

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

**SC Meters-Female**

10 & U	50 Free	32.18	<b>5-Feb-05</b>	Kieran Liew at 2005 Winter Tune-Up
	100 Free	1:09.23	<b>1-Jan-84</b>	Rebecca Sherlock
	200 Free	2:28.02	<b>1-Jan-84</b>	Rebecca Sherlock
	400 Free	5:08.10	<b>1-Feb-93</b>	Julie Cocks
	800 Free	10:40.36	<b>1-Jan-93</b>	Julie Cocks
	50 Back	35.25	<b>5-Feb-05</b>	Kieran Liew at 2005 Winter Tune-Up
	100 Back	1:16.34	<b>5-Feb-05</b>	Kieran Liew at 2005 Winter Tune-Up
	200 Back	2:41.36	<b>5-Feb-05</b>	Kieran Liew at 2005 Winter Tune-Up
	50 Breast	42.22	<b>23-Apr-04</b>	Nickie Kelly at Ontario Team Champs Division 1
	100 Breast	1:31.81	<b>11-Jun-04</b>	Nickie Kelly at TRENT Time Trial
	200 Breast	3:13.38	<b>1-Feb-90</b>	Kristen Kursiss
	50 Fly	35.09	<b>1-Feb-93</b>	Julie Cocks
	100 Fly	1:16.66	<b>1-Feb-93</b>	Julie Cocks
	200 Fly	2:48.32	<b>1-Mar-93</b>	Julie Cocks
	100 IM	1:21.05	<b>1-Jan-84</b>	Rebecca Sherlock
	200 IM	2:49.60	<b>1-Jan-93</b>	Julie Cocks
	400 IM	5:57.18	<b>1-Jan-93</b>	Julie Cocks
	100 Free Relay	1:07.69	<b>1-Jan-88</b>	K. Kursis, L.Oake, R. Oake, D. Shilling
	200 Free Relay	2:24.96	<b>1-Feb-94</b>	S. Albert, A. Alton, S. Andrews, A. Cocks
	100 Medley Relay	1:16.08	<b>1-Jan-88</b>	K. Kursis, L. Oake, R. Oake, D. Shilling
200 Medley Relay	2:46.56	<b>1-Feb-94</b>	S. Albert, A. Alton, S.Andrews, A. Cocks	
11-12	50 Free	29.32	<b>1-Mar-93</b>	Katie Sheridan
	100 Free	1:02.18	<b>1-Dec-90</b>	Lesley Oake
	200 Free	2:13.85	<b>1-Mar-87</b>	Jill Savege
	400 Free	4:39.51	<b>1-Dec-90</b>	Lesley Oake
	800 Free	9:38.15	<b>1-Mar-87</b>	Jill Savege
	1500 Free	19:40.09	<b>20-Oct-06</b>	Kieran Liew at 2006 Esso Challenge
	50 Back	32.93	<b>7-Dec-06</b>	Kieran Liew at 2006 Youth Cup
	100 Back	1:08.93	<b>1-Mar-95</b>	Julie Cocks
	200 Back	2:26.49	<b>1-Mar-95</b>	Julie Cocks
	50 Breast	35.75	<b>1-Oct-98</b>	Jacquelyn Craft
	100 Breast	1:17.87	<b>15-Nov-98</b>	Jacquelyn Craft
	200 Breast	2:44.24	<b>1-Nov-98</b>	Jaquelyn Craft
	50 Fly	34.42	<b>19-Jan-08</b>	Sara Vaughan at Jesse Coward Winterlude 2008
	100 Fly	1:07.30	<b>1-Mar-95</b>	Julie Cocks
	200 Fly	2:25.70	<b>1-Dec-94</b>	Julie Cocks
	100 IM	1:15.56	<b>20-Jan-07</b>	Kieran Liew at Jesse Coward Winterlude Meet
	200 IM	2:30.30	<b>1-Dec-90</b>	Lesley Oake
	400 IM	5:16.08	<b>1-Dec-90</b>	Leslie Oake
	200 Free Relay	2:02.92	<b>26-Jan-86</b>	E. Joore, J. Perkins, J. Savege, R. Sherlock
	400 Free Relay	4:43.78	<b>23-Feb-06</b>	K. Liew, N. Kelly, M. Reed, S. Paschalis
	800 Free Relay	10:24.12	<b>22-Oct-06</b>	C. Pammett, K. Liew, M. Reed, S. Vaughan
	200 Medley Relay	2:18.91	<b>1-Mar-95</b>	J. Cocks, J. Reesor, S. Andrews, S. Kingdon
	400 Medley Relay	5:30.15	<b>23-Feb-06</b>	M. Reed, N. Kelly, K. Liew, S. Paschalis
	13-14	50 Free	26.83	<b>1-Feb-08</b>
100 Free		58.87	<b>18-Apr-08</b>	Cynthia Pammett at Division 1 Team Championships
200 Free		2:07.34	<b>1-Dec-88</b>	Jill Savege
400 Free		4:23.34	<b>1-Dec-88</b>	Jill Savege

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

13-14	800 Free	8:59.01	<b>1-Dec-88</b>	Jill Savege
	1500 Free	17:47.57	<b>1-Jan-89</b>	Jill Savege
	50 Back	30.48	<b>28-Feb-08</b>	Cynthia Pammett at 2008 Jr. S.C. Provincial Championship
	100 Back	1:04.18	<b>28-Feb-08</b>	Cynthia Pammett at 2008 Jr. S.C. Provincial Championship
	200 Back	2:19.39	<b>1-Feb-92</b>	Lesley Oake
	50 Breast	35.19	<b>16-Feb-06</b>	Alex Brown at Eastern SC Champs 2006
	100 Breast	1:16.33	<b>1-Dec-98</b>	Jacquelyn Craft
	200 Breast	2:41.17	<b>1-Mar-99</b>	Jacquelyn Craft
	50 Fly	30.55	<b>24-Oct-08</b>	Cynthia Pammett at 2008 Esso Challenge
	100 Fly	1:04.75	<b>1-Mar-96</b>	Julie Cocks
	200 Fly	2:18.48	<b>1-Dec-96</b>	Julie Cocks
	100 IM	1:12.86	<b>20-Jan-12</b>	TRENT Hailley Guthrie at PICK Winter Swim Fest 2012
	200 IM	2:27.83	<b>1-Mar-96</b>	Julie Cocks
	400 IM	5:09.72	<b>1-Mar-96</b>	Julie Cocks
	200 Free Relay	1:58.76	<b>1-Mar-96</b>	O. Veraszto, J. Reesor, S. Kingdon, J. Cocks
	400 Free Relay	4:19.94	<b>1-Mar-07</b>	C. Pammett, K. Liew, J. Gow, N. Kelly
	800 Free Relay	9:23.45	<b>19-Oct-07</b>	J. Gow, C. Pammett, M. Reed, S. Mitchell-Ewart
	200 Medley Relay	2:09.82	<b>7-Dec-06</b>	K. Liew, N. Kelly, J. Gow, C. Pammett
	400 Medley Relay	4:43.99	<b>7-Dec-06</b>	K. Liew, N. Kelly, J. Gow, C. Pammett
15-17	50 Free	26.05	<b>26-Nov-10</b>	Cynthia Pammett at 2010 Canada Cup
	100 Free	57.17	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
	200 Free	2:04.78	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
	400 Free	4:21.45	<b>1-Feb-91</b>	Jill Savege
	800 Free	8:58.54	<b>1-Feb-91</b>	Jill Savege
	1500 Free	18:02.09	<b>26-Feb-09</b>	Jasmin Gow at Junior Provincial Short Course Championships
	50 Back	28.62	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
	100 Back	1:00.49	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
	200 Back	2:10.44	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
	50 Breast	33.35	<b>20-Feb-03</b>	Jacquelyn Craft at 2003 Eastern Canadian Championships
	100 Breast	1:11.65	<b>27-Feb-03</b>	Jacquelyn Craft at 2003 Short Course Junior & SWAD Provincials
	200 Breast	2:33.72	<b>27-Feb-03</b>	Jacquelyn Craft at 2003 Short Course Junior & SWAD Provincials
	50 Fly	28.35	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
	100 Fly	1:02.27	<b>15-Apr-11</b>	Cynthia Pammett at Division 2 Team Champs 2011
	200 Fly	2:25.02	<b>1-Jan-93</b>	Stephanie Taylor
	100 IM	1:11.10	<b>14-Oct-01</b>	Jacquelyn Craft at Sprint I
	200 IM	2:21.13	<b>4-Feb-11</b>	Cynthia Pammett at 2011 Huronia Regional SC Championships
	400 IM	5:05.37	<b>27-Feb-03</b>	Jacquelyn Craft at 2003 Short Course Junior & SWAD Provincials
	200 Free Relay	1:49.21	<b>26-Feb-09</b>	C. Pammett, J. Gow, A. Brown, M. McGee
	400 Free Relay	4:04.80	<b>26-Feb-09</b>	M. McGee, C. Pammett, J. Gow, A. Brown
	800 Free Relay	9:27.80	<b>1-Feb-96</b>	L. Button, J. Taylor, A. Imrie, J. Cocks
	200 Medley Relay	2:00.64	<b>26-Feb-09</b>	C. Pammett, A. Brown, J. Gow, M. McGee
	400 Medley Relay	4:29.89	<b>26-Feb-09</b>	C. Pammett, A. Brown, J. Gow, M. McGee
18 & O	50 Free	26.75	<b>1-Jan-84</b>	Wendy Lamers
	100 Free	58.81	<b>1-Jan-84</b>	Wendy Lamers
	200 Free	2:11.65	<b>1-Jan-84</b>	Wendy Lamers
	400 Free	4:37.93	<b>1-Jan-84</b>	Wendy Lamers
	800 Free	9:48.46	<b>1-Jan-83</b>	Cheryl Kemp
	50 Back	31.53	<b>27-Nov-09</b>	Alex Brown at 2009 Canada Cup
	100 Back	1:07.26	<b>2-Feb-02</b>	Julie Cocks at OUA Champs
	200 Back	2:22.93	<b>3-Feb-02</b>	Julie Cocks at OUA Champs

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

18 & O	50 Breast	32.80	<b>11-Mar-09</b>	Jacquelyn Craft at 2009 SNC Spring Nationals
	100 Breast	1:10.34	<b>19-Mar-04</b>	Jacquelyn Craft at 2004 NCAA Championships
	200 Breast	2:28.54	<b>20-Mar-04</b>	Jacquelyn Craft at 2004 NCAA Championships
	50 Fly	29.02	<b>10-Feb-11</b>	Daniela Sheinin at University of Guelph Varsity Invitational
	100 Fly	1:04.99	<b>10-Feb-11</b>	Daniela Sheinin at OUA 2011
	200 Fly	2:23.39	<b>3-Feb-02</b>	Julie Cocks at OUA Champs
	100 IM	1:14.83	<b>14-Oct-00</b>	Deanne Demattos
	200 IM	2:30.10	<b>1-Jan-84</b>	Wendy Lamers
	400 IM	5:09.16	<b>1-Jan-89</b>	Amy Perkins
	200 Free Relay	1:56.47	<b>1-Jan-87</b>	C. Drummond, B. Legros, A. Perkins, W. Lamers
	400 Free Relay	4:18.33	<b>1-Mar-96</b>	J.Taylor, B.Albert, J.Cocks, M.Rose
	200 Medley Relay	2:08.54	<b>8-Dec-02</b>	Sarah Lynch, Rachel Gow, Jacquelyn Craft, Kat Duckworth
	Open	50 Free	26.05	<b>26-Nov-10</b>
100 Free		57.17	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
200 Free		2:04.78	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
400 Free		4:21.45	<b>1-Jan-91</b>	Jill Savege
800 Free		8:58.54	<b>1-Jan-91</b>	Jill Savege
1500 Free		17:47.57	<b>1-Jan-89</b>	Jill Savege
50 Back		28.62	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
100 Back		1:00.49	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
200 Back		2:10.44	<b>17-Feb-11</b>	Cynthia Pammett at 2011 Speedo Eastern Canadian Championships
50 Breast		33.35	<b>20-Feb-03</b>	Jacquelyn Craft
100 Breast		1:10.34	<b>19-Mar-04</b>	Jacquelyn Craft at 2004 NCAA Championships
200 Breast		2:28.54	<b>20-Mar-04</b>	Jacquelyn Craft at 2004 NCAA Championships
50 Fly		28.35	<b>17-Dec-10</b>	Cynthia Pammett at Invitation de Noel
100 Fly		1:02.27	<b>15-Apr-11</b>	Cynthia Pammett at Division2 Team Championships2011
200 Fly		2:18.48	<b>1-Mar-96</b>	Julie Cocks
100 IM		1:11.10	<b>13-Oct-01</b>	Jacquelyn Craft
200 IM		2:21.13	<b>4-Feb-11</b>	Cynthia Pammett at 2011 Huronia Regional SC Championships
400 IM		5:05.37	<b>27-Feb-03</b>	Jacquelyn Craft
200 Free Relay		1:48.22	<b>16-Jan-10</b>	C. Pammett, K. McFall, J. Gow, S. Chard
400 Free Relay		4:03.86	<b>10-Feb-11</b>	K. McFall, S. Chard, D. Sheinin, C. Wood
800 Free Relay		9:16.92	<b>19-Oct-07</b>	C. Pammett, J. Gow, J. Gow, A. Brown
200 Medley Relay		2:00.64	<b>26-Feb-09</b>	C. Pammett, A. Brown, J. Gow, M. McGee
400 Medley Relay		4:29.89	<b>26-Feb-09</b>	C. Pammett, A. Brown, J. Gow, M. McGee

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

**SC Meters-Male**

10 & U	50 Free	32.28	<b>1-Jan-95</b>	Bill Cocks
	100 Free	1:11.10	<b>1-Jan-84</b>	Matt Adams
	200 Free	2:33.40	<b>1-Jan-84</b>	Matt Adams
	400 Free	5:32.76	<b>5-Apr-09</b>	Eric Laing at Trent Swim Club Time Trials
	800 Free	13:12.16	<b>22-Jan-11</b>	Jack Chambers at PICK Winter Swim Fest
	1500 Free	25:05.92	<b>1-Jan-89</b>	Erik Yuill
	50 Back	35.70	<b>1-Jan-84</b>	Matt Adams
	100 Back	1:17.17	<b>1-Jan-84</b>	Matt Adams
	200 Back	2:44.84	<b>1-Jan-84</b>	Matt Adams
	50 Breast	39.52	<b>1-Dec-94</b>	Bill Cocks
	100 Breast	1:27.76	<b>25-Apr-03</b>	Anthony Liew at 2003 Division II Team Championships
	200 Breast	3:08.61	<b>1-Dec-94</b>	Bill Cocks
	50 Fly	34.24	<b>1-Dec-94</b>	Bill Cocks
	100 Fly	1:19.07	<b>1-Dec-94</b>	Bill Cocks
	200 Fly	3:00.83	<b>1-Dec-94</b>	Bill Cocks
	100 IM	1:18.04	<b>1-Dec-94</b>	Bill Cocks
	200 IM	2:52.84	<b>25-Apr-03</b>	Anthony Liew at 2003 Division II Team Championships
	400 IM	6:13.63	<b>1-Jan-95</b>	Bill Cocks
	100 Free Relay	1:07.69	<b>1-Jan-88</b>	B. Bidgood, A. Burch, T. Grant, E. Yuill
	200 Free Relay	2:19.42	<b>1-Feb-91</b>	S. Adams, B. Bidgood, C. Dancel, B. Lillico
	400 Free Relay	5:32.82	<b>1-Jun-90</b>	S. Adams, B. Bidgood, C. Dancel, B. Lillico
	100 Medley Relay	1:27.66	<b>1-Jan-88</b>	B. Bidgood, A. Burch, T. Grant, E. Yuill
	200 Medley Relay	2:34.16	<b>1-Feb-91</b>	S. Adams, B. Bidgood, C. Dancel, B. Lillico
11-12	50 Free	26.77	<b>20-Apr-01</b>	Ryan Gow at 2001 Division 3 Championships
	100 Free	58.88	<b>1-Mar-01</b>	Ryan Gow at 2001 Ontario Jr. Provincials
	200 Free	2:08.55	<b>20-Apr-01</b>	Ryan Gow at 2001 Division 3 Championships
	400 Free	4:33.09	<b>1-Mar-01</b>	Ryan Gow at 2001 Ontario Jr. Provincials
	800 Free	9:51.99	<b>24-Feb-05</b>	Dustin Dwyer at Junior Provincial Short Course 2005
	1500 Free	18:35.41	<b>1-Mar-01</b>	Ryan Gow at 2001 Ontario Jr. Provincials
	50 Back	33.13	<b>3-Dec-04</b>	Anthony Liew at Huronia Short Course Championship 2004
	100 Back	1:08.11	<b>20-Apr-01</b>	Ryan Gow at 2001 Division 3 Championships
	200 Back	2:27.42	<b>20-Apr-01</b>	Ryan Gow at 2001 Division 3 Championships
	50 Breast	35.40	<b>1-Jan-78</b>	James Kemp
	100 Breast	1:16.99	<b>1-Nov-88</b>	Courtney James
	200 Breast	2:45.99	<b>1-Nov-88</b>	Courtney James
	50 Fly	32.26	<b>17-Jan-09</b>	Austin Pammett at Jesse Coward Winterlude 2009
	100 Fly	1:09.24	<b>26-Feb-09</b>	Austin Pammett at Junior Provincial Short Course Championships
	200 Fly	2:36.27	<b>26-Feb-09</b>	Austin Pammett at Junior Provincial Short Course Championships
	100 IM	1:13.34	<b>15-Jan-05</b>	Anthony Liew at Jesse Coward Winterlude Meet
	200 IM	2:31.02	<b>1-Nov-88</b>	Courtney James
	400 IM	5:21.73	<b>1-Nov-88</b>	Courtney James
	200 Free Relay	2:00.97	<b>24-Feb-05</b>	A. Liew, D. Dwyer, K. Malakos, B. Harris at Junior Provincial Short Course 2005
	400 Free Relay	4:29.12	<b>26-Feb-05</b>	D. Dwyer, A. Liew, K. Malakos, B. Harris at Junior Provincial Short Course 2005
	200 Medley Relay	2:14.01	<b>25-Feb-05</b>	D. Dwyer, A. Liew, K. Malakos, B. Harris at Junior Provincial Short Course 2005
	400 Medley Relay	5:00.03	<b>27-Feb-05</b>	D. Dwyer, A. Liew, K. Malakos, B. Harris at Junior Provincial Short Course 2005
	13-14	50 Free	24.74	<b>27-Feb-03</b>
100 Free		53.89	<b>27-Feb-03</b>	Ryan Gow at 2003 Short Course Junior & SWAD Provincials
200 Free		1:57.89	<b>20-Feb-03</b>	Ryan Gow at 2003 Eastern Canadian Championships

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

13-14	400 Free	4:10.26	<b>20-Feb-03</b>	Ryan Gow at 2003 Eastern Canadian Championships	
	800 Free	9:06.09	<b>20-Feb-03</b>	Ryan Gow at 2003 Eastern Canadian Championships	
	1500 Free	16:36.91	<b>1-Feb-90</b>	Darren Murphy	
	50 Back	29.86	<b>7-Dec-06</b>	Dustin Dwyer at 2006 Youth Cup	
	100 Back	1:01.25	<b>1-Jul-35</b>	Matt Adams	
	200 Back	2:10.93	<b>1-Dec-88</b>	Matt Adams	
	50 Breast	33.17	<b>22-Oct-05</b>	Tyler Harris at Esso Challenge 2005 - Dash for	
	100 Breast	1:09.66	<b>1-Dec-98</b>	Bill Cocks	
	200 Breast	2:33.70	<b>1-Dec-98</b>	Bill Cocks	
	50 Fly	28.48	<b>7-Dec-06</b>	Kori Malakos at 2006 Youth Cup	
	100 Fly	1:01.47	<b>24-Feb-11</b>	Austin Pammett at Junior Provincial Short Course	
	200 Fly	2:20.61	<b>1-Jan-99</b>	Bill Cocks	
	100 IM	1:07.99	<b>18-Jan-03</b>	Ryan Gow at Jesse Coward Winterlude Meet	
	200 IM	2:14.65	<b>11-Dec-98</b>	Bill Cocks	
	400 IM	4:50.12	<b>16-Apr-98</b>	Matt Adams	
	200 Free Relay	1:45.80	<b>1-Jan-94</b>	S. Moreau, C. Nash, A. Slot, E. Yuill	
	400 Free Relay	3:56.33	<b>7-Dec-06</b>	K. Malakos, D. Dwyer, A. Liew, B. Harris	
	800 Free Relay	9:09.30	<b>22-Oct-06</b>	D. Dwyer, K. Malakos, A. Liew, B. Harris	
	200 Medley Relay	2:00.12	<b>7-Dec-06</b>	D. Dwyer, A. Liew, K. Malakos, B. Harris	
	400 Medley Relay	4:23.69	<b>7-Dec-06</b>	D. Dwyer, A. Liew, K. Malakos, B. Harris	
15-17	50 Free	23.11	<b>23-Feb-06</b>	Ryan Gow at 2006 Junior/SWAD S.C. Provincial Championship	
	100 Free	50.90	<b>23-Feb-06</b>	Ryan Gow at 2006 Junior/SWAD S.C. Provincial Championship	
	200 Free	1:52.63	<b>17-Feb-05</b>	Ryan Gow at 2005 Eastern Canadian Championships	
	400 Free	4:05.14	<b>1-Feb-91</b>	Darren Murphy	
	800 Free	8:19.85	<b>1-Feb-92</b>	Darren Murphy	
	1500 Free	15:55.62	<b>1-Feb-91</b>	Darren Murphy	
	50 Back	26.71	<b>16-Feb-06</b>	Zack Zeiler at Eastern SC Champs 2006	
	100 Back	56.96	<b>19-Feb-99</b>	Matt Rose	
	200 Back	2:03.98	<b>1-Feb-92</b>	Kevin Goode	
	50 Breast	30.35	<b>1-Jan-98</b>	Scott Adams	
	100 Breast	1:04.95	<b>1-Feb-98</b>	Scott Adams	
	200 Breast	2:23.05	<b>1-Feb-98</b>	Scott Adams	
	50 Fly	25.91	<b>22-Feb-01</b>	Bill Cocks at Speedo Youth/Junior Nationals	
	100 Fly	56.53	<b>22-Feb-01</b>	Bill Cocks at Speedo Youth/Junior Nationals	
	200 Fly	2:10.95	<b>28-Feb-08</b>	Kori Malakos at 2008 Jr. S.C. Provincial Championship	
	100 IM	1:02.94	<b>1-Oct-00</b>	Bill Cocks	
	200 IM	2:08.62	<b>1-Jan-83</b>	James Kemp	
	400 IM	4:35.62	<b>27-Feb-03</b>	Riley Kayser at 2003 Short Course Junior & SWAD Provincials	
	200 Free Relay	1:37.73	<b>26-Feb-09</b>	K. Malkos, D. Dwyer, M. Illes, D. Laing	
	400 Free Relay	3:38.15	<b>28-Feb-14</b>	A.Pammett, J.Longmuir, E.Laing, T.Herron	
	800 Free Relay	8:16.77	<b>1-Feb-95</b>	A. Imrie, B. Murphy, E. Yuill, A. Slot	
	200 Medley Relay	1:49.62	<b>23-Feb-06</b>	Z. Zeiler, T. Harris, R. Gow, A. Davis	
	400 Medley Relay	4:03.31	<b>26-Feb-09</b>	D. Dwyer, I. Brown, K. Malakos, M. Illes	
	18 & O	50 Free	21.95	<b>21-Nov-03</b>	Matt Rose at Texas A&M Invite
		100 Free	49.12	<b>21-Nov-03</b>	Matt Rose at Texas A&M Invite
		200 Free	1:53.22	<b>25-Nov-04</b>	Elliot Burger at 2004 Canadian Open & Short Course Nationals
		400 Free	4:01.37	<b>25-Nov-04</b>	Elliot Burger at 2004 Canadian Open & Short Course Nationals
		800 Free	8:27.93	<b>1-Feb-03</b>	Elliot Burger
1500 Free		16:09.41	<b>28-Nov-03</b>	Elliot Burger at 2003 Fastswim	
50 Back	24.48	<b>7-Oct-04</b>	Matt Rose at 7th FINA World Short Course Championships		

**Trent Swim Club**  
**"Excellence by Choice"**

**RECORDS Team Records**

18 & O	100 Back	53.30	<b>26-Mar-04</b>		Matt Rose at 2004 NCAA Championships
	200 Back	2:02.74	<b>1-Feb-93</b>		Matt Adams
	50 Breast	30.24	<b>16-Feb-12</b>	TRENT	Anthony Liew at 2012 Eastern Canadian Championships
	100 Breast	1:04.23	<b>1-Feb-99</b>		Scott Adams
	200 Breast	2:17.94	<b>1-Feb-89</b>		Brent Ellery
	50 Fly	25.09	<b>1-Feb-92</b>		Joel Simmonds
	100 Fly	55.20	<b>22-Nov-03</b>		Matt Rose at Texas A&M Invite
	200 Fly	2:08.33	<b>27-Nov-03</b>		Alex Babaris at 2003 Canadian Open Championship
	200 IM	2:07.47	<b>1-Feb-89</b>		Brent Ellery
	400 IM	4:29.93	<b>1-Jan-89</b>		Brent Ellery
	200 Free Relay	1:31.55	<b>25-Nov-04</b>		R. Gow, M. Rose, A. Maszko, S. Farrow
	400 Free Relay	3:27.74	<b>26-Nov-04</b>		R. Gow, M. Rose, A. Maszko, S. Farrow
	800 Free Relay	7:59.81	<b>21-Feb-02</b>		B. Cocks, R. Kayser, E. Burger, A. Hare
	200 Medley Relay	1:46.71	<b>28-Nov-04</b>		A. Babaris, R. Gow, S. Farrow, A. Maszko
	400 Medley Relay	3:54.49	<b>1-Feb-93</b>		M. Adams, C. James, J. Simmonds, K. Goode
Open	50 Free	21.95	<b>21-Nov-03</b>		Matt Rose at Texas A&M Invite
	100 Free	49.12	<b>23-Nov-03</b>		Matt Rose at Texas A&M Invite
	200 Free	1:52.63	<b>20-Feb-05</b>		Ryan Gow at 2005 Eastern Canadian Championships
	400 Free	4:01.37	<b>26-Nov-04</b>		Elliot Burger at 2004 Canadian Open & Short Course Nationals
	800 Free	8:19.85	<b>1-Feb-92</b>		Darren Murphy
	1500 Free	15:55.62	<b>1-Feb-91</b>		Darren Murphy
	50 Back	24.48	<b>10-Oct-04</b>		Matt Rose at 7th FINA World Short Course Championships
	100 Back	53.30	<b>26-Mar-04</b>		Matt Rose at 2004 NCAA Championships
	200 Back	2:02.74	<b>1-Feb-93</b>		Matt Adams
	50 Breast	30.25	<b>21-Feb-02</b>		Bill Cocks
	100 Breast	1:04.23	<b>15-Feb-99</b>		Scott Adams
	200 Breast	2:17.94	<b>1-Feb-89</b>		Brent Ellery
	50 Fly	25.09	<b>1-Feb-92</b>		Joel Simmonds
	100 Fly	55.20	<b>21-Nov-03</b>		Matt Rose at Texas A&M Invite
	200 Fly	2:08.33	<b>30-Nov-03</b>		Alex Babaris at 2003 Canadian Open Championship
	100 IM	1:02.06	<b>15-Jun-13</b>		Tony Liew
	200 IM	2:07.47	<b>1-Feb-89</b>		Brent Ellery
	400 IM	4:29.93	<b>1-Jan-89</b>		Brent Ellery
	200 Free Relay	1:31.55	<b>25-Nov-04</b>		R. Gow, M. Rose, A. Maszko, S. Farrow
	400 Free Relay	3:27.74	<b>26-Nov-04</b>		R. Gow, M. Rose, A. Maszko, S. Farrow
	800 Free Relay	7:59.81	<b>21-Feb-02</b>		B. Cocks, R. Kayser, E. Burger, A. Hare
	200 Medley Relay	1:46.37	<b>16-Feb-06</b>		Z. Zeiler, R. Gow, S. Farrow, A. Davis
	400 Medley Relay	3:54.49	<b>1-Feb-93</b>		M. Adams, C. James, J. Simmonds, K. Goode