

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course

Long Course

50 Meter Freestyle

	Name	Age	Time	Year
1	Matthew Rose	27	21.88	Mar-09
2	Blake Worsley	21	22.23	Aug-09
3	Rick Say	26	22.58	Nov-04
4	Thomas Zochowski	25	23.27	Nov-05
5	Christian Carl	20	23.40	Feb-08
6	Wayne Kelly	19	23.53	Mar-83
7	Grayson Repp	17	23.78	Mar-09
8	Michael Calkins	16	23.80	Feb-95
9	Jeremy Bagshaw	17	23.85	Mar-10
10	Stefan Hirniak	24	23.90	Feb-09

50 Meter Freestyle

	Name	Age	Time	Year
1	Matthew Rose	26	22.53	Apr-08
2	Rick Say	29	23.02	Jul-08
3	Ryan Laurin	25	23.16	Aug-00
4	Graham Duthie	21	23.40	Aug-99
5	Christian Carl	21	23.65	Apr-08
6	Blake Worsley	23	23.74	Aug-10
7	Ryan Laurin	26	23.81	Mar-02
8	Thomas Zochowski	26	23.84	Apr-08
9	Eric C Olesen	20	24.16	Jul-08
10	Stan Davis	20	24.22	Jul-81

100 Meter Freestyle

	Name	Age	Time	Year
1	Stefan Hirniak	24	48.27	Mar-09
7	Rick Say	26	48.28	Nov-04
2	Matthew Rose	25	48.32	Nov-06
3	Blake Worsley	21	48.33	Aug-09
4	Wayne Kelly	19	50.72	Mar-83
6	Keegan Zenatta	18	50.77	Dec-11
5	Christian Carl	20	51.05	Jan-08
8	Alec Page	18	51.18	Nov-11
9	Thomas Zochowski	27	51.25	Feb-08
10	Michael Calkins	16	51.37	Mar-95

100 Meter Freestyle

	Name	Age	Time	Year
1	Rick Say	27	49.42	Jul-06
2	Matthew Rose	26	49.62	Apr-08
3	Stefan Hirniak	24	49.98	Jul-09
4	Blake Worsley	23	50.67	Jul-11
5	Graham Duthie	21	50.94	Aug-99
6	Thomas Zochowski	25	51.54	May-05
7	Ryan Laurin	25	51.63	Mar-01
8	Jeremy Bagshaw	17	51.99	Jul-09
9	Coleton Worsley	19	52.58	Jul-10
10	Ryan Cochrane	19	52.63	Jul-08

200 Meter Freestyle

	Name	Age	Time	Year
1	Blake Worsley	21	1:43.29	Aug-09
2	Rick Say	25	1:44.37	Feb-05
3	Stefan Hirniak	24	1:44.91	Nov-09
4	Ryan Cochrane	20	1:47.60	Mar-09
5	Jeremy Bagshaw	17	1:47.76	Aug-09
6	Keegan Zenatta	18	1:47.98	Dec-11
7	Wayne Kelly	19	1:49.29	Mar-83
8	Brett Regan	22	1:50.17	Mar-93
9	Alec Page	17	1:50.21	Mar-11
10	Jon Kelly	21	1:51.31	Nov-87

200 Meter Freestyle

	Name	Age	Time	Year
1	Rick Say	26	1:47.44	Mar-06
2	Blake Worsley	21	1:48.17	Jul-09
3	Ryan Cochrane	20	1:48.55	Jul-09
4	Stefan Hirniak	24	1:48.65	Oct-10
5	Jeremy Bagshaw	17	1:50.51	Aug-09
6	Alec Page	17	1:51.64	Aug-11
7	Jon Kelly	23	1:51.95	Nov-89
8	Keegan Zanatta	18	1:52.32	Jul-11
9	Brett Regan	22	1:52.83	Aug-93
10	Graham Duthie	21	1:53.06	Aug-99

400 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	3:39.10	Aug-09
2	Blake Worsley	21	3:41.76	Aug-09
3	Keegan Zanatta	18	3:45.79	Dec-11
4	Stefan Hirniak	24	3:47.15	Mar-09
5	Jeremy Bagshaw	17	3:47.94	Aug-09
6	Rick Say	27	3:47.97	Nov-06
7	Craig Dagnall	18	3:49.11	Aug-09
8	Brett Regan	23	3:50.87	Mar-94
9	Riley Pickeral	19	3:51.77	Mar-09
10	Wayne Kelly	20	3:52.76	Mar-84

400 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	3:44.85	Aug-08
2	Rick Say	21	3:49.99	May-00
3	Blake Worsley	21	3:51.86	Jul-09
4	Jeremy Bagshaw	17	3:52.03	Aug-09
5	Stefan Hirniak	25	3:54.16	Jul-10
6	Alec Page	18	3:55.43	Dec-11
7	Keegan Zanatta	18	3:56.00	Jul-11
8	Sean Penhale	21	3:56.63	Aug-10
9	Riley Pickeral	19	3:57.22	Jul-09
10	Craig Dagnall	18	3:57.30	Aug-09

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course

Long Course

800 Meter Freestyle

800 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	7:39.57	Mar-09
2	Craig Dagnall	18	7:50.47	Aug-09
3	Jeremy Bagshaw	16	7:54.83	Mar-09
4	Riley Pickerl	19	7:59.05	Mar-09
5	Alec Page-split	18	8:00.84	Dec-11
6	Sean Penhale	22	8:02.87	Dec-10
7	Aimeson King	19	8:03.59	Dec-10
8	Keegan Zanatta	17	8:03.60	Feb-11
9	Brett Regan	18	8:06.57	Jan-89
10	Grayson Repp	17	8:08.81	Mar-09

	Name	Age	Time	Year
1	Ryan Cochrane	22	7:41.86	Jul-11
2	Sean Penhale	20	8:03.51	Jul-09
3	Alec Page	17	8:03.61	Jul-11
4	Keegan Zanatta	18	8:05.28	Jul-11
5	Jeremy Bagshaw	17	8:06.70	Jul-09
6	William Brothers	16	8:08.36	Jul-11
7	Craig Dagnall	18	8:09.09	Jul-09
8	Eric Hedlin	18	8:09.93	Jul-11
9	Blake Worsley	22	8:10.11	Aug-10
10	Greg Streppel	25	8:11.74	Aug-93

1500 Meter Freestyle

1500 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	14:28.63	Aug-09
2	Alec Page	18 #	14:58.86	Dec-11
3	Craig Dagnall	18	15:01.94	Aug-09
4	Jeremy Bagshaw	17	15:10.83	Aug-09
5	Sean Penhale	22	15:21.77	Feb-11
6	Keegan Zanatta	17	15:22.99	Nov-10
7	Will Brothers	17	15:25.26	Dec-11
8	David Creel	20	15:30.51	Feb-01
9	Riley Pickeral	19	15:31.46	Mar-09
10	Jeese Jacks	18	15:32.10	Feb-01

	Name	Age	Time	Year
1	Ryan Cochrane	19	14:40.84	Aug-08
2	Sean Penhale	21	15:21.50	Aug-10
3	Eric Hedlin	18	15:26.14	Jul-11
4	Alec Page	17	15:29.09	Aug-11
5	Craig Dagnall	18	15:29.24	Aug-09
6	William Brothers	16	15:31.26	Aug-11
7	Keegan Zanatta	18	15:32.76	Jul-11
8	Rick Say	21	15:34.53	May-00
9	Greg Streppel	23	15:42.59	May-92
10	Jeremy Bagshaw	17	15:45.46	Aug-09

50 Meter Backstroke

50 Meter Backstroke

	Name	Age	Time	Year
1	Matthew Rose	27	23.95	Mar-09
2	Sean Sepulis	26	24.90	Nov-03
3	Blake Worsley	21	25.86	Aug-09
4	Alec Page	17 #	26.46	Mar-11
5	Jeremy Bagshaw	17	26.66	Mar-10
6	Alex McLaren	17	26.81	Dec-05
7	Guilhem Furtado	17	26.98	Dec-10
8	Desmond Strelzow	21	27.27	Feb-07
9	Richard Alexander	15	28.22	Feb-03
10	Ryan Cochrane	23	28.28	Nov-11

	Name	Age	Time	Year
1	Matthew Rose	27	25.61	Jul-09
2	Sean Sepulis	25	26.26	Jun-03
3	Chris Sawbridge	21	26.91	Mar-02
4	Eric C Olesen	20	26.92	Jul-08
5	Desmond Strelzow	19	27.08	Nov-05
6	Alex McLaren	17	27.37	Nov-05
7	Jeremy Bagshaw	19	27.08	Jul-11
8	John Oram	19	27.92	Aug-90
9	Peter Brothers	14	29.59	Jul-11
10	Justin Pommerville	17	29.59	Jul-03

100 Meter Backstroke

100 Meter Backstroke

	Name	Age	Time	Year
1	Sean Sepulis	26	53.47	Nov-03
2	Matthew Rose	27	53.82	Feb-09
3	Blake Worsley	21	54.52	Aug-09
4	Jeremy Bagshaw	17	55.82	Mar-10
5	Desmond Strelzow	21	56.89	Nov-05
6	Alex McLaren	17	57.68	Dec-05
7	Guilhem Furtado	17	57.85	Dec-10
8	Liam Cochrane	16	58.64	Mar-10
9	Erich Schmitt	16	59.23	2002
10	Ryan Cochrane	19	59.31	Nov-07

	Name	Age	Time	Year
1	Matthew Rose	27	54.92	Jul-08
2	Sean Sepulis - relay leg	25	55.69	Aug-03
3	Desmond Strelzow	19	56.98	Apr-08
4	Chris Sawbridge	21	57.22	Mar-02
5	Jeremy Bagshaw	19	57.64	Jul-11
6	Eric C Olesen	20	57.74	May-09
7	Alex McLaren	19	58.82	Apr-07
8	John Oram	18	59.35	Nov-89
9	Blake Worsley	23	59.49	Mar-11
10	Richard Alexander	17	1:00.50	Jul-04

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course

Long Course

200 Meter Backstroke

	Name	Age	Time	Year
1	Sean Sepulis	26	1:58.42	Nov-03
2	Jeremy Bagshaw	17	1:59.12	Mar-10
3	Desmond Strelzow	21	2:01.27	Nov-05
4	Alec Page	18	2:01.69	Dec-11
5	Alex McLaren	17	2:03.60	Dec-05
6	Dave MacDonald	20	2:04.86	Feb-01
7	Erich Schmitt	16	2:05.98	Feb-02
8	Liam Cochrane	16	2:06.16	Feb-10
9	Richard Alexander	15	2:06.60	Feb-03
10	Ryan Cochrane	16	2:06.63	Feb-05

200 Meter Backstroke

	Name	Age	Time	Year
1	Desmond Strelzow	19	2:00.00	Nov-05
2	Jeremy Bagshaw	17	2:05.23	Jan-10
3	Sean Sepulis	26	2:05.80	Jul-03
4	Nathan O'Brien	17	2:06.53	Aug-00
5	Alex McLaren	19	2:07.27	Mar-07
6	Dave MacDonald	20	2:09.83	Mar-01
7	Jeremy Jaud	19	2:10.06	May-96
8	Erich Schmitt	16	2:10.24	Feb-02
9	Doug Portelance	21	2:10.24	Dec-80
10	Dino Verbrugge	21	2:10.47	Jun-96

50 Meter Breaststroke

	Name	Age	Time	Year
1	Stephen Shumka	19	28.91	Feb-91
2	John Stamhuis	23	29.03	Feb-02
3	Trevor Brekke		29.50	1999
4	Alec Page	17	30.03	Feb-11
5	Serge Score	26	30.68	Feb-88
6	Glen Cairns	20	31.01	Feb-88
7	Jeremy Bagshaw	16	32.72	Nov-08
8	Joseph Chan	16	32.83	Nov-08
9	Ken Nato	16	32.88	Dec-09
10	Wllem Hergesheimer	18	33.49	Nov-08

50 Meter Breaststroke

	Name	Age	Time	Year
1	Morgan Knabe	24	29.24	Nov-05
2	Trevor Brekke	22	29.50	Aug-99
3	Michael Wylie	22	29.74	Aug-99
4	John Stamhuis	22	29.80	Mar-01
5	John Shumka	19	30.71	Aug-90
6	Alec Page	17	31.46	Apr-11
7	Casey Ralph	19	32.38	Aug-04
8	Reginald Lai	18	32.53	Apr-03
9	Ken Naito	17	33.08	Jul-10
10	Riley Pickeral	17	33.66	May-07

100 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis	22	1:01.89	Feb-01
2	Jeremy Jaud	19	1:03.26	Feb-97
3	Stephen Shumka	19	1:03.67	Feb-91
4	Serge Score	23	1:03.75	Feb-85
5	Alec Page	15	1:05.49	Feb-09
6	Ian White	20	1:05.07	Feb-92
7	Ken Hamilton	16	1:06.81	Dec-99
8	Stefan Jakobsen	18	1:06.28	Mar-92
9	Glen Cairns	20	1:07.45	Feb-88
10	Bill Winram	17	1:07.91	Mar-82

100 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis	21	1:03.17	May-00
2	Stephen Shumka	19	1:04.80	Nov-90
3	Michael Wylie	22	1:05.21	Aug-99
4	Trevor Brekke	22	1:05.32	Aug-99
5	Jeremy Jaud	19	1:05.39	Aug-96
6	Serge Score	26	1:06.03	Jun-88
7	John Shumka	19	1:06.44	Aug-90
8	Morgan Knabe	24	1:06.59	Nov-05
9	Ian White	19	1:07.47	Aug-91
10	Glen Cairns	18	1:07.56	Aug-85

200 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis	23	2:11.84	Feb-02
2	Alec Page	15	2:15.45	Aug-09
3	Jeremy Jaud	19	2:15.74	Feb-97
4	Stephen Shumka	19	2:18.36	Feb-91
5	Serge Score	23	2:18.50	Feb-85
6	Ken Hamilton	16	2:20.74	Dec-99
7	Ian White	20	2:20.90	Feb-92
8	Stefan Jakobsen	18	2:22.61	Mar-92
9	Jason Blood	17	2:27.18	Feb-90
10	Bill Winram	17	2:27.64	Mar-82

200 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis	23	2:15.87	Aug-02
2	Alec Page	15	2:21.06	Aug-09
3	Serge Score	24	2:21.39	Mar-86
4	Jeremy Jaud	19	2:21.54	Aug-96
5	Philip Weiss	18	2:22.46	Mar-98
6	Michael Wylie	22	2:24.43	Aug-99
7	Ian White	20	2:24.98	May-92
8	Glen Cairns	18	2:26.31	Aug-85
9	Ken Hamilton	15	2:26.32	May-98
10	Stefan Jakobsen	16	2:27.27	Aug-90

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course

Long Course

50 Meter Butterfly

50 Meter Butterfly

	Name	Age	Time	Year
1	Stefan Hirniak	24	23.98	Mar-09
2	Matthew Rose	26	24.22	Feb-08
3	Blake Worsley	21	24.89	Aug-09
4	Lu Yi Lay	21	25.25	Mar-09
5	Christian Carl	20	25.28	Feb-08
6	Guilhem Furtado	17	26.26	Feb-11
7	Richard Alexander	19	26.29	Nov-06
8	Jeremy Bagshaw	17	26.41	Nov-09
9	Brannyn Hale	18	26.48	Feb-05
10	Milne Tanner	17	27.05	Dec-10

	Name	Age	Time	Year
1	Stefan Hirniak	23	24.88	Jul-09
2	Eric C Olesen	20	25.16	Jul-08
3	Matthew Rose	26	25.20	Jul-07
4	Alex McLaren	20	25.46	Jul-09
5	Kyle McIntee	18	25.69	Mar-11
6	Jessie Jacks	18	25.82	Aug-00
7	Christian Carl	20	26.01	May-07
8	Lu Yi Lay	22	26.07	Jul-09
9	Richard Alexander	21	26.18	Jul-08
10	Brannyn Hale	18	27.13	Jul-05

100 Meter Butterfly

100 Meter Butterfly

	Name	Age	Time	Year
1	Stefan Hirniak	24	51.98	Aug-09
2	Lu Yi Lay	21	55.20	Mar-09
3	Matthew Rose	26	55.32	Nov-07
4	Wayne Kelly	20	55.09	Mar-84
5	Jesse Jacks	18	55.75	Feb-01
6	Jeremy Bagshaw	17	55.92	Mar-10
7	Jon Kelly	25	56.03	Feb-91
8	Blake Worsley	24	56.64	Nov-11
9	Alec Page	17	56.70	Feb-11
10	Richard Alexander	17	57.21	Feb-05

	Name	Age	Time	Year
1	Stefan Hirniak	24	53.53	Jul-09
2	Eric C Olesen	20	54.83	Jul-08
3	Kyle McIntee	18	55.18	Mar-11
4	Jesse Jacks	20	55.22	Jul-10
5	Alex McLaren	23	55.30	Mar-11
6	Richard Alexander	21	56.10	Mar-99
7	Philip Weiss	19	56.83	Jul-09
8	Lu Yi Lay	21	57.06	Jun-84
9	Wayne Kelly	21	56.13	Aug-90
10	Jon Kelly	24	56.68	Jul-95

200 Meter Butterfly

200 Meter Butterfly

	Name	Age	Time	Year
1	Stefan Hirniak	24	1:53.43	Aug-09
2	Jon Kelly	22	1:56.95	1990
3	Philip Weiss	19	1:58.88	Feb-99
4	Alec Page	17	2:00.85	Mar-11
5	Wayne Kelly	21	2:02.35	Feb-85
6	Jesse Jacks	18	2:02.62	Feb-01
7	Keegan Zenatta	18	2:03.65	Dec-11
8	Lu Yi Lay	21	2:04.33	Mar-09
9	Jeremy Bagshaw	16	2:05.46	Dec-08
10	Dino Verbrugge	20	2:05.69	Nov-95

	Name	Age	Time	Year
1	Stefan Hirniak	25	1:57.01	Oct-10
2	Jon Kelly	22	1:59.40	Aug-88
3	Philip Weiss	19	2:00.34	Aug-99
4	Kyle McIntee	18	2:00.64	Mar-11
5	Alec Page	17	2:01.71	Mar-11
6	Dino Verbrugge	20	2:02.58	Jul-95
7	Jesse Jacks	20	2:02.64	Aug-02
8	Richard Alexander	21	2:04.10	Jul-08
9	Jeremy Bagshaw	16	2:05.77	Jul-08
10	Wayne Kelly	18	2:07.12	Aug-82

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course

Long Course

200 Meter Individual Medley

200 Meter Individual Medley

	Name	Age	Time	Year
1	Jon Kelly	21	2:00.58	1987
2	Philip Weiss	19	2:01.23	Dec-98
3	Alec Page	17	2:02.76	Mar-11
4	Jeremy Jaud	19	2:03.67	Feb-97
5	Jeremy Bagshaw	17	2:04.30	Mar-10
6	Keegan Zanatta	18	2:05.20	Dec-11
7	John Stamhuis	22	2:05.55	Feb-01
8	Brett Regan	19	2:07.18	Feb-90
9	Richard Alexander	17	2:08.01	Feb-05
10	Ryan Cochrane	16	2:08.05	Feb-05

	Name	Age	Time	Year
1	Philip Weiss	19	2:04.72	Mar-99
2	Dino Verbrugge	20	2:05.05	Jul-95
3	Philip Weiss	18	2:05.26	Mar-98
4	Jon Kelly	24	2:05.32	Jan-90
5	Alec Page	18	2:05.92	Dec-11
6	Jeremy Jaud	19	2:06.68	Aug-96
7	John Stamhuis	18	2:08.10	Aug-97
8	Brett Regan	21	2:09.14	Jul-92
9	Mathew Wilson	22	2:10.29	Aug-00
10	Jeremy Bagshaw	17	2:11.42	Jul-08

400 Meter Individual Medley

400 Meter Individual Medley

	Name	Age	Time	Year
1	Alec Page	18	4:13.01	Dec-11
2	Philip Weiss	19	4:14.63	Dec-98
3	Jon Kelly	23	4:15.59	Jan-89
4	Ryan Cochrane	21/22	4:19.24	Dec-11
5	Jeremy Jaud	19	4:20.42	Feb-97
6	John Stamhuis	22	4:22.94	Feb-01
7	Greg Steppel	22	4:23.21	Mar-91
8	Brett Regan	19	4:27.69	Feb-90
9	Will Brothers	17	4:25.98	Dec-11
10	Ken Hamilton	16	4:31.14	Dec-99

	Name	Age	Time	Year
1	Alec Page	17	4:20.67	Jul-11
2	Ryan Cochrane	21	4:22.97	Jul-10
3	Jon Kelly	24	4:23.96	Jan-90
4	Philip Weiss	18	4:24.64	Mar-98
5	Dino Verbrugge	20	4:25.94	Jul-95
6	Michael Meldrum	20	4:30.19	Mar-86
7	Will Brothers	16	4:32.37	Jul-11
8	Jeremy Jaud	19	4:33.90	Aug-96
9	David Creel	21	4:33.60	Aug-02
10	Jayson Knack	19	4:34.92	Mar-94

10 KM Open Water

	Name	Age	Time	Year
1	Aimeson King		1Hr 59m 32s	Aug-10
2	Craig Dagnall		2Hr 2m 43s	Aug-10
3				
4				
5				
6				
7				
8				
9				
10				