



## Senior Men (Open)

Short Course	Name	Age	Time	Year
50 m Freestyle	Matthew Rose	27	21.88	2009
100 m Freestyle	Stefan Hirniak	24	48.27	2009
200 m Freestyle	Blake Worsley	21	1:43.29	2009
400 m Freestyle	Ryan Cochrane	20	3:39.10**	2009
800 m Freestyle	Ryan Cochrane	26	7:38.44**	2014
1500 m Freestyle	Ryan Cochrane	26	14:23.35**	2014
50 m Backstroke	Matthew Rose	27	23.95*	2009
100 m Backstroke	Sean Sepulis	26	53.47	2003
200 m Backstroke	Peter Brothers	18	1:57.06	2014
50 m Breaststroke	Joshua Young	16	27.60	2016
100 m Breaststroke	Morgan Knabe	18	59.94	2001
200 m Breaststroke	Morgan Knabe	18	2:08.71	2001
50 m Butterfly	Stefan Hirniak	24	23.98	2009
100 m Butterfly	Stefan Hirniak	24	51.98	2009
200 m Butterfly	Stefan Hirniak	24	1:53.43**	2009
200m Individual Medley	Alec Page	20	1:58.29	2014
400m Individual Medley	Alec Page	20	4:07.34	2013
4 x 50 Medley Relay			1:44.26	2014
Peter Brothers (26.25) / Alec Page (28.56) / Wouter Terpstra (25.54) / Jared Calder (23.91)				
4 x 100 Medley Relay			3:43.43	2008
Matthew Rose (26) Ryan Cochrane (19) Stefan Hirniak (23) Rick Say (28)				
4 x 50 Free Relay			1:33.77	2005
Rick Say (25) 23.40 / Thomas Zochowski 22.85 / Casey Ralph (19) 23.72 / Richard Alexander (17) 23.80				
4 x 100 Free Relay			3:18.64	2009
Stefan Hirniak (24) 49.48 / Matthew Rose (27) 47.79 / Jeremy Bagshaw (16) 51.02 / Ryan Cochrane (20) 50.35				
4 x 200 Free Relay			7:10.27	2009
Stefan Hirniak (24) 1:45.52 / Jeremy Bagshaw (16) 1:48.78 / Riley Pickerl (19) 1:50.79 / Ryan Cochrane (20) 1:45.18				

\*\*Canadian Record

## Senior Men (Open)

Long Course	Name	Age	Time	Year
50 m Freestyle	Matthew Rose	26	22.29	2009
100 m Freestyle	Rick Say	27	49.42	2006
200 m Freestyle	Rick Say	26	1:47.44	2006
400 m Freestyle	Ryan Cochrane	25	3:43.46**	2014
800 m Freestyle	Ryan Cochrane	22	7:41.86**	2011
1500 m Freestyle	Ryan Cochrane	23	14:39.63**	2012
50 m Backstroke	Matthew Rose	26	25.61*	2009
100 m Backstroke	Matthew Rose	27	54.92	2008
200 m Backstroke	Desmond Strelzow	20	2:00.00	2005
50 m Breaststroke	Morgan Knabe	24	29.24	2005
100 m Breaststroke	John Stamhuis	21	1:03.17	2000
200 m Breaststroke	John Stamhuis	21	2:15.87	2000
50 m Butterfly	Stefan Hirniak	24	24.88	2009
100 m Butterfly	Stefan Hirniak	24	53.53	2009
200 m Butterfly	Stefan Hirniak	24	1:57.01*	2010
200m Individual Medley	Alec Page	19	2:02.46	2013
200m Individual Medley	Alec Page	19	4:16.62	2013
5KM Open Water	Eric Hedlin	19	53:31.6	2013
10KM Open Water	Eric Hedlin	19	1:49:54.5	2013
4 x 50 Medley Relay			1:48.47	2000
Rick Say /John Stamhuis /Jessie Jacks / Ryan Laurin				
4 x 100 Medley Relay			3:49.41	2014
Peter Brothers (58.05) / Alec Page (1:03.78) / Keegan Zanatta (57.26) / Jeremy Bagshaw (50.32)				
4 x 50 Free Relay			1:37.32	2009
Grayson Repp (17) 24.52 / Riley Pickerl (19) 25.14 / Lu Yi Lay (22) 23.67 / Jeremy Bagshaw (17) 23.99				
4 x 100 Free Relay			3:20.84	2008
Stefan Hirniak (23) 50.93 / Rick Say (29) 49.66 / Matthew Rose (27) 49.08 / Eric Olesen (20) 51.17				
4 x 200 Free Relay			7:20.43	2014
Eric Hedlin (1:51.49) / Keegan Zanatta (1:50.11) / Alec Page (1:49.58) / Jeremy Bagshaw (1:49.25)				

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