

## Edmonton Keyano 11-12 Long Course Records

1984	27.82	Janna Promislow	<b>50 Free</b>	Calvin Ho	27.31	2005
1984	1:00.04	Janna Promislow	<b>100 Free</b>	Calvin Ho	58.74	2005
1984	2:12.37	Janna Promislow	<b>200 Free</b>	Calvin Ho	2:07.79	2005
1981	4:34.21	Donna McGinnis	<b>400 Free</b>	Gavin D'Amico	4:38.32	2000
1981	9:26.95	Donna McGinnis	<b>800 Free</b>	Gavin D'Amico	9:57.98	2000
1987	18:27.26	Colleen Hnatiuk	<b>1500 Free</b>	Karl Wolk	18:25.32	2004
2005	33.06	Saskia McLean	<b>50 Back</b>	Calvin Ho	32.19	2005
2000	1:09.08	Mallory Hoekstra	<b>100 Back</b>	Jesse Lund	1:07.22	2000
2000	2:28.11	Mallory Hoekstra	<b>200 Back</b>	Karl Wolk	2:23.94	2004
1996	36.07	Melissa Dyson	<b>50 Breast</b>	Calvin Ho	36.22	2005
1996	1:18.18	Melissa Dyson	<b>100 Breast</b>	Jesse Lund	1:14.12	2000
1996	2:48.77	Melissa Dyson	<b>200 Breast</b>	Jesse Lund	2:42.85	2000
2005	31.69	Saskia McLean	<b>50 Fly</b>	Karl Wolk	30.45	2004
1986	1:08.68	Maria Gaudin	<b>100 Fly</b>	Jesse Lund	1:07.80	2000
1987	2:28.52	Colleen Hnatiuk	<b>200 Fly</b>	Karl Wolk	2:31.49	2004
			<b>100 I.M.</b>			
1984	2:28.32	Janna Promislow	<b>200 I.M.</b>	Jesse Lund	2:25.72	2000
2000	5:17.27	Mallory Hoekstra	<b>400 I.M.</b>	Jesse Lund	5:09.86	2000

**Denotes Swim Alberta Provincial Records**