

### Crusaders Records – short course

<b>10&amp;Under</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	Kevin Dupuis	1989	32.06
100 free	Darryl Cowper	1988	1:11.30
200 free	Darryl Cowper	1988	2:32.55
400 free	Scott Hustins	1985	5:26.70
800 free	Ted Donnelly	2004	12:46.79
1500 free	Scott Hustins	1985	22:15.00
50 back	Kevin Dupuis	1989	37.32
100 back	Daryll Cowper	1988	1:18.98
200 back	Daryll Cowper	1988	2:52.37
50 breast	Ed Aquino	1979	41.70
100 breast	Ed Aquino	1979	1:29.69
200 breast	Michael Gibson	1989	3:20.74
50 fly	Stephen Gibson	1989	37.06
100 fly	Kevin Dupuis	1989	1:21.21
200 fly	Kevin Dupuis	1989	3:12.98
100 IM	Daryll Cowper	1988	1:19.54
200 IM	Daryll Cowper	1988	2:49.14
400 IM	Kevin Dupuis	1989	5:54.79
<b>10&amp;U</b>	<b>Record Holder - Women</b>		<b>Scm</b>
50 free	Ellen Taggart	2007	33.55
100 free	Katie Aucoin	1998	1:10.90
200 free	Lauren MacMichael	2007	2:36.17
400 free	Lauren MacMichael	2007	5:32.02
800 free	Lauren MacMichael	2007	11:21.70
1500 free	Lauren MacMichael	2007	21:23.01
50 back	Gita Sinanan	1981	38.40
100 back	Gita Sinanan	1981	1:23.64
200 back	Hannah Vaughan	1999	2:55.90
50 breast	Lauren MacMichael	2006	40.53
100 breast	Lauren MacMichael	2006	1:30.34
200 breast	Lauren MacMichael	2007	3:09.44
50 fly	Niara Smith	Dec. 2018	36.62
100 fly	Robin Fougere	1987	1:23.23
200 fly	Lauren MacMichael	2007	3:03.42
100 IM	Lauren MacMichael	2007	1:21.12
200 IM	Lauren MacMichael	2006	2:52.44
400 IM	Lauren MacMichael	2007	6:15.37

Crusaders Records – short course

<b>11 &amp; 12</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	David Wilkie	1995	27.98
100 free	David Wilkie	1995	1:00.59
200 free	David Wilkie	1995	2:11.04
400 free	David Wilkie	1995	4:32.18-PR'95
800 free	Conor Gillespie-Friesen	2007	10:00.29
1500 free	David Wilkie	1995	18:08.33
50 back	Sean Berrigan	Jan 2009	32.45
100 back	Graham Richardson	1998	1:06.94-PR'98
200 back	David Wilkie	1995	2:25.26-PR'95
50 breast	Sean Berrigan	Dec 2008	37.00
100 breast	Ed Aquino	1981	1:21.81
200 breast	Matthew Croft	Dec.2014	2:56.18
50 fly	Lucas Seto	Oct.2014	29.56
100 fly	Lucas Seto	Oct.2014	1:08.57
200 fly	Mohamed Eldah	2007	2:35.63
100 IM	Kostek Bedoa-Gorski	2002	1:11.09
200 IM	Jordan Richardson	1994	2:28.21
400 IM	David Wilkie	1995	5:24.40
<b>11&amp;12</b>	<b>Record Holder – Women</b>		<b>Scm</b>
50 free	Jessica Bradstock	1997	29.21
100 free	Stephanie Moir	1998	1:04.74
200 free	Shannon Donnelly	2003	2:19.32
400 free	Danielle Smith	1998	4:53.29
800 free	Erin Revels	1997	10:04.65
1500 free	Sophia Deane	Jan.2020	19:26.14
50 back	Sarah MacDougall	Dec 2012	33.70
100 back	Katherine Dunn	1987	1:13.65
200 back	Stephanie Donnelly	2002	2:30.05
50 breast	Sarah MacDougall	Dec 2012	36.03
100 breast	Kyra Li	2003	1:18.58
200 breast	Kyra Li	2003	2:51.79
50 fly	<b>Niara Smith</b>	<b>Feb.2021</b>	<b>31.39</b>
100 fly	<b>Niara Smith</b>	<b>Nov.2020</b>	<b>1:12.05</b>
200 fly	Erin Revels	1997	2:41.19
100 IM	Sarah MacDougal	Dec 2012	1:13.78
200 IM	Elaine Munroe	1997	2:38.22
400 IM	Hannah Vaughan	2000	5:34.33

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<b>13 &amp; 14</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	Mohamed Eldah	Feb 2009	24.36-PR
100 free	Mohamed Eldah	Jan 2009	54.65
200 free	Daniel Macaulay	2003	2:01.33
400 free	Daniel Macaulay	2002	4:20.68
800 free	Conor Gillespie-Friesen	Feb 2009	9:01.62-PR
1500 free	Andrew Snook	1988	17:04.34-PR
50 back	Mohamed Eldah	Feb 2009	28.58
100 back	Mohamed Eldah	Feb 2009	1:00.95
200 back	Noah Gillespie-Friesen	Dec 2013	2:10.94
50 breast	Brett Liem	Mar 2012	31.76 - PR
100 breast	Brett Liem	Mar 2012	1:10.93
200 breast	Ian Jackson	1988	2:38.37
<b>50 fly</b>	<b>Lucas Seto</b>	<b>Feb 2016</b>	<b>26.51-PR</b>
100 fly	Mohamed Eldah	Feb 2009	58.72-PR
200 fly	Mohamed Eldah	Feb 2009	2:09.82
100 IM	Lucas Seto	Feb 2016	1:03.99
200 IM	Lucas Seto	Mar 2009	2:14.37
400 IM	Will Meredith	2008	4:48.46-PR
<b>4x100 MR</b>	<b>Riley Allen, Matthew Croft, Lucas Seto, Luke Gallant</b>	<b>Feb 2016</b>	<b>4:20.64-PR</b>
<b>4x200 FR</b>	<b>Liam Berrigan, Conor Gillespie-Friesen, Brett Sonnichsen, Mohamed Eldah</b>	<b>Mar 2009</b>	<b>8:38.49-PR</b>
<b>13&amp;14</b>	<b>Record Holder – Women</b>		<b>Scm</b>
50 free	Marie Moore	1982	27.67
100 free	Marie Moore	1982	59.10
200 free	Marie Moore	1982	2:07.79
400 free	Marie Moore	1981	4:28.05
800 free	Marie Moore	1981	9:22.59
1500 free	Sarah Bernier	2008	18:25.66
50 back	Stephanie Donnelly	2004	31.62
100 back	<b>Sophia Deane</b>	<b>Dec.2021</b>	<b>1:07.82</b>
200 back	Katherine Dunn	1989	2:24.19
50 breast	Julie Nolan-McCarthy	Apr. 2021	34.36
100 breast	Julie Nolan-McCarthy	Apr.2021	1:12.72 PR
200 breast	Julie Nolan-McCarthy	Apr.2021	2:41.27
50 fly	<b>Niara Smith</b>	<b>Dec.2021</b>	<b>30.00</b>
100 fly	Marie Moore	1982	1:05.55
200 fly	Marie Moore	1982	2:19.27
100 IM	Hannah Vaughan	2003	1:12.62
200 IM	Marie Moore	1982	2:25.40
400 IM	Hannah Vaughan	2003	5:05.57

Crusaders Records – short course

<b>15&amp;Over</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	Brett Liem	Feb 2016	23.38
100 free	Brett Liem	Feb 2016	51.39
200 free	Mohamed Eldah	Feb 2011	1:53.67
400 free	Kevin Dupuis	1997	4:06.00
800 free	Mike Adams	Mar 2013	8:30.72
1500 free	Matt Piggott	2008	16:16.60
50 back	Sean Berrigan	Feb 2013	25.91 PR
100 back	Sean Berrigan	Feb 2013	55.76 PR
200 back	Morrigan Payne	Mar.2014	2:02.36 PR
50 breast	Brett Liem	Feb 2016	29.53
100 breast	Andrew Cole	1984	1:04.59
200 breast	Andrew Cole	1984	2:19.02
50 fly	Brett Liem	Dec 2015	25.48
100 fly	Mohamed Eldah	Mar 2012	56.21
200 fly	Mohamed Eldah	Feb 2011	2:03.90
100 IM	Sean Berrigan	Oct 2012	1:00.73
200 IM	Kevin Dupuis	1997	2:08.00
400 IM	Kevin Dupuis	1997	4:28.48-PR
4x50 FR 15-17	Thomas Frazer, Mike Adams Sean Berrigan, Mohamed Eldah	Mar 2012	1:36.84-PR
4x200 FR 15-17	Thomas Frazer, Mike Adams Sean Berrigan, Mohamed Eldah	Mar 2012	7:51.49-PR
4x100 MR 15-17	Sean Berrigan, Conor Gillespie- Friesen, Mohamed Eldah, Mike Adams	Mar 2012	3:53.85-PR
<b>15&amp;O</b>	<b>Record Holder – Women</b>		<b>Scm</b>
50 free	Laura Beck	Mar 2012	26.40
100 free	Kayla Graham	2004	57.65
200 free	Kayla Graham	2004	2:03.59
400 free	Marie Moore	1984	4:24.91
800 free	Marie Moore	1983	9:09.21
1500 free	Liz Weis	1998	18:07.57
50 back	Laura Beck	Feb.2012	29.29
100 back	Laura Beck	Mar 2012	1:03.51
200 back	Stephanie Donnelly	2006	2:19.27
50 breast	Laura Beck	Mar 2012	33.42
100 breast	Laura Beck	Mar 2012	1:13.28
200 breast	Morgan Kierstead	2005	2:41.04
50 fly	<b>Hannah MacLeod</b>	<b>Dec.2019</b>	<b>29.51</b>
100 fly	Marie Moore	1984	1:00.91- PR
200 fly	Marie Moore	1984	2:10.89-PR
100 IM	Liz Weis	1998	1:08.26
200 IM	Marie Moore	1983	2:18.55
400 IM	Marie Moore	1984	4:50.27

T5000 pool	Ellen Taggart	April 2011	1:04:32.00
T5000 pool	Mohamed Eldah	April 2011	56:59.00

## Crusaders Records – long course

10&U	Record Holder – Men	Year	Time
50 free	Robin Godfrey	1979	32.32
100 free	Robin Godfrey	1979	1:11.80
200 free	Kevin Dupuis	1989	2:41.87
400 free	Kevin Dupuis	1989	5:35.62
800 free	Conor Gillespie-Friesen	2005	11:37.61
1500 free	Conor Gillespie-Friesen	2005	23:31.43
50 back	Kevin Dupuis	1989	37.64
100 back	David Wilkie	1993	1:11.50
200 back	Brett Sonnichsen	2005	3:07.90
50 breast	Michael David	1985	44.97
100 breast	Michael Gibson	1989	1:37.68
200 breast	Conor Gillespie-Friesen	2005	3:28.02
50 fly	Kevin Dupuis	1989	35.81
100 fly	Kevin Dupuis	1989	1:22.95
200 fly	Brett Sonnichsen	2005	3:22.25
200 IM	Kevin Dupuis	1989	2:54.26
400 IM	Conor Gillespie-Friesen	2005	6:29.64
10&U	Record Holder – Women		Lcm
50 free	Sarah Hennebury	1988	33.71
100 free	Ellen Taggart	2007	1:14.72
200 free	Katherine Dunn	1985	2:40.70
400 free	Katherine Dunn	1985	5:29.79
800 free	Katherine Dunn	1985	11:25.71
1500 free	Lauren MacMichael	2006	22:18.24
50 back	Katherine Dunn	1985	39.23
100 back	Katherine Dunn	1985	1:26.09
200 back	Katherine Dunn	1985	3:01.62
50 breast	Lauren MacMichael	2006	41.71
100 breast	Tiffany Easton	1997	1:34.70
200 breast	Lauren MacMichael	2006	3:19.05
50 fly	Niara Smith	Jan 2019	36.23
100 fly	Niara Smith	Jan 2019	1:24.43
200 fly	Lauren MacMichael	2006	3:16.08
200 IM	Lauren MacMichael	2006	3:02.21
400 IM	Lauren MacMichael	2006	6:16.54

## Crusaders Records – long course

<b>11&amp;12</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time (**=PR)</b>
50 free	Parker Vaughan	2002	27.98
100 free	David Wilkie	1995	1:01.14
200 free	David Wilkie	1995	2:12.15
<b>400 free</b>	<b>David Wilkie</b>	<b>1995</b>	<b>4:42.85-PR</b>
<b>800 free</b>	<b>Conor Gillespie-Friesen</b>	<b>2007</b>	<b>9:54.13-PR</b>
<b>1500 free</b>	<b>Jordan Richardson</b>	<b>1994</b>	<b>18:31.08-PR</b>
50 back	Andrew Swift	June 2013	33.00
100 back	David Wilkie	1995	1:11.51
200 back	David Wilkie	1995	2:31.62
50 breast	Andrew Swift	July 2013	37.30
100 breast	Jordan Richardson	1994	1:22.99
200 breast	Conor Gillespie-Friesen	2007	3:01.22
<b>50 fly</b>	<b>Lucas Seto</b>	<b>July 2014</b>	<b>31.00 PR</b>
100 fly	Lucas Seto	July 2014	1:11.56
200 fly	Sander Hendricksen	1991	2:42.30
<b>200 IM</b>	<b>Jordan Richardson</b>	<b>1994</b>	<b>2:29.19-PR</b>
400 IM	Jordan Richardson	1994	5:23.03
<b>11&amp;12</b>	<b>Record Holder – Women</b>		<b>Lcm</b>
50 free	Jennifer Tummonds	1989	26.91
100 free	Jennifer Tummonds	1989	1:04.80
200 free	Shannon Donnelly	2004	2:21.92
400 free	Katherine Dunn	1987	4:57.97
800 free	Katherine Dunn	1987	10:12.03
1500 free	Stephanie Donnelly	2002	19:43.93
50 back	Sarah MacDougall	May 2012	36.25
100 back	Katherine Dunn	1987	1:14.29
200 back	Katherine Dunn	1987	2:37.73
50 breast	Julie Nolan-McCarthy	March 2020	36.67
100 breast	Julie Nolan-McCarthy	March 2020	1:21.88
<b>200 breast</b>	<b>Sarah MacDougall</b>	<b>May 2012</b>	<b>2:52.49 – PR</b>
50 fly	Niara Smith	March 2020	31.11
100 fly	Erin Malone	1986	1:11.90
200 fly	Sarah MacDougall	July 2012	2:39.76
200 IM	Hannah Vaughan	2001	2:41.90
400 IM	Hannah Vaughan	2001	5:35.40

## Crusaders Records – long course

<b>13 &amp; 14</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	Jason Snyder	1993	25.76
100 free	Lucas Seto	July 2016	57.15
200 free	Mohamed Eldah	Apr 2009	2:06.61
<b>400 free</b>	<b>Bob MacPherson</b>	<b>1978</b>	<b>4:22.75-PR</b>
<b>800 free</b>	<b>Andrew Snook</b>	<b>1987</b>	<b>9:06.22-PR</b>
<b>1500 free</b>	<b>Bob MacPherson</b>	<b>1979</b>	<b>17:30.57-PR</b>
<b>50 back</b>	<b>Mohamed Eldah</b>	<b>2009</b>	<b>30.09-PR</b>
100 back	Mohamed Eldah	2008	1:04.53
200 back	Andrew Swift	May 2015	2:20.39
50 breast	Sean Berrigan	Jan 2011	33.87
100 breast	P Miller	1993	1:13.37
200 breast	Kevin Dupuis	1994	2:39.37
<b>50 fly</b>	<b>Lucas Seto</b>	<b>July 2016</b>	<b>26.92 - PR</b>
100 fly	Mohamed Eldah	2008	1:00.65
200 fly	Mohamed Eldah	2008	2:21.11
200 IM	Andrew Swift	July 2015	2:21.94
<b>400 IM</b>	<b>Kevin Dupuis</b>	<b>1993</b>	<b>4:55.64-PR</b>
<b>800FR</b>	<b>Conor Gillespie-Friesen, Kyle Watson, Brett Sonnichsen, Mohamed Eldah</b>	<b>April 2008</b>	<b>8:55.21-PR</b>
<b>13&amp;14</b>	<b>Record Holder – Women</b>		<b>LCM</b>
50 free	Stephanie Hughes	1993	27.63
100 free	Kayla Graham	2001	1:00.42
200 free	Kayla Graham	2001	2:11.09
400 free	Shannon Donnelly	2005	4:36.43
800 free	Shannon Donnelly	2005	9:28.52
1500 free	Shannon Donnelly	2005	18:19.07
50 back	Hannah MacLeod	July 2019	32.97
100 back	Katherine Dunn	1989	1:07.43
200 back	Katherine Dunn	1989	2:24.56
50 breast	Sarah MacDougall	July 2013	35.23
100 breast	Sarah MacDougall	July 2014	1:18.21
200 breast	Sarah MacDougall	July 2014	2:47.66
50 fly	Hannah MacLeod	July 2019	30.18
100 fly	Melissa Hubley	1996	1:04.60
200 fly	Melissa Hubley	1996	2:30.74
200 IM	Meagan Bernier	2007	2:31.52
400 IM	Hannah Vaughan	2003	5:16.89

## Crusaders Records – long course

<b>15&amp; over</b>	<b>Record Holder – Men</b>	<b>Year</b>	<b>Time</b>
50 free	<b>Brett Liem</b>	<b>July 2017</b>	<b>23.43</b>
100 free	Sean Berrigan	Aug.2013	52.86
200 free	Shawn Dupuis	1994	1:56.44
400 free	Shawn Dupuis	1992	4:11.52
800 free	Shawn Dupuis Jeff Bailey	1994 1997	8:32.12-PR 8:51.60
1500 free	Shawn Dupuis Jeff Bailey	1993 1999	16:38.55 16:36.05-PR-Sr
50 back	Morrigan Payne	Aug 2015	26.54
100 back	Morrigan Payne	Aug 2015	57.03
200 back	Morrigan Payne	Aug 2015	2:05.66 PR
50 breast	Sean Berrigan	Aug 2013	29.72 PR
100 breast	Andrew Cole	1985	1:05.60
200 breast	Kevin Dupuis	1995	2:26.53
50 fly	Mohamed Eldah	Aug 2013	25.46
100 fly	Mohamed Eldah	July 2012	55.24
200 fly	Mohamed Eldah	Aug 2013	2:04.40
200 IM	Mohamed Eldah	July 2012	2:11.31
400 IM	Kevin Dupuis	1997	4:32.15
<b>4x200 FR</b>	<b>Thomas Frazer + Mike Adams + Sean Berrigan + Mo Eldah</b>	<b>Mar.2012</b>	<b>8:14.48 PR 15-17</b>
OWS 5000m	Mohamed Eldah	Jly 2011	1:03:23.30
<b>15&amp;O</b>	<b>Record Holder – Women</b>		<b>LCM</b>
50 free	Laura Beck	Feb.2012	27.16
100 free	Katherine Josey	1986	59.20
200 free	Kayla Graham	2004	2:06.57
400 free	Liz Weis	1999	4:32.60
800 free	Hannah Vaughan	2004	9:27.23
1500 free	Sophia Deane	March 2022	18:53.36
<b>50 back</b>	<b>Laura Beck</b>	<b>Aug.2013</b>	<b>30.28 PR</b>
100 back	Laura Beck	Aug 2013	1:04.86
200 back	Katherine Dunn	1990	2:24.73
50 breast	Sarah MacDougall	Aug 2015	33.92
100 breast	Sarah MacDougall	Aug.2015	1:14.48
200 breast	Morgan Kierstead	2005	2:43.75
50 fly	Meagan Bernier	2008	29.45
100 fly	Melissa Hubley	1999	1:04.50
<b>200 fly</b>	<b>Marie Moore</b>	<b>1984</b>	<b>2:12.96-PR</b>
200 IM	Marie Moore	1987	2:25.88
400 IM	Hannah Vaughan	2004	5:10.48