PARA Provincials
	100	Back	1:04.07	14-May-09	OAK	Annie Harrison at 2009 NC Charlotte UltraSwim
	200	Back	2:14.28	14-May-09	OAK	Annie Harrison at 2009 NC Charlotte UltraSwim
	50	Breast	33.76	23-Jul-14	OAK	Christina Ji at 2014 Canadian Age Group Championships
	100	Breast	1:14.18	23-Jul-14	OAK	Christina Ji at 2014 Canadian Age Group Championships
	200	Breast	2:39.63	1-Jan-01	OAK	Kimmi Labbett
	50	Fly	29.21	15-Jul-09	OAK	Mika Spencer at Championnats canadiens groupe
	100	Fly	1:02.45	19-Feb-15	OAK	Mabel Zavaros at 2015 Speedo Eastern Canadian O
	200	Fly	2:20.51	19-Feb-15	OAK	Mabel Zavaros at 2015 Speedo Eastern Canadian O
	200	IM	2:19.40	15-Jul-09	OAK	Marni Oldershaw at Championnats canadiens groupe
	400	IM	4:52.21	5-Aug-09	OAK	Marni Oldershaw at 2009 CA North American Challenge Cup
	200	Free Relay	1:50.98	2-Jul-09	OAK	S. Missiuna, B. Jordan, V. Johansson, M. Spencer
	400	Free Relay	3:58.97	15-Jul-09	OAK	S. Missiuna, M. Oldershaw, V. Johansson, M. Spencer
	800	Free Relay	9:05.06	23-Jul-14	OAK	M. Zavaros, N. Tomic, R. Zavaros, K. Brough
	200	Medley Relay	2:00.56	2-Jul-09	OAK	A. Harrison, M. Oldershaw, M. Spencer, S. Missiuna
	400	Medley Relay	4:23.12	4-Jun-09	OAK	A. Harrison, M. Oldershaw, M. Spencer, S. Missiuna
	15-16	50	Free	26.60	1-Jan-00	OAK
100		Free	57.87	30-Mar-11	OAK	Sharalynn Missiuna at 2011 World Trials
200		Free	2:03.39	23-Jul-14	OAK	Tessa Cieplucha at 2014 Canadian Age Group Championships
400		Free	4:18.00	30-Mar-11	OAK	Annie Harrison at 2011 World Trials
800		Free	8:50.00	6-Aug-15	OAK	Tessa Cieplucha at 2015 Canadian Swimming Championships
1500		Free	16:47.84	1-Apr-15	OAK	Tessa Cieplucha at 2015 Canadian Swimming Trials
50		Back	29.90	15-Jul-09	OAK	Julie Calvert at Championnats canadiens groupe
100		Back	1:02.52	5-Apr-16	OAK	Rosie Zavaros at 2016 Canadian Olympic Trials
200		Back	2:11.78	5-Apr-16	OAK	Rosie Zavaros at 2016 Canadian Olympic Trials
50		Breast	32.27	8-Jul-09	OAK	Tera Van Beilen at 2009 World Championship Trials
100		Breast	1:08.50	1-Aug-09	OAK	Tera Van Beilen at Tri-Nations
200		Breast	2:30.01	15-Jul-09	OAK	Tera Van Beilen at Championnats canadiens groupe
50		Fly	27.64	6-Apr-17	OAK	Kennady Kilger at 2017 Canadian Swimming Trials
100		Fly	1:00.31	5-Apr-16	OAK	Mabel Zavaros at 2016 Canadian Olympic Trials
200		Fly	2:13.39	2-Mar-17	OAK	Mabel Zavaros at Prairie Winter International 2017
200		IM	2:17.20	21-Jul-11	OAK	Marni Oldershaw at Championnats nationaux d'été 2
400		IM	4:46.54	1-Apr-15	OAK	Tessa Cieplucha at 2015 Canadian Swimming Trials
200		Free Relay	1:48.34	3-Jul-14	OAK	A. Grewal, A. Fabugais-Inaba, A. Leckie, A. Will-Dryden
400		Free Relay	3:54.10	23-Jul-14	OAK	A. Grewal, A. Fabugais-Inaba, A. Will-Dryden, T. Cieplucha
800		Free Relay	9:29.67	2-Mar-17	OAK	S. Joachim, A. Liu, J. Lam, A. Klapuschak
200		Medley Relay	1:59.23	2-Jul-09	OAK	A. Harrison, T. Van Beilen, J. Calvert, S. Missiuna
400		Medley Relay	4:18.10	8-Jul-09	OAK	A. Harrison, T. Van Beilen, J. Calvert, S. Missiuna

Oakville Aquatic Club**RECORDS OAK LC**

17 & O	50	Free	25.75	4-Aug-17	OAK	Jacqueline Keire at 2017 Canadian Swimming Championships
	100	Free	54.78	5-Apr-16	OAK	Jacqueline Keire at 2016 Canadian Olympic Trials
	200	Free	1:59.24	5-Apr-16	OAK	Jacqueline Keire at 2016 Canadian Olympic Trials
	400	Free	4:17.71	26-Jul-17	OAK	Mabel Zavaros at 2017 Canadian Junior Swimming Championships
	800	Free	8:44.58	4-Aug-17	OAK	Tessa Cieplucha at 2017 Canadian Swimming Championships
	1500	Free	17:00.26	4-Aug-17	OAK	Mabel Zavaros at 2017 Canadian Swimming Championships
	50	Back	28.66	2-Aug-15	OAK	Dominique N. Bouchard at 16th Fina World Championships
	100	Back	59.80	2-Aug-15	OAK	Dominique N. Bouchard at 16th Fina World Championships
	200	Back	2:08.16	2-Aug-15	OAK	Dominique N. Bouchard at 16th Fina World Championships
	50	Breast	31.40	3-Apr-13	OAK	Tera Van Beilen at 2013 Canadian World Championship Trials
	100	Breast	1:07.37	27-Mar-12	OAK	Tera Van Beilen at 2012 Canadian Olympic & Paralympic Swim Trial
	200	Breast	2:24.03	27-Mar-12	OAK	Tera Van Beilen at 2012 Canadian Olympic & Paralympic Swim Trial
	50	Fly	27.29	6-Apr-17	OAK	Mabel Zavaros at 2017 Canadian Swimming Trials
	100	Fly	59.29	4-May-17	OAK	Mabel Zavaros at 2017 Arena Pro Swim Series Atlanta
	200	Fly	2:12.04	29-Jun-17	OAK	Mabel Zavaros at 2017 Summer LC Provincial Champs
	200	IM	2:13.72	2-Apr-14	OAK	Marni Oldershaw at 2014 Canadian Swimming Trials
	400	IM	4:44.47	10-Jul-13	OAK	Marni Oldershaw at XXVII Universiade
	200	Free Relay	1:47.86	28-Jun-12	OAK	S. Missiuna, M. Spencer, R. Gibson, A. Harrison
	400	Free Relay	3:50.72	16-Jul-14	OAK	S. Missiuna, D. Bouchard, A. Fabugais-Inaba, A. Will-Dryden
	800	Free Relay	8:12.22	4-Aug-17	OAK	J. Keire, M. Zavaros, K. Kilger, T. Cieplucha
	200	Medley Relay	1:58.62*	21-Jan-11	OAK	M. Oldershaw, T. Van Beilen, J. Calvert, S. Missiuna
	200	Medley Relay	1:58.62*	30-Jun-11	OAK	M. Oldershaw, J. Calvert, B. Jordan, S. Missiuna
	400	Medley Relay	4:10.10	3-Apr-13	OAK	A. Harrison, T. Van Beilen, M. Oldershaw, J. Keire

Oakville Aquatic Club

RECORDS OAK LC

LC Meters-Male

10 & U	50	Free	31.97	1-Jan-93	OAK	Andrew Hurd
	100	Free	1:09.68	30-May-15	OAK	Ethan Ma at Spring Oakville LC Invitational
	200	Free	2:32.24	2-Jul-15	OAK	Ethan Ma at 2015 ManSask Long Course Championships
	400	Free	5:15.15	6-Jul-17	OAK	Aidan Zhang at 2017 ManSask LC Provincial Championships
	800	Free	10:54.33	26-May-17	OAK	Aidan Zhang at 2017 Thunderbolts May Grand Prix
	1500	Free	21:31.69	7-Jul-11	OAK	Collyn Gagne at 2011 ManSask LC Championships
	50	Back	36.27	1-Jan-91	OAK	Craig Ross
	100	Back	1:17.64	2-Jul-15	OAK	Ethan Ma at 2015 ManSask Long Course Championships
	200	Back	2:44.28	2-Jul-15	OAK	Ethan Ma at 2015 ManSask Long Course Championships
	50	Breast	42.66	10-May-13	OAK	Trevor Smith at Hollandia Spring Invitational 2013
	100	Breast	1:28.02	1-Jan-87	OAK	P. Simovic
	200	Breast	3:10.07	2-Jul-15	OAK	Ethan Ma at 2015 ManSask Long Course Championships
	50	Fly	34.94	5-May-06	OAK	Michael Seifert at 2006 Dr. Ralph Hicken Invitational
	100	Fly	1:18.07	5-May-06	OAK	Michael Seifert at 2006 Dr. Ralph Hicken Invitational
	200	Fly	2:55.28	26-May-17	OAK	Aidan Zhang at 2017 Thunderbolts May Grand Prix
	200	IM	2:45.50	2-Jul-15	OAK	Ethan Ma at 2015 ManSask Long Course Championships
	400	IM	5:53.32	6-Jul-17	OAK	Aidan Zhang at 2017 ManSask LC Provincial Championships
	200	Free Relay	2:18.25	1-Jan-93	OAK	Soondarsingh, A. Hurd, McLean, J. Moga
	400	Free Relay	5:49.14	2-Jun-06	OAK	E. White, M. Martyn, J. Baddeliyanage, G. MacLennan
	200	Medley Relay	2:37.40	1-Jan-90	OAK	C. Ross, Adam, Syer, J. Bulter
400	Medley Relay	6:54.74	3-Jun-11	OAK	R. Wilkins, T. Smith, L. Whitton, H. Malcolm	
11-12	50	Free	27.75*	1-Jan-89	OAK	J. Howard
	50	Free	27.75*	29-Jun-17	OAK	Ethan Ma at 2017 Ontario Summer AA Meet
	100	Free	59.57	12-May-17	OAK	Ethan Ma at 2017 Hollandia Spring Invitational
	200	Free	2:10.95	26-May-17	OAK	Ethan Ma at 2017 Thunderbolts May Grand Prix
	400	Free	4:35.85	27-Jul-11	OAK	Ali Baki at 2011 Canadian Age Group Championship
	800	Free	9:30.34	27-Jul-11	OAK	Ali Baki at 2011 Canadian Age Group Championship
	1500	Free	17:58.49	1-Jan-80	OAK	D. Botsford
	50	Back	31.63	6-Jul-17	OAK	Ethan Ma at 2017 ManSask LC Provincial Championships
	100	Back	1:06.94	29-Jun-17	OAK	Ethan Ma at 2017 Ontario Summer AA Meet
	200	Back	2:20.96	29-Jun-17	OAK	Ethan Ma at 2017 Summer LC Provincial Champs
	50	Breast	36.02	6-Jul-17	OAK	Patrick Williams at 2017 ManSask LC Provincial Championships
	100	Breast	1:15.90	1-Jan-99	OAK	Marco Monaco
	200	Breast	2:42.01	1-Jan-99	OAK	Marco Monaco
	50	Fly	29.29	3-Jun-10	OAK	Matthew Mac at 2010 Age Group International
	100	Fly	1:05.41	1-Jan-99	OAK	Marco Monaco
	200	Fly	2:23.53	6-Jul-17	OAK	Ethan Ma at 2017 ManSask LC Provincial Championships
	200	IM	2:25.28	1-Jan-99	OAK	Marco Monaco
	400	IM	5:06.09	1-Jan-99	OAK	Marco Monaco
	200	Free Relay	1:50.52	29-Jun-17	OAK	E. Ma, H. Haba, T. Clinton, J. Li
	400	Free Relay	4:07.34	29-Jun-17	OAK	E. Ma, H. Haba, T. Clinton, J. Li
	800	Free Relay	9:12.49	2-Mar-17	OAK	E. Ma, C. Shakespeare, J. Li, T. Clinton
	200	Medley Relay	2:06.95	29-Jun-17	OAK	E. Ma, J. Hume, J. Li, T. Clinton
	400	Medley Relay	4:31.01	29-Jun-17	OAK	E. Ma, J. Hume, J. Li, T. Clinton

Oakville Aquatic Club

RECORDS OAK LC

13-14	50	Free	24.73	6-Apr-17	OAK	Callum MacPherson at 2017 Canadian Swimming Trials
	100	Free	54.28	6-Apr-17	OAK	Callum MacPherson at 2017 Canadian Swimming Trials
	200	Free	1:59.84	6-Apr-17	OAK	Callum MacPherson at 2017 Canadian Swimming Trials
	400	Free	4:14.40	1-Jan-78	OAK	T. Taggart
	800	Free	8:43.48	24-Jul-13	OAK	Ali Baki at 2013 Canadian Age Group Championships
	1500	Free	16:45.62	24-Jul-13	OAK	Ali Baki at 2013 Canadian Age Group Championships
	50	Back	29.16	21-Jul-10	OAK	Mitchell Gour at 2010 Canadian Age Group Championship
	100	Back	1:01.84	27-Apr-12	OAK	Matthew Mac at 2012 Hicken Internation Swim Cup
	200	Back	2:12.56	29-Jul-15	OAK	Dion Renaud at 2015 Speedo Far Western Championship
	50	Breast	31.93	6-Jul-17	OAK	Faris Qubain at 2017 ManSask LC Provincial Championships
	100	Breast	1:09.36	1-Jan-01	OAK	Marco Monaco
	200	Breast	2:31.00	7-Aug-08	OAK	Mack Darragh at North American Challenge Cup 2008
	50	Fly	27.17	15-Jul-09	OAK	Peter Serles at Championnats canadiens groupe
	100	Fly	1:00.43	27-Apr-12	OAK	Matthew Mac at 2012 Hicken Internation Swim Cup
	200	Fly	2:11.95	16-Feb-12	OAK	Mackenzie Hamill at 2012 Eastern Canadian Championships
	200	IM	2:15.38	14-Feb-08	OAK	Mack Darragh at 2008 SPEEDO EASTERN CHAMPS
	400	IM	4:45.57	7-Aug-08	OAK	Mack Darragh at North American Challenge Cup 2008
	200	Free Relay	1:44.24	3-Jul-08	OAK	R. Scarrow, M. Darragh, N. Lang, K. Kikot
	400	Free Relay	3:50.26	4-Jul-13	OAK	A. Baki, A. Ivakhnenko, T. Altenhof, L. Tomic
	800	Free Relay	8:40.42	29-Jul-15	OAK	D. Renaud, D. Li, W. Anderchek, H. Malcolm
	200	Medley Relay	1:56.50	3-Jul-08	OAK	N. Lang, M. Darragh, K. Kikot, R. Scarrow
	400	Medley Relay	4:15.63	3-Jul-08	OAK	N. Lang, M. Darragh, K. Kikot, R. Scarrow
	15-16	50	Free	23.87	25-Jul-12	OAK
100		Free	50.71	26-Aug-13	OAK	Bryce Kwiecien-Delaney at 4th FINA World Junior Swimming
200		Free	1:54.88	24-Jul-13	OAK	Bryce Kwiecien-Delaney at 2013 Canadian Age Group Championships
400		Free	4:05.02	17-Jul-13	OAK	Mackenzie Hamill at 2013 Canadian Summer Nationals
800		Free	8:28.63	17-Jul-13	OAK	Mackenzie Hamill at 2013 Canadian Summer Nationals
1500		Free	16:17.06	29-Jun-17	OAK	Collyn Gagne at 2017 Summer LC Provincial Champs
50		Back	27.43	23-Jul-14	OAK	Matthew Mac at 2014 Canadian Age Group Championships
100		Back	57.93	16-Jul-14	OAK	Matthew Mac at 2014 Canadian Swimming Championships
200		Back	2:04.24	2-Apr-14	OAK	Matthew Mac at 2014 Canadian Swimming Trials
50		Breast	30.09	4-Aug-16	OAK	Leon Qin at 2016 Canadian Swimming Championships
100		Breast	1:05.46	25-Jul-12	OAK	Evan White at 2012 Canadian Age Group Championships
200		Breast	2:18.90	23-Aug-12	OAK	Evan White at 2012 Jr Pan Pacific Swimming Championships
50		Fly	25.77	17-Jul-13	OAK	Bryce Kwiecien-Delaney at 2013 Canadian Summer Nationals
100		Fly	55.69	4-Aug-13	OAK	Bryce Kwiecien-Delaney at Jeux du Canada 2013 Canada Games
200		Fly	2:02.90	17-Jan-13	OAK	Evan White at 2013 Australian Youth Olympic Festival
200		IM	2:04.30	17-Jan-13	OAK	Evan White at 2013 Australian Youth Olympic Festival
400		IM	4:26.37	5-Aug-10	OAK	Mack Darragh at 2010 North American Challenge Cup
200		Free Relay	1:38.96	1-Jul-10	OAK	K. Kikot, M. Darragh, P. Serles, R. Scarrow
400		Free Relay	3:38.11	1-Jul-10	OAK	K. Kikot, M. Darragh, P. Serles, R. Scarrow
800		Free Relay	7:42.54	27-Apr-12	OAK	B. Kwiecien-Delaney, E. White, D. Whiteside, G. Assaad
200		Medley Relay	1:52.16	1-Jul-10	OAK	M. Darragh, J. Cavanagh, K. Kikot, R. Scarrow
400		Medley Relay	4:01.00	16-Feb-12	OAK	M. Gour, E. White, D. Whiteside, B. Kwiecien-Delaney

Oakville Aquatic Club**RECORDS OAK LC**

17 & O	50	Free	23.06	27-Mar-12	OAK	Duncan Partridge at 2012 Canadian Olympic & Paralympic Swim Trial
	100	Free	50.41	23-Aug-12	OAK	Omar Arafa at 2012 Jr Pan Pacific Swimming Championships
	200	Free	1:52.46	5-Apr-16	OAK	Mackenzie Hamill at 2016 Canadian Olympic Trials
	400	Free	3:56.90	5-Apr-16	OAK	Mackenzie Hamill at 2016 Canadian Olympic Trials
	800	Free	8:23.04	6-Aug-15	OAK	Mackenzie Hamill at 2015 Canadian Swimming Championships
	1500	Free	15:50.91	30-Jun-11	OAK	Zack Chetrat at Coupe Canada/Coupe Quebec 2011
	50	Back	26.26	19-Jul-12	OAK	Omar Arafa at 2012 Canadian Summer Nationals
	100	Back	56.20	23-Aug-12	OAK	Omar Arafa at 2012 Jr Pan Pacific Swimming Championships
	200	Back	2:02.15	24-Aug-16	OAK	Matthew Mac at 2016 Jr Pan Pacific Swimming Championships
	50	Breast	29.81	3-Apr-13	OAK	Mack Darragh at 2013 Canadian World Championship Trials
	100	Breast	1:03.37	1-Apr-15	OAK	Mack Darragh at 2015 Canadian Swimming Trials
	200	Breast	2:15.40*	2-Apr-14	OAK	Evan White at 2014 Canadian Swimming Trials
	200	Breast	2:15.40*	2-Apr-14	OAK	Mack Darragh at 2014 Canadian Swimming Trials
	50	Fly	24.54	6-Aug-15	OAK	Gamal Assaad at 2015 Canadian Swimming Championships
	100	Fly	53.37	5-Apr-16	OAK	Mack Darragh at 2016 Canadian Olympic Trials
	200	Fly	1:56.87	4-Aug-17	OAK	Mack Darragh at 2017 Canadian Swimming Championships
	200	IM	1:59.84	2-Apr-14	OAK	Evan White at 2014 Canadian Swimming Trials
	400	IM	4:20.98	30-Jul-13	OAK	Mack Darragh at 2013 U.S. Open Swimming Championships
	200	Free Relay	1:34.52	25-Jul-12	OAK	O. Arafa, E. White, G. Assaad, B. Kwiecien-Delaney
	400	Free Relay	3:27.01	6-Aug-15	OAK	B. Kwiecien-Delaney, M. Mac, M. Fox, E. White
	800	Free Relay	7:37.22	3-Apr-13	OAK	E. White, D. Whiteside, G. Assaad, B. Kwiecien-Delaney
	200	Medley Relay	1:45.53	25-Jul-12	OAK	O. Arafa, E. White, P. Serles, B. Kwiecien-Delaney
	400	Medley Relay	3:46.27	6-Aug-15	OAK	M. Mac, E. White, G. Assaad, B. Kwiecien-Delaney