

DELTA

SUNGOD SWIM CLUB

Building Champions Since 1985
TEAMSUNGOD.CA

Female 10 years & Under										Male 10 years & Under																
SHORT COURSE					LONG COURSE					EVENT					SHORT COURSE					LONG COURSE						
31.70	Emma Zhang	Nov/22	32.11	Faye Ling	Jul/97	50 FREE	33.21	Gurshaan Sangha	Nov/19	34.3	Brad Smith	Feb/89	1.09.07	Emma Zhang	June/22	1:11.61	Faye Ling	Jun/97	100 FREE	1:15.23	Chris Stevens	May/94	1:17.46	Brad Smith	1989	
2:35.72	Emma Zhang	Dec/22	2:39.47	Faye Ling	Jun/97	200 FREE	2:40.54	Jatinder Grewal	Dec/18	2:48.60	Brad Smith	Jul/89	5:34.43	Kirra Trites	Feb/17	5:53.05	Logan Warkentin	Jun/10	400 FREE	5:24.52	Jatinder Grewal	Dec/18	5:44.37	Reece Landry	Apr/13	
1:13.33	Kirra Trites	Feb/17	1:20.03	Logan Warkentin	Apr/10	800 FREE	1:25.77	Jatinder Grewal	Dec/18	2:04.83	Reece Landry	Apr/13	2:35.79	Reena Paul	May/00					1500 FREE	2:36.77	Jatinder Grewal	Dec/18	2:43.63	Nick LeFor	Jul/89
37.03	Jennie Hall	Feb/06	36.45	Melissa Ibbotson	Jun/00	50 BACK	40.22	Jason Streefkerk	Apr/90	39.27	Brad Smith	Jul/90	1:20.19	Melissa Ibbotson	Jan/00	1:23.06	Melissa Ibbotson	Jun/00	100 BACK	1:26.72	Jason Streefkerk	Mar/90	1:28.50	Chris Stevens	Apr/94	
2:49.79	Jennie Hall	Jan/06	2:54.70	Melissa Ibbotson	Jun/00	200 BACK	3:03.95	Jatinder Grewal	Dec/18	3:14.15	Harbir Grewal	May/15	43.05	Emma Zhang	Dec/22	45.17	Francine Ling	Apr/94	50 BREAST	38.17	Gurshaan Sangha	Dec/19	46.06	Harbir Grewal	May/15	
1:34.40	Emma Zhang	Dec/22	1:38.23	Francine Ling	Apr/94	100 BREAST	1:26.92	Gurshaan Sangha	Dec/19	1:40.29	Reece Landry	Apr/13	2:49.79	Jennie Hall	Jan/06	2:54.70	Melissa Ibbotson	Jun/00	200 BACK	3:03.95	Jatinder Grewal	Dec/18	3:14.15	Harbir Grewal	May/15	
3:23.06	Emma Zhang	Jul/22	3:26.09	Brittini Santos	Jun/07	200 BREAST	3:13.04	Gurshaan Sangha	Dec/19	3:28.54	Reece Landry	Apr/13	1:23.62	Emma Zhang	Oct/22	3:17.72	Delphine Wang	Jul/19	50 FLY	37.79	Chris Stevens	Apr/94	38.69	Chris Stevens	Apr/94	
34.97	Rebecca Soroke	Nov/19	37.01	Rebecca Soroke	Jul/19	200 FLY	37.79	Chris Stevens	Apr/94	38.69	Chris Stevens	Apr/94	1:21.96	Rebecca Soroke	Nov/19	1:27.69	Delphine Wang	Jul/19	200 FLY	37.79	Chris Stevens	Apr/94	38.69	Chris Stevens	Apr/94	
3:06.87	Delphine Wang	Feb/15	3:17.72	Delphine Wang	Jul/15	200 FLY	3:11.16	Jatinder Grewal	Dec/18	3:27.63	Reece Landry	Apr/13	2:56.54	Jennie Hall	Jan/96	3:02.79	Melissa Ibbotson	Jun/00	100 I.M.	1:25.22	Harbir Grewal	Dec/18	1:32.60	Reece Landry	Apr/13	
1:23.62	Emma Zhang	Oct/22	3:17.72	Delphine Wang	Jul/15	200 FLY	3:11.16	Jatinder Grewal	Dec/18	3:27.63	Reece Landry	Apr/13	5:59.62	Melissa Ibbotson	Dec/00	6:56.72	Chantelle Boduel	Apr/02	400 I.M.	6:17.32	Reece Landry	Apr/13	6:30.27	Reece Landry	Apr/13	
2:45.47	Delta 'A'	Nov/99	2:52.35	R. Soroke, J. Bhanu, N. Evans, I. Pike	Jul/19	200 F.R.			Mar/15	3:12.60	Reece Landry	Apr/13	2:45.47	Delta 'A'	Nov/99	2:52.35	R. Soroke, J. Bhanu, N. Evans, I. Pike	Jul/19	200 F.R.			Mar/15	3:12.60	Reece Landry	Apr/13	
2:57.60	Delta 'A'	Nov/99	2:56.27	J. Bhanu, N. Evans, R. Soroke, I. Pike	Jul/19	200 M.R.			Mar/15	3:17.76	A. Zshawar, A. Lalli, G. Sangha, Mart. Vitoria	Jun/19							800 F.R.							

Female 11-12 years										Male 11 - 12 years															
SHORT COURSE					LONG COURSE					EVENT					SHORT COURSE					LONG COURSE					
28.79	Elena Penner	Feb/13	29.56	Hailey Penner	Jul/15	50 FREE	28.10	Daniel Wang	Feb/20	27.83	Pat Gavigan	1989	1:02.63	Elena Penner	Feb/13	1:04.16	Hailey Penner	Jul/15	100 FREE	1:02.36	Pat Gavigan	Dec/89	1:02.07	Jackson Wang	Jun/00
2:21.97	Francine Ling	Mar/96	2:20.48	Hailey Penner	Jul/15	200 FREE	2:15.70	Marcus Vitoria	Feb/18	2:23.63	Nick LeFor	Jul/89	2:56.96	Kirra Trites	Feb/18	4:58.40	Hailey Penner	Jul/15	400 FREE	4:54.60	Marcus Vitoria	Nov/18	4:52.81	Grea Hamm	Jun/90
10:15.16	Kirra Trites	Dec/18	10:30.94	Yihan Wu	Jul/15	800 FREE	10:07.85	Marcus Vitoria	Dec/18	10:14.48	Andrew Conroy	May/03	19:17.13	Kirra Trites	Jan/19	20:13.60	Alexa Ibbotson	Jan/00	1500 FREE	19:33.68	Harbir Grewal	Feb/17	20:31.26	Reece Landry	Jul/14
33.93	Francine Ling	Mar/96	34.12	Hailey Penner	Jul/15	50 BACK	32.40	Marcus Vitoria	Dec/18	32.90	Kevin McDonough	May/10	2:38.49	Logan Warkentin	Mar/12	2:42.44	Logan Warkentin	Jun/12	200 BACK	2:26.37	Kevin McDonough	Mar/10	2:32.16	Kevin McDonough	May/10
1:11.88	Francine Ling	Mar/96	1:15.25	Logan Warkentin	Jun/12	100 BACK	1:08.01	Kevin McDonough	Mar/10	1:11.11	Kevin McDonough	May/10	3:96	Gabrielle Wang	Feb/23	3:28.29	Madelyn Paredes-Troughton	Jul/22	50 BREAST	35.57	Gurshaan Sangha	Nov/21	37.51	Alan Lu	May/10
1:19.77	Francine Ling	Mar/96	1:22.46	Kavah Apanowicz	May/19	100 BREAST	1:15.85	Pat Gavigan	Nov/21	37.51	Alan Lu	May/10	2:52.58	Francine Ling	Mar/96	2:59.69	Francine Ling	Jun/96	200 BREAST	2:47.96	Pat Gavigan	Jan/90	2:48.43	Pat Gavigan	Jul/89
32.14	Elena Penner	Dec/12	32.22	Hailey Penner	Jul/15	50 FLY	31.39	Marcus Vitoria	Jan/19	32.79	Andrew Conroy	May/03	4:09.01	Francine Ling	Mar/96	4:11.85	Hailey Penner	Jul/15	100 FLY	1:08.54	Marcus Vitoria	Feb/18	1:11.48	Andrew Conroy	May/03
2:47.60	Rebecca Soroke	Jul/21	2:48.59	Grace Bruneau	Jul/22	200 FLY	2:43.81	Kevin McDonough	Mar/10	2:41.67	Shingo Kido	Jul/98	1:16.88	Emma Zhang	May/23				100 I.M.	1:12.76	Nick LeFor	Mar/89			
1:16.88	Emma Zhang	May/23							Mar/89			2:47.60	Rebecca Soroke	Jul/21	2:48.59	Grace Bruneau	Jul/22	200 FLY	2:43.81	Kevin McDonough	Mar/10	2:41.67	Shingo Kido	Jul/98	
2:34.06	Francine Ling	Mar/96	2:36.03	Hailey Penner	Jul/15	200 I.M.	2:34.97	Gurshaan Sangha	Dec/21	2:56.91	Pat Gavigan	Jul/89	5:29.15	Hailey Penner	Mar/15	5:32.74	Hailey Penner	Jul/15	400 I.M.	5:28.32	Marcus Vitoria	Mar/18	5:33.31	Kevin McDonough	May/10
2:07.74	M. Ibbotson, R. Paul, A. O'Grady, N. Boduel	Mar/01	2:11.16	M. Paredes, G. Bruneau, E. Zhang, G. Wang	Jun/22	200 F.R.	2:10.68	T. Bullock, K. McDonough, D. Su, A. Lu	Dec/09	2:21.13	L. Jamias, Y. Rai, Marc. Vitoria, J. Grewal	Jun/18	2:24.16	N. Boduel, R. Paul, A. O'Grady, M. Ibbotson	Mar/01	2:29.18	G. Wang, G. Bruneau, M. Paredes, E. Zhang	Jun/22	200 M.R.	2:30.15	K. McDonough, T. Bullock, A. Lu, D. Su	Dec/09	2:23.71	Marc. Vitoria, Y. Rai, L. Jamias, J. Grewal	Jun/18
4:45.82	M. Ibbotson, A. O'Grady, R. Paul, N. Boduel	Mar/01	5:02.66	Delta 'A'	Apr/00	400 F.R.			Dec/09	2:43.71	S. Hanna, K. Swifts, S. Riggs, C. Dececco	Jun/03	10:54.96	I. Chan, J. Hall, Ju. Hall, Y. Wu	Feb/06	6:30.00	K. Hannah, S. Nixon, J. Lee, M. Karkling	Jun/01	400 M.R.						

Female 13-14 years										Male 13 - 14 years																
SHORT COURSE					LONG COURSE					EVENT					SHORT COURSE					LONG COURSE						
27.42	Francine Ling	Feb/98	27.98	Rebecca Soroke	Mar/23	50 FREE	25.27	Jason Streefkerk	Mar/94	26.11	Daniel Wang	Mar/22	59.99	Francine Ling	Feb/98	1:02.69	Hailey Penner	Jul/15	100 FREE	56.17	Jackson Wang	Mar/02	57.81	Jackson Wang	Jun/02	
2:11.85	Jessica Perkins	Mar/90	2:15.50	Francine Ling	May/98	200 FREE	2:04.39	Max Zha	Mar/22	2:07.76	Jackson Wang	Jun/02	4:41.31	Francine Ling	Feb/98	4:50.31	Hailey Penner	Feb/17	400 FREE	4:26.04	Kevin McDonough	Mar/12	4:34.28	Kevin McDonough	Apr/12	
9:41.91	Francine Ling	Dec/97	10:00.06	Yi Han Wu	Apr/09	800 FREE	9:15.34	Max Zha	Dec/21	9:33.17	Max Zha	Mar/22	18:47.69	Yi Han Wu	Nov/08	19:15.08	Kirra Trites	Mar/20	1500 FREE	17:58.13	Grea Hamm	Mar/91	20:22.55	Kevin McDonough	Apr/11	
31.52	Elena Penner	Mar/15	32.56	Chantelle Boduel	Jun/06	50 BACK	29.38	Kevin McDonough	Dec/11	30.58	Kevin McDonough	Apr/12	1:05.29	Chantelle Boduel	Feb/06	1:09.24	Chantelle Boduel	Jun/06	100 BACK	1:00.90	Kevin McDonough	Mar/12	1:04.38	Kevin McDonough	Apr/12	
2:23.71	Chantelle Boduel	Feb/06	2:29.20	Chantelle Boduel	Jun/06	200 BACK	2:11.28	Kevin McDonough	Dec/11	2:27.23	Kevin McDonough	Apr/12	35.39	Claudia Baxter	Mar/15	35.39	Claudia Baxter	Mar/15	50 BREAST	31.85	Daniel Wang	Jan/22	33.43	Gurshaan Sangha	Feb/23	
1:14.86	Francine Ling	Feb/98	1:18.37	Francine Ling	May/98	100 BREAST	1:09.39	Jason Streefkerk	Mar/94	1:11.13	Jason Streefkerk	Mar/94	2:42.57	Francine Ling	Feb/98	2:52.60	Claudia Baxter	May/15	200 BREAST	2:29.82	Jason Streefkerk	Mar/94	2:46.13	Gurshaan Sangha	May/23	
28.89	Elena Penner	Mar/15	29.05	Rebecca Soroke	Mar/23	50 FLY	28.09	Jackson Wang	Mar/94	29.12	Max Zha	May/22	1:05.62	Hailey Penner	Mar/17	1:06.04	Rebecca Soroke	Mar/23	100 FLY	1:02.20	Max Zha	Mar/22	1:02.86	Max Zha	Mar/22	
2:26.97	Hailey Penner	Mar/17	2:31.77	Hailey Penner	Jul/17	200 FLY	2:18.04	Shingo Kido	Nov/11	2:23.33	Max Zha	Mar/22	1:10.10	Rebecca Soroke	Jul/22				100 I.M.	1:06.57	Max Zha	Mar/22				
2:26.09	Hailey Penner	Mar/17	2:31.96	Hailey Penner	Jun/17	200 I.M.	2:19.24	Max Zha	Jun/22	2:24.61	Max Zha	Mar/22	5:08.14	Francine Ling	Feb/98	5:22.13	Hailey Penner	Jul/17	400 I.M.	4:52.41	Max Zha	Mar/22	5:05.77	Max Zha	Mar/22	
1:55.55	R. Soroke, M. Paredes Troughton, G. Bruneau, E. Zhang	Feb/23	1:57.68	E. Penner, L. Warkentin, H. Penner, M. Lurgen	May/14	200 F.R.	1:47.77	D. Wang, M. Zha, G. Sangha, M. Johal	Mar/22	1:58.00	A. Lu, T. Bullock, J. Kidd, Dan. Su	Jun/10	2:11.37	G. Bruneau, R. Soroke, M. Paredes Troughton, E. Zhang	Feb/23	2:17.11	L. Warkentin, C. Baxter, E. Penner, H. Penner	May/14	200 M.R.	1:59.76	M. Johal, G. Sangha, M. Zha, D. Wang	Jan/22	2:15.62	M. Johal, G. Sangha, A. Alhassan, A. Lalli	Jun/22	
4:49.94	N. Boduel, R. Paul, A. O'Grady, L. Tee, A. Ibbotson	Jun/01	5:32.03	M. Karkling, K. Hanna, L. Birgin, K. Zazareh	Jul/06	400 F.R.	3:57.12	D. Wang, M. Zha, M. Johal, G. Sangha	Jan/06	4:49.94	N. Boduel, R. Paul, A. O'Grady, L. Tee, A. Ibbotson	Jun/01	5:16.82	C. Bullock, C. Dececco, S. Riggs, K. Ge	Apr/07	10:11.18	R. Paul, T. Cubico, N. Boduel, M. Ibbotson	Jul/01	800 F.R.	9:01.75	D. Wang, G. Sangha, M. Johal, M. Zha	Mar/22				

Female 15 years & Over										Male 15 years & Over															
SHORT COURSE					LONG COURSE					EVENT					SHORT COURSE					LONG COURSE					
26.96	Francine Ling	Dec/98	27.86	Francine Ling	Jun/02	50 FREE	23.64	Graham Duthie	Feb/02	23.89	Graham Duthie	Aug/96	58.39	Francine Ling	Feb/00	1:00.23	Francine Ling	Mar/01	100 FREE	51.51	Jackson Wang	Feb/05	52.68	Graham Duthie	Aug/96
4:30.42	Francine Ling	Nov/00	4:35.66	Francine Ling	Jun/02	400 FREE	3:56.54	Grea Hamm	Mar/95	4:08.16	Grea Hamm	Aug/96	9:25.06	Alexandra Lindsay	Feb/09	9:46.34	Francine Ling	Jan/00	800 FREE	8:47.32	Grea Hamm	Nov/93	9:00.77	Graham Duthie	Apr/96
18:32.45	Faye Ling	Apr/03	19:51.84	Jessica Perkins	May/91	1500 FREE	16:37.09	Graham Duthie	Nov/95	17:37.05	Nicholas Kidd	Jul/15	30.8	Elena Penner	Dec/15	31.97	Chantelle Boduel	Jul/06	50 BACK	28.53	Jackson Wang	Dec/04	28.28	Greg Hamm	Jul/94
1:05.14	Chantelle Boduel	Feb/07	1:07.89	Chantelle Boduel	Jul/06	100 BACK	58.27	Greg Hamm	Mar/95	59.25	Greg Hamm	Jul/95	2:21.95	Chantelle Boduel	Mar/07	2:26.48	Chantelle Boduel	Jun/07	200 BACK	2:01.39	Grea Hamm	Mar/95	2:04.92	Greg Hamm	Jul/95
34.02	Francine Ling	Feb/02	34.84	Francine Ling	May/01	50 BREAST	32.56	Nicky Hou	Apr/09	33.86	Jason Streefkerk	Apr/94	1:13.57	Francine Ling	Dec/99	1:15.52	Francine Ling	May/99	100 BREAST	1:05.89	Jason Streefkerk	Nov/96	1:07.53	Jason Streefkerk	Jun/95
2:39.49	Francine Ling	Feb/90	2:45.01	Francine Ling	May/99	200 BREAST	2:23.04	Jason Streefkerk	Nov/96	2:28.50	Jason Streefkerk	Jun/95	39.												