

History of Crusaders Records – short course

10&Under	Record Holder – Men	Year	Time (PR – current or at the time)
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	S. Hustins	1985	5:26.70
800 free	Ted Donnelly	2004	12:46.79
1500 free	S Hustins	1985	22:15.00
50 back	Kevin Dupuis	1989	37.32
100 back	Darryl Cowper	1988	1:18.98PR
200 back	Darryl Cowper	1988	2:52.37PR
50 breast	Ed Aquino	1979	41.70
100 breast	Ed Aquino	1979	1:29.69
200 breast	M Gibson	1989	3:20.74
50 fly	S Gibson	1989	37.06
100 fly	Kevin Dupuis	1989	1:21.21PR
200 fly	Kevin Dupuis	1989	3:12.98
100 IM	Darryl Cowper	1988	1:19.54
200 IM	Darryl Cowper	1988	2:49.14
400 IM	Kevin Dupuis	1989	5:54.79PR
10&U	Record Holder - Women		Scm
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	21:23.01PR
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	40.53PR
100 breast	Lauren MacMichael	2006	1:30.34
200 breast	Lauren MacMichael	2007	3:09.44PR
50 fly	Lauren MacMichael	2007	36.70
	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

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11 & 12	Record Holder – Men	Year	Time (PR)
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
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-PR
100 back	Graham Richardson	1998	1:06.94-PR
200 back	David Wilkie	1995	2:25.26-PR
50 breast	Sean Berrigan Sean Berrigan Sean Berrigan	2008 Oct 2008 Dec 2008	38.14 37.77 37.00
100 breast	Ed Aquino	1981	1:21.81
200 breast	Patrick Craine Matthew Croft	1998 Dec 2014	2:57.90 2:56.18
50 fly	Sander Hendricksen Lucas Seto	1991 Oct. 2014	31.33 29.56 PR
100 fly	Graham Richardson Lucas Seto	1997 Oct.2014	1:10.60 1:08.57
200 fly	Mohammed 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
11&12	Record Holder – Women		Scm
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	Stephanie Donnelly Sophia Deane	2001 Jan.2020	19:37.92 19:26.14
50 back	Stephanie Moir Sarah MacDougall	1998 Dec 2012	34.45 33.70
100 back	Katherine Dunn	1987	1:13.65
200 back	Stephanie Donnelly	2002	2:30.05
50 breast	Kyra Li Sarah MacDougall	2003 Dec 2012	36.96 36.03
100 breast	Kyra Li	2003	1:18.58
200 breast	Kyra Li	2003	2:51.79
50 fly	Sarah Slaunwhite	2003	32.22
100 fly	E Malone	1984	1:12.10
200 fly	Erin Revels	1997	2:41.19
100 IM	Hannah Vaughn Ellen Taggart Sarah MacDougal	2000 Jan 2009 Dec 2012	1:16.61 1:16.59 1:13.78
200 IM	Elaine Munroe	1997	2:38.22
400 IM	Hannah Vaughan	2000	5:34.33

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13 & 14	Record Holder – Men	Year	Time (ProvRecord)
50 free	Daniel Macaulay Parker Vaughn Mohammed Eldah Mohamed Eldah	2003 2004 Feb 2009 Feb 2009	25.76 25.76 25.61 24.36-PR
100 free	Daniel Macaulay Mohamed Eldah	2003 Jan 2009	55.54 54.65
200 free	Daniel Macaulay	2003	2:01.33
400 free	Daniel Macaulay	2002	4:20.68
800 free	Daniel Macaulay Conor Gillespie-Friesen Conor Gillespie-Friesen	2002 Jan 2009 Feb 2009	9:23.69 9:03.73 9:01.62-PR
1500 free	Andrew Snook	1988	17:04.34-PR
50 back	Will Meredith Mohamed Eldah	2008 Feb 2009	29.62 28.58-PR
100 back	Will Meredith Mohamed Eldah Mohamed Eldah Mohamed Eldah	2007 Jan 2009 Feb 2009 Feb 2009	1:03.41 1:01.89 1:01.24 1:00.95-PR
200 back	Will Meredith Mohamed Eldah Noah Gillespie-Friesen	2008 Mar 2009 Dec 2013	2:15.86 2:11.70-PR 2:10.94
50 breast	Chris Kinsella Sean Berrigan Sean Berrigan Sean Berrigan Brett Liem	1996 Jun 2010 Dec 2010 Jan 2011 Mar 2012	33.79 33.67 32.62 31.91 31.76 - PR
100 breast	Ian Jackson Brett Liem	1988 Mar 2012	1:11.82 1:10.93
200 breast	Ian Jackson	1988	2:38.37
50 fly	Will Meredith Mohamed Eldah Mohamed Eldah Mohamed Eldah Lucas Seto	2008 Dec 2008 Feb 2009 Feb 2009 Feb 2016	27.98 27.66 26.77 26.70-PR 26.51 - PR
100 fly	Will Meredith Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah	2008 Oct 2008 Dec 2008 Dec 2008 Feb 2009 Feb 2009	1:02.46 1:01.79 1:01.72 1:00.22 59.29 58.72-PR
200 fly	Will Meredith Mohamed Eldah Mohamed Eldah Mohamed Eldah	2008 Jan 2009 Jan 2009 Feb 2009	2:18.20 2:16.37 2:16.19 2:09.82-PR
100 IM	Will Meredith Mohamed Eldah Sean Berrigan Sean Berrigan Sean Berrigan Lucas Seto	2007 Oct 2008 Jan 2010 Jun 2010 Oct 2010 Feb 2016	1:08.32 1:05.87 1:05.75 1:05.54 1:04.49-PR 1:03.99
200 IM	Will Meredith Mohamed Eldah Lucas Seto	2008 Mar 2009 Feb 2016	2:17.91 2:16.27 2:14.37
400 IM	Will Meredith	2008	4:48.46-PR

4x100 MR	Brett Sonnichsen, Conor Gillespie-Friesen, Mohamed Eldah, Liam Berrigan	Feb 2009	4:23.45-PR
	Riley Allen, Matthew Croft, Lucas Seto, Luke Gallant	Feb 2016	4:20.64 - PR
4x200 FR	Liam Berrigan, Conor Gillespie-Friesen, Brett Sonnichsen, Mohamed Eldah	Mar 2009	8:38.49-PR

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13&14	Record Holder – Women		Scm
50 free	Marie Moore	1982	27.67
100 free	Marie Moore	1982	59.10-PR
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	31.64
100 back	Stephanie Donnelly	2003	1:08.13
200 back	Katherine Dunn	1989	2:24.19
50 breast	L. Hoganson	1981	36.80
	Julianna Robertson	Dec 2009	36.79
	Hannah Doiron	Mar 2012	36.37
	Hannah Doiron	Mar 2012	35.42
	Sarah MacDougall	Nov 2013	34.99
100 breast	Kyra Li	2003	1:19.83
	Julianna Robertson	2009	1:19.55
	Hannah Doiron	2011	1:19.17
	Hannah Doiron	Feb.2012	1:17.42
	Hannah Doiron	Mar 2012	1:16.97
	Hannah Doiron	Mar 2012	1:15.31
	Sarah MacDougall	Feb 2014	1:14.98
200 breast	Hannah Vaughn	2002	2:48.99
	Julianna Robertson	2009	2:48.47
	Julianna Robertson	Mar 2009	2:47.52
	Julianna Robertson	Mar 2009	2:46.10
	Hannah Doiron	Feb.2012	2:45.72
	Hannah Doiron	Mar 2012	2:45.68
	Hannah Doiron	Mar 2012	2:44.64
	Sarah MacDougall	Mar 2014	2:42.47
50 fly	Hannah Vaughn	2002	30.65
	Hannah Casey	Mar 2014	30.29
	Hannah MacLeod	Dec. 2018	30.20
100 fly	Marie Moore	1982	1:05.55
200 fly	Marie Moore	1982	2:19.27-PR
100 IM	Hannah Vaughn	2003	1:12.62
200 IM	Marie Moore	1982	2:25.40
400 IM	Hannah Vaughn	2003	5:05.57

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15&Over	Record Holder – Men	Year	Time (PR)
50 free	Eric Kerasiotis	1987	24.16
	Mohamed Eldah	2011	24.09
	Brett Liem	Mar 2015	24.04
	Brett Liem	Dec 2015	23.60
	Brett Liem	Dec 2015	23.43
	Brett Liem	Feb 2016	23.38
100 free	Daniel MacAulay	2005	53.10
	Mohamed Eldah	Dec 2011	53.06
	Sean Berrigan	Mar 2012	52.77
	Sean Berrigan	Mar 2012	52.71
	Brett Liem	Dec 2015	51.98
	Brett Liem	Feb 2016	51.91
200 free	Kevin Dupuis	1997	1:56.24
	Mohamed Eldah	Nov 2010	1:55.59
	Mohammed Eldah	Feb 2011	1:53.67
400 free	Kevin Dupuis	1997	4:06.00
800 free	Shawn Dupuis	1993	8:35.54-PR
	Mike Adams	Mar 2012	8:30.72
1500 free	Matt Piggott	2008	16:16.60-PR
50 back	Jason Payne	1989	28.42
	Mohamed Eldah	Dec 2010	28.06
	Mohamed Eldah	Dec 2010	27.73
	Sean Berrigan	Oct 2011	27.55
	Sean Berrigan	Feb.2012	27.33
	Sean Berrigan	Mar 2012	26.92
	Sean Berrigan	Mar 2012	26.74
	Sean Berrigan	Nov 2012	26.56
	Sean Berrigan	Nov 2012	26.18 PR
	Sean Berrigan	Feb 2013	25.91 PR
	100 back	Jason Payne	1989
Mohamed Eldah		Feb 2010	59.45
Mohamed Eldah		Dec 2010	59.19
Mohamed Eldah		Dec 2010	57.78
Sean Berrigan		Feb 2013	56.33
Sean Berrigan		Feb 2013	55.76 PR
200 back	Jeff Bailey	1998	2:06.82
	Mohamed Eldah	Nov 2010	2:05.32
	Mohamed Eldah	Dec 2010	2:03.93
	Sean Berrigan	Feb 2013	2:02.98 PR
	Morrigan Payne	Mar 2014	2:02.26 PR
50 breast	C. Scott	1989	31.24
	Sean Berrigan	Feb.2012	31.12
	Brett Liem	Mar 2014	30.92
	Brett Liem	Mar 2015	30.49
	Brett Liem	Mar 2015	29.96
	Brett Liem	Dec 2015	29.83
	Brett Liem	Feb 2016	29.53
100 breast	Andrew Cole	1984	1:04.59
200 breast	Andrew Cole	1984	2:19.02
50 fly	S Andrews	?	27.64
	Mohamed Eldah	Nov 2009	27.12
	Mohamed Eldah	Dev 2009	26.97
	Mohamed Eldah	Feb 2010	26.76
	Mohamed Eldah	Mar 2010	26.68

	Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah Brett Liem	Mar 2010 Nov 2010 Nov 2010 Feb.2012 Dec 2015	26.51 26.35 25.82 25.72 25.48
100 fly	Corey Knickle Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah	2005 Aug 2009 Aug 2009 Dec 2010 Feb 2011 Feb.2012 Mar 2012	59.25 57.96 57.43 56.96 56.86 56.47 56.21
200 fly	Jeff Bailey Mohamed Eldah Mohamed Eldah Mohamed Eldah Mohamed Eldah	1998 Aug 2009 Aug 2009 Nov 2010 Feb 2011	2:08.94 2:07.64 2:06.30 2:04.94 2:03.90
100 IM	David Wilkie Mohammed Eldah Mohamed Eldah Mohamed Eldah Sean Berrigan	1997 Jan 2010 Oct 2010 Oct 2011 Oct 2012	1:05.00 1:04.70 1:02.35 1:01.42 1:00.73
200 IM	Kevin Dupuis	1997	2:08.00
400 IM	Kevin Dupuis Kevin Dupuis	1995 1997	4:29.67 4:28.48-sr PR
4x50 FR	Thomas Frazer, Mike Adams Sean Berrigan, Mohamed Eldah	Mar 2012	1:36.84 – pr
4x200 FR	Thomas Frazer, Mike Adams Sean Berrigan, Mohamed Eldah	Mar 2012	7:51.49 – pr
4x100 MR	Sean Berrigan, Conor Gillespie-Friesen Mohamed Eldah, Mike Adams	Mar 2012	3:53.85 – pr

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15&O	Record Holder – Women		Scm
50 free	Kayla Graham Laura Beck Laura Beck Laura Beck Laura Beck	2003 Nov 2011 Feb.2012 Mar 2012 Mar 2012	27.34 27.04 26.62 26.59 26.40 PR
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	R Bennett Laura Beck Laura Beck Laura Beck Laura Beck	1989 Nov 2011 Nov 2011 Feb.2012 Mar 2012	31.02 31.01 30.31 29.83 29.29 PR
100 back	Stephanie Donnelly Laura Beck Laura Beck Laura Beck	2006 Nov 2011 Feb 2012 Mar 2012	1:06.43 1:06.00 1:04.62 1:03.51
200 back	Stephanie Donnelly	2006	2:19.27
50 breast	Morgan Kierstead Laura Beck Laura Beck Laura Beck	2005 Nov 2011 Feb.2012 Mar 2012	34.88 34.27 34.00 33.42
100 breast	Morgan Kierstead Laura Beck	2005 Mar 2012	1:14.41 1:13.28
200 breast	Morgan Kierstead	2005	2:41.04
50 fly	Marie Moore Hannah MacLeod	1983 Dec.2019	29.67-PR 29.51
100 fly	Marie Moore	1984	1:00.91-PR
200 fly	Marie Moore	1984	2:10.89
100 IM	Liz Weis	1998	1:08.26
200 IM	Marie Moore	1983	2:18.55
400 IM	Marie Moore	1984	4:50.27

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10&U	Record Holder – Men	Year	Time (ProvRecord)
50 free	Robin Godfrey	1979	32.32-PR
100 free	Robin Godfrey	1979	1:11.80-PR
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-PR
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	M David	1985	44.97
100 breast	M 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	Robin Fougere Niara Smith	1987 Jan.2019	38.11 36.23
100 fly	Lauren MacMichael Niara Smith	2006 Jan.2019	1:29.90 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

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11&12	Record Holder – Men	Year	Time (ProvRecord)
50 free	Parker Vaughn	2002	27.98
100 free	David Wilkie	1995	1:01.14
200 free	David Wilkie	1995	2:12.15
400 free	David Wilkie	1995	4:42.85-PR
800 free	Conor Gillespie-Friesen	2007	9:54.13-PR
1500 free	Jordan Richardson	1994	18:31.08-PR
50 back	Sean Berrigan	2008	34.31
	Andrew Swift	June 2013	33.00
100 back	David Wilkie	1995	1:11.51
200 back	David Wilkie	1995	2:31.62
50 breast	Sean Berrigan	2008	39.87
	Andrew Swift	June 2013	38.08
	Andrew Swift	July 2013	37.30
100 breast	Jordan Richardson	1994	1:22.99
200 breast	Conor Gillespie-Friesen	2007	3:01.22
50 fly	Mohamed Eldah	2007	31.24-PR
	Lucas Seto	July 2014	31.00 - PR
100 fly	Sean Andrews	1985	1:11.93
	Lucas Seto	July 2014	1:11.56
200 fly	Sander Hendricksen	1991	2:42.30
200 IM	Jordan Richardson	1994	2:29.19-PR
400 IM	Jordan Richardson	1994	5:23.03
11&12	Record Holder – Women		Lcm
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 Slaunwhite	2003	37.23
	Sarah MacDougall	May 2012	36.25
100 back	Katherine Dunn	1987	1:14.29
200 back	Katherine Dunn	1987	2:37.73
50 breast	Lauren MacMichael	2007	38.84-PR
	Sarah MacDougall	May 2012	38.26
	Sarah MacDougall	July 2012	37.48
	Julie Nolan-McCarthy	March 2020	36.67
100 breast	Kyra Li	2002	1:21.89
	Julie Nolan-McCarthy	March 2020	1:21.88
200 breast	Kryr Li	2002	2:58.81
	Sarah MacDougall	May 2012	2:52.49 - PR
50 fly	Sarah Slaunwhite	2003	31.99
	Niara Smith	March 2020	31.11
100 fly	E Malone	1986	1:11.90
200 fly	Hannah Vaughn	2001	2:41.96
200 IM	Hannah Vaughn	2001	2:41.90
	Sarah MacDougall	July 2012	2:39.76
400 IM	Hannah Vaughn	2001	5:35.40

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13 & 14	Record Holder – Men	Year	Time (ProvRecord)
50 free	Jason Snyder	1993	25.76
100 free	Jason Snyder Lucas Seto	1993 July 2016	57.54 57.15
200 free	Parker Vaughan Mohamed Elday	2004 Apr 2009	2:06.69 2:06.61
400 free	Bob MacPherson	1978	4:22.75-PR
800 free	Andrew Snook	1987	9:06.22-PR
1500 free	Bob MacPherson	1979	17:30.57-PR
50 back	Will Meredith Mohammed Eldah	2008 2009	30.67-PR 30.09-PR
100 back	Mohamed Eldah	2008	1:04.53
200 back	Jason Snyder Andrew Swift	1993 May 2015	2:21.58 2:20.39
50 breast	Will Meredith Sean Berrigan Sean Berrigan Sean Berrigan	2007 Apr 2010 Jly 2010 Jan 2011	36.16 35.02 34.42 33.87
100 breast	P Miller	1993	1:13.37
200 breast	Kevin Dupuis	1994	2:39.37-PR
50 fly	Mohamed Eldah Lucas Seto Lucas Seto	2008 July 2016 July 2016	27.43-PR 27.31 – PR 26.92 - PR
100 fly	Mohamed Eldah	2008	1:00.65
200 fly	Mohamed Eldah	2008	2:21.11
200 IM	Will Meredith Andrew Swift	2008 July 2015	2:22.07 2:21.94
400 IM	Kevin Dupuis	1993	4:55.64-PR
13&14	Record Holder – Women		LCM
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	Meagan Bernier Hannah MacLeod	2007 July 2019	33.09 32.97
100 back	Katherine Dunn	1989	1:07.43
200 back	Katherine Dunn	1989	2:24.56
50 breast	Hannah Vaughn Sarah MacDougall Sarah MacDougall	2003 July 2013 July 2013	37.15 35.94 35.23
100 breast	Kyra Li Sarah MacDougall	2003 July 2014	1:19.53 1:18.21
200 breast	Hannah Vaughn Sarah MacDougall	2003 July 2014	2:54.17 2:47.66
50 fly	Sarah Slaunwhite Hannah Casey Hannah Casey Juliana Pouliot Hannah Macleod Hannah Macleod	2005 June 2014 July 2014 July 2014 July 2019 July 2019	31.20 30.98 30.80 30.43 30.35 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 Vaughn	2003	5:16.89

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15& over	Record Holder – Men	Year	Time (ProvRecord)
50 free	Eric Kerasiotis	1987	24.70
	Sean Berrigan	Aug.2013	24.43
	Brett Liem	July 2015	24.21
	Brett Liem	July 2015	24.07
	Brett Liem	April 2016	23.85
	Brett Liem	July 2016	23.50
	Brett Liem	July 2017	23.43
100 free	Jason Payne	1989	53.69
	Mohamed Eldah	July 2011	53.52
	Mohamed Eldah	July 2012	53.25
	Mohamed Eldah	July 2012	53.13
	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	1994	8:32.12-PR
1500 free	Shawn Dupuis	1993	16:38.55
	Jeff Bailey	1999	16:36.05 (Sr)
OWS 5000	Mohamed Eldah	Jly 2011	1:03:23.30
50 back	Patrick Craine	2001	30.64
	Mohamed Eldah	Jul 2009	30.40
	Mohamed Eldah	Apr 2010	29.57
	Mohamed Eldah	Jly 2010	29.11
	Mohamed Eldah	Jly 2011	28.65
	Sean Berrigan	Jly 2011	28.29
	Sean Berrigan	Feb.2012	28.22
	Sean Berrigan	July 2012	27.80
	Sean Berrigan	July 2012	27.48
	Sean Berrigan	July 2012	27.12
	Morrigan Payne	July 2014	26.88
	Morrigan Payne	April 2015	26.85
	Morrigan Payne	Aug 2015	26.80
	Morrigan Payne	Aug 2015	26.54
	100 back	Jason Payne	1988
Sean Berrigan		July 2012	1:00.34
Sean Berrigan		July 2012	59.79
Sean Berrigan		Aug.2013	58.15 PR
Morrigan Payne		July 2014	58.01 – PR
Morrigan Payne		July 2014	57.85 – PR
Morrigan Payne		April 2015	57.80
Morrigan Payne		April 2015	57.62
Morrigan Payne	Aug 2015	57.03	
200 back	Jeff Bailey	1997	2:11.15
	Mohamed Eldah	July 2012	2:10.34
	Morrigan Payne	Feb 2015	2:08.81
	Morrigan Payne	April 2015	2:08.62
	Morrigan Payne	Aug 2015	2:06.03
	Morrigan Payne	Aug 2015	2:05.66
50 breast	Luke Atkins	2005	31.78
	Sean Berrigan	Aug 2013	30.15
	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	Corey Knickle	2005	26.66 (sr)
	Mohamed Eldah	Jly 2010	26.54

	Mohamed Eldah	July 2012	26.15
	Mohamed Eldah	July 2012	25.52
	Mohamed Eldah	Aug 2013	25.46
100 fly	Corey Knickle	2005	58.60
	Mohamed Eldah	Jul 2009	58.01
	Mohamed Eldah	Jly 2011	57.14
	Mohamed Eldah	Jly 2011	56.72
	Mohamed Eldah	Mar 2012	56.52
	Mohamed Eldah	July 2012	55.33
	Mohamed Eldah	July 2012	55.24
200 fly	Jeff Bailey	1998	2:08.29
	Mohamed Eldah	Mar 2011	2:06.81
	Mohamed Eldah	July 2012	2:04.76
	Mohamed Eldah	July 2012	2:04.61
	Mohamed Eldah	Aug 2013	2:04.40
200 IM	Kevin Dupuis	1995	2:12.41
	Mohamed Eldah	July 2012	2:11.51
400 IM	Kevin Dupuis	1997	4:32.15
4x200FR	- Mike Adams + Sean Berrigan + Liam Berrigan _ Mohamed Eldah	Jly 2011	8:25.50 PR 15-17
	- Mike Adams + Sean Berrigan + Thomas Frazer + Mo Eldah	Dec. 2011	8:21.39 PR 15-17
	- Thomas Frazer + Mike Adams + Sean Berrigan + Mohamed Eldah	Mar.2012	8:14.48 PR 15-17
15&O	Record Holder – Women		LCM
50 free	K Josey	1986	27.65
	Laura Beck	Feb.2012	27.16
100 free	K Josey	1986	59.20
200 free	Kayla Graham	2004	2:06.57
400 free	Liz Weis	1999	4:32.60
800 free	Hannah Vaughn	2004	9:27.23
1500 free	Meagan Bernier	2008	19:19.85
	Jocelyne Lemay	June 2008	19:11.45
50 back	Stephanie Donnelly	2005	31.93
	Laura Beck	Feb.2012	30.83 PR
	Laura Beck	July 2012	30.79 PR
	Laura Beck	July 2012	30.76 PR
	Laura Beck	July 2013	30.70 PR
	Laura Beck	Aug.2013	30.28 PR
100 back	P Martin	1988	1:08.19
	Laura Beck	Mar.2012	1:06.88
	Laura Beck	July 2012	1:06.36
	Laura Beck	Aug 2013	1:06.18
	Laura Beck	Aug 2013	1:04.36
200 back	Katherine Dunn	1990	2:24.73
50 breast	Morgan Kierstead	2005	35.60
	Laura Beck	Feb.2012	34.72
	Laura Beck	Aug 2013	34.11
	Sarah MacDougall	July 2015	33.92
100 breast	M MacPherson	1988	1:16.59
	Laura Beck	Mar.2012	1:15.96
	Sarah MacDougall	July 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
200 fly	Marie Moore	1984	2:12.96-PR
200 IM	Marie Moore	1987	2:25.88
400 IM	Hannah Vaughn	2004	5:10.48

Open	Record Holder		SCM
5000m	Derek Sonnichsen	2009	1:00.50.00
	Mohamed Eldah	2011	56:59.00
5000m	Jocelyne Lemay	2009	1:07.00
	Erin Bowdrindge	2010	1:06.10
	Ellen Taggart	2011	1:04.32
	Ellen Taggart	2012	1:04.32