

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		23.31	Aug-00
4	Graham Duthie		23.40	Aug-99
5	Christian Carl	21	23.65	Apr-08
6	Thomas Zochowski	26	23.84	Apr-08
7	Eric C Olesen	20	24.16	Jul-08
8	Stan Davis	20	24.22	Jul-81
9	Wayne Kelly	19	24.22	Aug-82
10	Sean Sepulis	25	24.35	Apr-03

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	Christian Carl	20	51.05	Jan-08
5	Thomas Zochowski	27	51.25	Feb-08
8	Michael Calkins	16	51.37	Mar-95
9	Jeremy Bagshaw	16	51.48	Feb-09
10	Ryan Cochrane	20	51.65	Feb-09

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	Graham Duthie		51.15	Mar-01
5	Blake Worsley	21	51.17	Jul-09
6	Thomas Zochowski	25	51.54	May-05
7	Jeremy Bagshaw	17	51.99	Jul-09
8	Ryan Cochrane	19	52.63	Jul-08
9	Wayne Kelly	19	52.76	Jul-82
10	Richard Alexander	17	52.89	Jul-04

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	Wayne Kelly	19	1:49.29	Mar-83
7	Brett Regan	22	1:50.17	Mar-93
8	Jon Kelly	21	1:51.31	Nov-87
9	Keegan Zenatta	16	1:51.42	Feb-10
10	Riley Pickerl	19	1:51.51	Mar-09

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	1:49.01	Jul-09
5	Jeremy Bagshaw	17	1:50.51	Aug-09
6	Jon Kelly		1:51.95	Nov-89
7	Brett Regan	22	1:52.83	Aug-93
8	Wayne Kelly	20	1:53.15	Jul-83
9	Grayson Repp	17	1:53.17	Jul-09
10	Sean Penhale	20	1:53.27	Jul-09

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	Stefan Hirniak	24	3:47.15	Mar-09
4	Jeremy Bagshaw	17	3:47.94	Aug-09
5	Rick Say	27	3:47.97	Nov-06
6	Craig Dagnall	18	3:49.11	Aug-09
7	Brett Regan	23	3:50.87	Mar-94
8	Riley Pickeral	19	3:51.77	Mar-09
9	Wayne Kelly	20	3:52.76	Mar-84
10	Jon Kelly	22	3:52.98	Jan-89

400 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	3:44.85	Aug-08
2	Rick Say		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	23	3:56.01	May-08
6	Riley Pickeral	19	3:57.22	Jul-09
7	Craig Dagnall	18	3:57.30	Aug-09
8	Brett Regan	18	3:58.36	Nov-89
9	Alec Page	15	3:59.26	Aug-09
10	Sean Penhale	20	3:59.38	Jul-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 Pickeral	19	7:59.05	Mar-09
5	Brett Regan	18	8:06.57	Jan-89
6	Grayson Repp	17	8:08.81	Mar-09
7	Greg Steppel	20	8:10.00	Jan-89
8	Keegan Zanatta	16	8:10.39	Feb-10
9	Alec Page	16	8:10.89	Mar-10
10	Fin Donnelly	21	8:16.71	Feb-88

	Name	Age	Time	Year
1	Ryan Cochrane	20	7:41.92	Jul-09
2	Sean Penhale	20	8:03.51	Jul-09
3	Jeremy Bagshaw	17	8:06.70	Jul-09
4	Craig Dagnall	18	8:09.09	Jul-09
5	Greg Steppel	25	8:11.74	Aug-93
6	Fin Donnelly		8:16.71	Aug-88
7	Riley Pickeral	18	8:19.07	Jul-09
8	Alec Page	15	8:20.14	Jul-09
9	Keegan Zanatta	16	8:22.23	Jul-09
10	Grayson Repp	17	8:24.44	Jul-09

1500 Meter Freestyle

1500 Meter Freestyle

	Name	Age	Time	Year
1	Ryan Cochrane	20	14:28.63	Aug-09
2	Craig Dagnall	18	15:01.94	Aug-09
3	Jeremy Bagshaw	17	15:10.83	Aug-09
4	Alec Page	16 #	15:27.49	Mar-10
5	Riley Pickeral	19	15:31.46	Mar-09
6	Greg Steppel	22	15:32.16	Mar-91
7	Will Brothers	15	15:33.07	Feb-10
8	Aimeson King	18	15:36.42	Dec-09
9	Brett Regan	16	15:45.00	Feb-88
10	Jeese Jacks	16	15:46.80	1999

	Name	Age	Time	Year
1	Ryan Cochrane	19	14:40.84	Aug-08
2	Craig Dagnall	18	15:29.24	Aug-09
3	Rick Say		15:34.53	May-00
4	Sean Penhale	20	15:42.34	Jul-09
5	Greg Steppel	23	15:42.59	May-92
6	Jeremy Bagshaw	17	15:45.46	Aug-09
7	Alec Page	15	15:49.13	Aug-09
8	Fin Donnelly	21	15:56.56	Jun-88
9	Brett Regan	17	15:59.69	Jun-88
10	Jon Kelly	19	16:07.00	Aug-85

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	Alex McLaren	17	26.81	Dec-05
5	Desmond Strelzow	21	27.27	Feb-07
6	Jeremy Bagshaw	15	27.52	Feb-08
7	Richard Alexander	15	28.22	Feb-03
8	Alec Page	15	28.27	Dec-08
9	Liam Cochrane	16	28.81	Feb-10
10	Justin Pommerville	17	28.89	Feb-04

	Name	Age	Time	Year
1	Matthew Rose	27	25.61	Jul-09
2	Sean Sepulis	25	26.26	Jun-03
3	Eric C Olesen	20	26.92	Apr-08
4	Chris Sawbridge		27.00	Mar-02
5	Desmond Strelzow	19	27.08	Nov-05
6	Alex McLaren	17	27.37	Nov-05
7	John Oram	19	27.92	Aug-90
8	Justin Pommerville	17	29.59	Jul-03
9	Jason Strelzow	23	29.66	Nov-05
10	Riley Pickeral	19	29.89	May-09

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	Liam Cochrane	16	58.64	Mar-10
8	Erich Schmitt	16	59.23	2002
9	Ryan Cochrane	19	59.31	Nov-07
10	Jesse Jacks	16	59.80	1999

	Name	Age	Time	Year
1	Matthew Rose	27	54.92	Jul-08
2	Sean Sepulis	25	56.07	Jun-03
3	Desmond Strelzow	19	56.98	Apr-08
4	Eric C Olesen	20	57.74	May-09
5	Alex McLaren	19	58.82	Apr-07
6	John Oram	18	59.35	Nov-89
7	Jeremy Bagshaw	17	59.83	Jul-09
8	Richard Alexander	17	1:00.50	Jul-04
9	Doug Portelance	21	1:01.01	Dec-80
10	Blake Worsley	21	1:01.43	Jun-09

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	Alex McLaren	17	2:03.60	Dec-05
5	Erich Schmitt	16	2:05.98	Feb-02
6	Liam Cochrane	16	2:06.16	Feb-10
7	Richard Alexander	15	2:06.60	Feb-03
8	Ryan Cochrane	16	2:06.63	Feb-05
9	Alec Page	15	2:07.04	Nov-09
10	Greg Steppel	18	2:07.49	Nov-87

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	2000
5	Alex McLaren	19	2:07.27	Mar-07
6	Erich Schmitt	16	2:10.24	Feb-02
7	Doug Portelance	21	2:10.24	Dec-80
8	Ryan Cochrane	16	2:12.14	Apr-05
9	Richard Alexander	17	2:12.26	Jul-04
10	Riley Pickeral	19	2:13.49	May-09

50 Meter Breaststroke

	Name	Age	Time	Year
1	Stephen Shumka	19	28.91	Feb-91
2	John Stamhuis		29.03	2001
3	Trevor Brekke		29.50	1999
4	Serge Score	26	30.68	Feb-88
5	Glen Cairns	20	31.01	Feb-88
6	Jeremy Bagshaw	16	32.72	Nov-08
7	Joseph Chan	16	32.83	Nov-08
8	Ken Nato	16	32.88	Dec-09
9	Wllem Hergesheimer	18	33.49	Nov-08
10	Richard James	16	33.80	Dec-08

50 Meter Breaststroke

	Name	Age	Time	Year
1	Morgan Knabe	24	29.24	Nov-05
2	John Stamhuis			2000
3	John Shumka	19	30.71	Aug-90
4	Casey Ralph	19	32.38	Aug-04
5	Reginald Lai	18	32.53	Apr-03
6	Riley Pickeral	17	33.66	May-07
7	Joseph Shan	14	33.68	Aug-06
8	Alec Page	15	33.97	Apr-09
9	Jeremy Bagshaw	15	34.58	Apr-08
10	Ryan Buna	17	34.81	Mar-06

100 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis		1:01.89	2001
2	Stephen Shumka	19	1:03.67	Feb-91
3	Serge Score	23	1:03.75	Feb-85
4	Alec Page	15	1:05.49	Feb-09
5	Ian White	20	1:05.07	Feb-92
6	Ken Hamilton	16	1:06.81	2000
7	Stefan Jakobsen	18	1:06.28	Mar-92
8	Glen Cairns	20	1:07.45	Feb-88
9	Bill Winram	17	1:07.91	Mar-82
10	Craig Liddell	17	1:08.01	Mar-85

100 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis		1:03.17	2000
2	Stephen Shumka	19	1:04.80	Nov-90
3	Serge Score	26	1:06.03	Jun-88
4	John Shumka	19	1:06.44	Aug-90
5	Morgan Knabe	24	1:06.59	Nov-05
6	Ian White	19	1:07.47	Aug-91
7	Glen Cairns	18	1:07.56	Aug-85
8	Alec Page	15	1:07.67	Jul-09
9	Stefan Jakobsen	16	1:08.23	Aug-90
10	Bill Winram	18	1:09.00	Aug-82

200 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis		2:11.84	2001
2	Alec Page	15	2:15.45	Aug-09
3	Stephen Shumka	19	2:18.36	Feb-91
4	Serge Score	23	2:18.50	Feb-85
5	Ken Hamilton	16	2:20.74	2000
6	Ian White	20	2:20.90	Feb-92
7	Stefan Jakobsen	18	2:22.61	Mar-92
8	Jason Blood	17	2:27.18	Feb-90
9	Bill Winram	17	2:27.64	Mar-82
10	Terry Nathan	15	2:27.70	1998

200 Meter Breaststroke

	Name	Age	Time	Year
1	John Stamhuis		2:15.87	2000
2	Alec Page	15	2:21.06	Aug-09
3	Serge Score	24	2:21.39	Mar-86
4	Ian White	20	2:24.98	May-92
5	Glen Cairns	18	2:26.31	Aug-85
6	Ken Hamilton	15	2:26.32	1998
7	Stefan Jakobsen	16	2:27.27	Aug-90
8	Geoff Falk	18	2:27.91	Mar-94
9	Jason Abel	19	2:29.77	Mar-94
10	Bill Winram	17	2:32.28	Aug-82

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	Richard Alexander	19	26.29	Nov-06
7	Jeremy Bagshaw	17	26.41	Nov-09
8	Brannyn Hale	18	26.48	Feb-05
9	Grayson Repp	17	27.33	Nov-08
10	Jason Strelzow	23	27.41	Jan-06

	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	Christian Carl	20	26.01	May-07
6	Lu Yi Lay	22	26.07	Jul-09
7	Richard Alexander	21	26.18	Jul-08
8	Brannyn Hale	18	27.13	Jul-05
9	Ryan Laurin	18	27.35	2002
10	Casey Ralph	21	27.63	Feb-07

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	Jeremy Bagshaw	17	55.92	Mar-10
6	Jon Kelly	22	56.03	Feb-91
7	Richard Alexander	17	57.21	Feb-05
8	Jesse Jacks	16	57.23	1999
9	Michael Calkins	16	57.95	Mar-95
10	Ron Page	19	57.99	Feb-88

	Name	Age	Time	Year
1	Stefan Hirniak	24	53.53	Jul-09
2	Eric C Olesen	20	54.83	Jul-08
3	Jesse Jacks	19	55.22	Aug-02
4	Alex McLaren	21	55.83	Jul-09
5	Richard Alexander	21	56.10	Apr-08
6	Lu Yi Lay	21	57.06	Jul-09
7	Wayne Kelly	21	56.13	Jun-84
8	Jon Kelly	24	56.68	Aug-90
9	Dino Verbrugge	20	57.55	Jul-95
10	Brannyn Hale	18	58.83	Apr-05

200 Meter Butterfly

200 Meter Butterfly

	Name	Age	Time	Year
1	Stefan Hirniak	24	1:53.43	Aug-09
2	Jon Kelly	22	1:57.56	Jan-89
3	Alec Page	15	2:01.54	Aug-09
4	Wayne Kelly	21	2:02.35	Feb-85
5	Lu Yi Lay	21	2:04.33	Mar-09
6	Jesse Jacks	16	2:04.72	1999
7	Jeremy Bagshaw	16	2:05.46	Dec-08
8	Richard Alexander	17	2:06.17	Nov-04
9	John McAffray	19	2:06.70	Feb-85
10	Ryan Cochrane	17	2:06.84	Dec-05

	Name	Age	Time	Year
1	Stefan Hirniak	24	1:57.43	Jul-09
2	Jon Kelly	22	1:59.40	Aug-88
3	Philip Weiss		2:00.34	1999
4	Dino Verbrugge	20	2:02.58	Jul-95
5	Jesse Jacks	18	2:02.64	Aug-02
6	Richard Alexander	21	2:04.10	Jul-08
7	Jeremy Bagshaw	16	2:05.77	Jul-08
8	Alec Page	15	2:06.49	Jul-09
9	Wayne Kelly	18	2:07.12	Aug-82
10	Ryan Cochrane	17	2:08.32	Jul-06

ISA TOP 10 ALL TIME PERFORMANCES - Men

Short Course					Long Course				
200 Meter Individual Medley					200 Meter Individual Medley				
	Name	Age	Time	Year		Name	Age	Time	Year
1	Jon Kelly	21	2:00.85	1987	1	Philip Weiss		2:04.72	1999
2	Jeremy Bagshaw	17	2:04.30	Mar-10	2	Dino Verbrugge	20	2:05.05	Jul-95
3	Alec Page	16	2:06.24	Feb-10	3	Jon Kelly	24	2:05.32	Jan-90
4	Brett Regan	19	2:07.18	Feb-90	4	Alec Page	15	2:08.77	Jul-09
5	Richard Alexander	17	2:08.01	Feb-05	5	Brett Regan	20	2:09.20	Aug-91
6	Ryan Cochrane	16	2:08.05	Feb-05	6	Jeremy Bagshaw	17	2:11.42	Jul-08
7	Casey Ralph	19	2:09.43	Dec-04	7	Jayson Knack	19	2:11.58	Mar-94
8	Desmond Strelzow	21	2:09.63	Nov-06	8	Richard Alexander	17	2:12.12	Aug-04
9	Dave Ferguson	16	2:10.60	Mar-90	9	Ryan Cochrane	17	2:12.57	Jul-06
10	Brett Regan	16	2:10.87	Feb-88	10	Glen Cairns	18	2:13.45	Aug-85
10	Keegan Zanatta	16	2:10.87	Mar-10					
400 Meter Individual Medley					400 Meter Individual Medley				
	Name	Age	Time	Year		Name	Age	Time	Year
1	Philip Weiss		4:14.63	1998	1	Jon Kelly	24	4:23.96	Jan-90
2	Jon Kelly	22	4:16.30	Jan-89	2	Philip Weiss		4:24.64	Mar-98
3	Jeremy Jaud		4:20.42	Feb-97	3	Dino Verbrugge	20	4:25.94	Jul-95
4	Greg Steppel	22	4:23.21	Mar-91	4	Michael Meldrum	20	4:30.19	Mar-86
5	Ryan Cochrane	18	4:23.90	Dec-06	5	Ryan Cochrane	19	4:31.03	May-08
6	Alec Page	16	4:25.30	Mar-10	6	Alec Page	15	4:33.88	Jul-09
7	Brett Regan	19	4:27.69	Feb-90	7	Jayson Knack	19	4:34.92	Mar-94
8	Ken Hamilton	16	4:31.14	2000	8	Brett Regan	18	4:36.96	Aug-89
9	Jeremy Bagshaw	15	4:31.65	Feb-08	9	Jeremy Bagshaw	15	4:39.10	Jul-08
10	Will Brothers	15	4:32.27	Feb-10	10	Terry Nathan	16	4:40.32	1999