

Delta Sungod Swim Club

Individual Top Times

Delta Sungod Swim Club [DELTA] Coach: Steven Hitchings

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Female 10 & Under 50 Free						
1	33.04 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
2	33.22 L L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
3	34.30 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
4	34.35 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
5	34.52 L L	F	Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	34.83 L	F	Jannat Bhangu	10	2019-04-27	2019 Jessica Deglau Invitational
7	35.07 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
8	35.55 L	P	*I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic
9	35.79 L	F	*I Imelda Chan	10	2004-06-04	June Classic 2004
10	36.81 L	F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
Female 10 & Under 100 Free						
1	1:12.94 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
2	1:12.98 L	P	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
3	1:15.07 L	S	Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational
4	1:17.20 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
5	1:17.41 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
6	1:17.73 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
7	1:20.14 L	P	*I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic
8	1:20.63 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
9	1:21.46 L	F	Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	1:22.75 L	F	*I Imelda Chan	10	2004-06-04	June Classic 2004
Female 10 & Under 200 Free						
1	2:46.01 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
2	2:47.85 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
3	2:49.80 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
4	2:50.55 L	P	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
5	2:54.34 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
6	2:54.42 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
7	2:54.86 L	F	Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	2:55.27 L	P	Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup
9	3:13.42 L	F	*I Brittni Santos	10	2007-05-05	West Coast Open 2007
10	3:15.92 L	F	Noelle Evans	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
Female 10 & Under 400 Free						
1	5:48.12 L	F	*I Hailey Penner	10	2013-06-21	2013 Swim BC Long Course AA Champions
2	5:53.05 L	T	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
3	6:03.57 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
4	6:04.63 L	F	Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	6:05.72 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
6	6:14.56 L	F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
7	6:24.32 L	F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
Female 10 & Under 800 Free						
1	13:20.03 L	F	*I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational
Female 10 & Under 50 Back						
1	36.45 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
2	40.81 L	F	*I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002
3	41.97 L	F	Emma Zhang	10	2022-04-30	West Coast Open 2022
4	43.51 L L	F	Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	44.19 L	F	*I Hailey Penner	10	2013-05-04	WEST COAST OPEN
6	45.77 L L	F	Kaia Hall	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	46.09 L	F	*I Delphine Wang	9	2014-04-11	LOSC 12th Annual Long Course Meet

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	Time	P/F/S	Name	Age/Yr			
8	46.14	L L	F *I Jenna-Sarah McDonald	10	2007-06-01	June Classic 2007 SBC0751	
9	46.17	L	F *I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751	
10	46.36	L	F *I Imelda Chan	10	2004-06-04	June Classic 2004	
Female 10 & Under 100 Back							
1	1:23.06	L	F *I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS	
2	1:28.60	L	F Jannat Bhangu	10	2019-04-27	2019 Jessica Deglau Invitational	
3	1:30.28	L	F Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
4	1:31.98	L	P Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup	
5	1:33.61	L	F *I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational	
6	1:36.01	L	F *I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course	
7	1:38.02	L	P *I Morgan Karkling	1	2001-01-06	11th Annual Kamloops Classic	
8	1:38.57	L	F *I Reena Paul	10	2000-04-15	Pent'Dolphin'Lon 2000 - Sancti	
9	1:39.59	L	F *I Hailey Penner	10	2013-04-06	LOSC 11th Annual Long Course Invitational	
10	1:40.59	L	F *I Jenna-Sarah McDonald	10	2007-06-01	June Classic 2007 SBC0751	
Female 10 & Under 200 Back							
1	2:54.70	L	F *I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS	
2*	3:07.60	L	F *I Chantelle Boduel	10	2002-05-04	West Coast Open LC	
2*	3:07.60	L	P *I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010	
4	3:07.76	L	P Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup	
5	3:16.19	L	F Emma Zhang	10	2022-04-02	LOSC 18th Annual Long Course Invitational	
6	3:16.53	L	P *I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013	
7	3:18.60	L	F *I Reena Paul	10	2000-05-06	West Coast Open LC - Morning	
8	3:21.89	L	P Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational	
9	3:31.78	L	P *I Imelda Chan	10	2004-06-04	June Classic 2004	
10	3:32.24	L	P *I Delphine Wang	9	2014-04-11	LOSC 12th Annual Long Course Meet	
Female 10 & Under 50 Breast							
1	46.18	L	F Emma Zhang	10	2022-04-30	West Coast Open 2022	
2	46.23	L	F *I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751	
3	48.47	L	F *I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002	
4	49.57	L	F Noelle Evans	10	2019-06-07	3rd Annual TRU Wolfpack Invitational	
5	50.71	L	F *I Tiffany Kwong	10	2001-01-06	11th Annual Kamloops Classic	
6	51.75	L	F *I Melissa Ibbotson	10	2000-06-02	Kamloops Classic	
7	51.93	L	F *I Imelda Chan	10	2004-06-04	June Classic 2004	
8	52.82	L	F Mia Bruneau	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
9	53.32	L	F Monica Paredes Troughton	10	2023-05-05	West Coast Open 2023	
10	53.53	L	F Kaia Hall	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
Female 10 & Under 100 Breast							
1	1:38.42	L	F Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
2	1:42.17	L	F *I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751	
3	1:44.54	L	F Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational	
4	1:44.74	L	F *I Chantelle Boduel	10	2002-06-07	Kamloops Classic 2002	
5	1:45.10	L	F *I Reena Paul	10	2000-04-15	Pent'Dolphin'Lon 2000 - Sancti	
6	1:49.22	L	F Kayah Apanowicz	10	2017-04-01	LOSC 15th Annual Long Course Invitational	
7	1:49.60	L	F Jannat Bhangu	10	2019-06-07	3rd Annual TRU Wolfpack Invitational	
8	1:52.79	L	F Mia Bruneau	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
9	1:55.82	L	F *I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course	
10	1:56.37	L	F Kaia Hall	10	2022-06-10	2022 Annual TRU Wolfpack Invitational	
Female 10 & Under 200 Breast							
1	3:35.12	L	P *I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751	
2	3:41.56	L	F *I Reena Paul	10	2000-05-06	West Coast Open LC - Morning	
3	3:52.75	L	P Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup	
4	3:53.51	L	F Kayah Apanowicz	10	2017-04-01	LOSC 15th Annual Long Course Invitational	
5	3:53.73	L	F Rebecca Soroke	10	2019-04-27	2019 Jessica Deglau Invitational	

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	Time	P/F/S	Name	Age/Yr		
6	3:55.14 L	F	*I Logan Warkentin	10	2010-03-27	LOSC 8th Annual Long Course Invitational
Female 10 & Under 50 Fly						
1	37.01 L	F	Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
2	38.17 L	F	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champion
3	40.11 L	F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
4	40.55 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
5	x41.28 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
6	41.79 L	F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
7	42.12 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	42.19 L	F	*I Melissa Ibbotson	10	2000-06-02	Kamloops Classic
9	42.49 L	F	*I Imelda Chan	10	2004-06-04	June Classic 2004
10	44.49 L	F	*I Elena Penner	10	2010-06-04	Kamloops June Classic 2010
Female 10 & Under 100 Fly						
1	1:27.69 L	P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champion
2	1:36.29 L	F	Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
3	1:38.80 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	1:39.10 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
5	1:41.63 L	F	*I Morgan Karkling	1	2001-06-22	BC 2001 Provincial Age Group T
6	1:43.31 L	F	*I Hailey Penner	10	2013-06-07	Kamloops June Classic 2013
7	1:43.92 L	F	*I Elena Penner	10	2010-06-19	Summer Solstice Invitational
8	1:44.32 L	F	*I Imelda Chan	10	2004-06-04	June Classic 2004
9	1:45.72 L	F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
10	1:46.98 L	F	*I Reena Paul	10	2000-04-15	Pent'Dolphin/Lon 2000 - Sancti
Female 10 & Under 200 Fly						
1	3:17.72 L	P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champion
2	3:26.10 L	F	Rebecca Soroke	10	2019-05-17	2019 Hyack Festival Youth Cup
3	3:46.37 L	F	*I Hailey Penner	10	2013-05-04	WEST COAST OPEN
4	3:58.01 L	F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
Female 10 & Under 200 IM						
1	3:02.11 L	F	*I Melissa Ibbotson	10	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	3:04.20 L	P	*I Delphine Wang	10	2015-07-02	2015 Swim BC AAA Long Course Champion
3	3:11.30 L	F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
4	3:13.86 L	F	*I Logan Warkentin	10	2010-06-04	Kamloops June Classic 2010
5	3:14.98 L	F	Emma Zhang	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	3:15.42 L	F	Rebecca Soroke	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	3:17.95 L	P	Jannat Bhangu	10	2019-05-17	2019 Hyack Festival Youth Cup
8	3:18.18 L	P	*I Hailey Penner	10	2013-06-21	2013 Swim BC Long Course AA Champions
9	3:19.46 L	F	*I Reena Paul	10	2000-05-06	West Coast Open LC - Morning
10	3:23.58 L	F	*I Brittni Santos	10	2007-06-01	June Classic 2007 SBC0751
Female 10 & Under 400 IM						
1	6:56.72 L	F	*I Chantelle Boduel	10	2002-05-04	West Coast Open LC
2	7:28.86 L	F	*I Elena Penner	10	2011-04-02	9th Annual Langley Olympians Long Course
3	7:35.68 L	F	*I Hailey Penner	10	2013-04-06	LOSC 11th Annual Long Course Invitational
Female 11-12 50 Free						
1	29.56 L	F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champion
2	30.08 L	P	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
3	30.29 L	F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
4	30.80 L	F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
5	30.84 L	P	*I Chantelle Boduel	12	2004-06-04	June Classic 2004
6	31.05 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
7	31.15 L	S	*I Yi Han Wu	12	2007-04-13	2007 Mies Schootman Invitational
8	31.34 L	F	Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational

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	Time	P/F/S	Name	Age/Yr		
9	31.43 L	F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
10	31.55 L	F	Chloe Meredith Jensen	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
Female 11-12 100 Free						
1	1:04.16 L	F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champion
2	1:06.52 L	F	*I Logan Warkentin	12	2012-05-18	Hyack Festival AAA Youth Cup 2012
3	1:07.33 L	F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	1:07.56 L	P	*I Chantelle Boduel	12	2004-06-04	June Classic 2004
5	1:07.97 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
6	1:08.37 L	P	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
7	1:08.41 L	F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
8	1:08.72 L	F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
9	1:10.08 L	F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
10	1:10.46 L	P	Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials
Female 11-12 200 Free						
1	2:20.48 L	P	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champion
2	2:26.41 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
3	2:28.74 L	P	Grace Bruneau	12	2022-07-14	BC Summer Provincials
4	2:30.46 L	P	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
5	2:30.88 L	F	*I Alix Main	12	2010-06-25	2010 SwimBC Long Course AA Championsh
6	2:31.67 L	P	*I Logan Warkentin	12	2011-07-07	BC AAA Long Course Championships
7	2:31.73 L	F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
8	2:33.17 L	F	*I Kirra Trites	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
9	2:33.94 L	P	*I Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic
10	2:33.96 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
Female 11-12 400 Free						
1	4:58.40 L	P	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champion
2	5:11.57 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
3	5:18.95 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023
4	5:19.09 L	F	*I Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational
5	5:19.73 L	F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
6	5:20.33 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
7	5:23.37 L	F	*I Logan Warkentin	12	2012-05-05	WEST COAST OPEN
8	5:23.97 L	F	*I Reena Paul	12	2002-05-04	West Coast Open LC
9	5:24.06 L	P	Grace Bruneau	12	2022-07-14	BC Summer Provincials
10	5:27.21 L	F	*I Faye Ling	12	1999-05-08	1999 WEST COAST OPEN
Female 11-12 800 Free						
1	10:30.94 L	F	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
2	10:36.81 L	F	*I Hailey Penner	11	2014-07-03	2014 Swim BC AAA Long Course Meet
3	11:11.57 L	F	*I Alix Main	12	2010-06-25	2010 SwimBC Long Course AA Championsh
4	11:16.23 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023
5	11:36.90 L	F	*I Kirra Trites	11	2017-06-16	2017 AA LCM Championships
6	11:45.54 L	F	*I Alexandra Lindsay	12	2004-06-25	LMR Regional LC Championships
7	11:49.68 L	F	Mia Bruneau	11	2023-05-05	West Coast Open 2023
8	12:31.92 L	F	*I Logan Warkentin	11	2010-06-25	2010 SwimBC Long Course AA Championsh
9	13:29.74 L	F	*I Chelsea Santos	12	2007-05-05	West Coast Open 2007
Female 11-12 50 Back						
1	34.12 L	F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champion
2	35.35 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
3	35.73 L	F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	35.92 L	F	*I Sarah Morey	12	2014-05-30	22nd Annual Kamloops June Classic
5	37.75 L	F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
6	38.04 L	F	*I Melissa Ibbotson	11	2001-04-28	West Coast Open LC
7	38.27 L	F	*I Kirra Trites	12	2018-06-01	2nd Annual TRU Wolfpack Invitational

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	Time	P/F/S	Name	Age/Yr			
8	38.47 L L	F	*I Chantelle Boduel	12	2004-06-04	June Classic 2004	
9	38.56 L	F	*I Pawaneet Sangha	12	2017-06-02	1st Annual TRU Wolfpack Invitational	
10	38.67 L L	F	*I Jennifer Hall	11	2006-06-02	June Classic 2006	
Female 11-12 100 Back							
1	1:15.25 L	P	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012	
2	1:17.07 L	F	*I Chantelle Boduel	12	2004-06-04	June Classic 2004	
3	1:18.25 L	F	*I Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic	
4	1:20.08 L	F	*I Faye Ling	12	1999-05-08	1999 WEST COAST OPEN	
5	1:20.10 L	F	*I Sarah Morey	12	2014-06-20	2014 Swim BC Long Course AA Champions	
6	1:20.88 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023	
7	1:22.91 L	F	*I Kirra Trites	12	2018-05-05	WEST COAST OPEN 2018	
8	1:23.00 L	P	*I Aurore O'Grady	12	2000-06-02	Kamloops Classic	
9	1:23.41 L	F	*I Yi Han Wu	11	2006-06-02	June Classic 2006	
10	1:24.51 L	P	*I Elena Penner	12	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf	
Female 11-12 200 Back							
1	2:42.44 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012	
2	2:43.45 L	F	*I Melissa Ibbotson	11	2001-07-13	TRIPLE AAA'S LONG COURSE	
3	2:43.95 L	F	*I Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup	
4	2:47.91 L	P	*I Chantelle Boduel	12	2004-06-04	June Classic 2004	
5	2:48.60 L	F	*I Sarah Morey	12	2014-04-11	LOSC 12th Annual Long Course Meet	
6	2:49.28 L	P	*I Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic	
7*	2:50.86 L	P	*I Yi Han Wu	11	2006-07-06	2006 TAS BC LC Championships	
7*	2:50.86 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships	
9	2:51.89 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023	
10	2:52.15 L	F	*I Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational	
Female 11-12 50 Breast							
1	38.29 L	F	Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials	
2	39.39 L	P	Gabrielle Wang	12	2023-03-02	BC Winter Provincials	
3	40.30 L	F	Kayah Apanowicz	12	2018-06-01	2nd Annual TRU Wolfpack Invitational	
4	42.43 L	F	*I Ramneet Sandhu	12	2017-06-02	1st Annual TRU Wolfpack Invitational	
5	42.52 L	F	Grace Bruneau	12	2022-04-02	LOSC 18th Annual Long Course Invitational	
6	42.65 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012	
7	42.83 L	F	*I Hailey Penner	12	2015-04-11	2015 NRST Spring Sprint	
8	43.72 L	F	*I Reena Paul	12	2002-05-04	West Coast Open LC	
9	44.25 L	F	*I Brittni Santos	11	2008-05-24	NRST Spring Spring	
10	44.41 L	F	*I Vanessa Renneberg	12	2004-06-04	June Classic 2004	
Female 11-12 100 Breast							
1	1:22.46 L	F	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup	
2	1:24.92 L	F	Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials	
3	1:26.90 L	P	Gabrielle Wang	12	2023-03-02	BC Winter Provincials	
4	1:26.96 L	F	Grace Bruneau	12	2022-07-14	BC Summer Provincials	
5	1:28.32 L	F	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Champions	
6	1:28.67 L	F	*I Claudia Baxter	12	2013-06-21	2013 Swim BC Long Course AA Champions	
7	1:30.27 L	F	*I Yi Han Wu	12	2007-06-23	Hyack Summer Solstice Invitational	
8	1:30.39 L	P	*I Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup	
9	1:30.66 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012	
10	1:31.81 L	F	*I Tiffany Kwong	12	2003-06-06	Kamloops Classic2003	
Female 11-12 200 Breast							
1	3:01.55 L	F	Grace Bruneau	12	2022-07-14	BC Summer Provincials	
2	3:02.35 L	P	Madelyn Paredes Troughton	12	2022-07-14	BC Summer Provincials	
3	3:02.95 L	F	Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational	
4	3:09.20 L	P	Gabrielle Wang	12	2023-03-02	BC Winter Provincials	
5	3:11.13 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs	

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
6	3:11.64 L	P	*I Emily Morris	12	2011-06-24	2011 SwimBC AA LongCourse Championsh
7	3:13.07 L	F	*I Claudia Baxter	12	2013-06-21	2013 Swim BC Long Course AA Champions
8	3:13.41 L	F	*I Hailey Penner	12	2015-04-11	2015 NRST Spring Sprint
9	3:16.31 L	P	*I Reena Paul	12	2002-04-12	2002 CanadianDolphin S.C. Invi
10	3:19.51 L	P	*I Aurore O'Grady	12	2000-07-20	BC OPEN AGE GROUP CHAMPS
Female 11-12 50 Fly						
1	32.22 L	P	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	32.56 L	F	*I Elena Penner	12	2012-06-08	Kamloops June Classic 2012
3	33.26 L	F	Grace Bruneau	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	34.39 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
5	35.40 L	F	Madelyn Paredes Troughton	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	35.90 L	F	*I Imelda Chan	12	2006-06-02	June Classic 2006
7	38.20 L	P	Kayah Apanowicz	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	38.55 L	F	*I Melissa Ibbotson	11	2001-04-28	West Coast Open LC
9	38.91 L	P	*I Chelsea Santos	12	2007-06-01	June Classic 2007 SBC0751
10	39.17 L	F	*I Lauren Vossen	12	2014-04-11	LOSC 12th Annual Long Course Meet
Female 11-12 100 Fly						
1	1:11.89 L	P	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	1:18.97 L	F	*I Alexa Ibbotson	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
3	1:19.03 L	P	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
4	1:21.64 L	F	*I Imelda Chan	12	2006-06-02	June Classic 2006
5	1:21.65 L	F	Grace Bruneau	12	2022-04-30	West Coast Open 2022
6	1:21.89 L	P	*I Elena Penner	12	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
7	1:21.93 L	P	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
8	1:23.60 L	P	*I Nicole Boduel	12	2001-01-06	11th Annual Kamloops Classic
9	1:23.75 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
10	1:23.96 L	P	*I Logan Warkentin	11	2011-06-03	Kamloops June Classic 2011
Female 11-12 200 Fly						
1	2:48.59 L	F	Grace Bruneau	12	2022-07-14	BC Summer Provincials
2	2:49.53 L	F	*I Hailey Penner	12	2015-05-15	2015 Hyack Festival Youth Cup
3	2:58.21 L	P	*I Alexa Ibbotson	12	1999-05-08	1999 WEST COAST OPEN
4*	3:00.51 L	P	*I Yi Han Wu	11	2006-07-06	2006 TAS BC LC Championships
4*	3:00.51 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
6	3:08.27 L	F	*I Imelda Chan	12	2006-04-21	2006 Mies Schootman Invitational
7	3:13.58 L	P	*I Reena Paul	12	2002-04-12	2002 CanadianDolphin S.C. Invi
8	3:19.01 L	F	*I Logan Warkentin	11	2011-04-02	9th Annual Langley Olympians Long Course
9	3:19.37 L	F	Mia Bruneau	11	2023-05-05	West Coast Open 2023
10	3:20.16 L	F	*I Chantelle Boduel	12	2004-06-04	June Classic 2004
Female 11-12 200 IM						
1	2:36.03 L	F	*I Hailey Penner	12	2015-07-02	2015 Swim BC AAA Long Course Champior
2	2:45.17 L	F	*I Yi Han Wu	12	2007-07-05	2007 TAS BC Long Course Champs
3	2:46.28 L	F	*I Logan Warkentin	12	2012-06-08	Kamloops June Classic 2012
4	2:46.29 L	F	Grace Bruneau	12	2022-04-30	West Coast Open 2022
5	2:47.73 L	P	Kayah Apanowicz	12	2019-05-17	2019 Hyack Festival Youth Cup
6	2:49.84 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic
7	2:51.47 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023
8	2:51.67 L	P	*I Yihan Wu	11	2006-07-06	2006 TAS BC LC Championships
9	2:51.89 L	F	Madelyn Paredes Troughton	12	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	2:54.31 L	F	*I Reena Paul	12	2002-05-04	West Coast Open LC
Female 11-12 400 IM						
1	5:32.74 L	F	*I Hailey Penner	12	2015-07-29	2015 Canadian Age Group Champi
2	5:55.48 L	F	*I Yi Han Wu	12	2007-04-13	2007 Mies Schootman Invitational
3	5:58.62 L	F	*I Melissa Ibbotson	11	2001-01-06	11th Annual Kamloops Classic

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
4	5:59.17 L	F	Kayah Apanowicz	12	2019-04-27	2019 Jessica Deglau Invitational
5	6:06.15 L	P *I	Reena Paul	12	2001-07-13	TRIPLE AAA'S LONG COURSE
6	6:08.33 L	F *I	Logan Warkentin	12	2012-05-05	WEST COAST OPEN
7	6:10.48 L	F	Emma Zhang	11	2023-05-05	West Coast Open 2023
8	6:16.67 L	F *I	Alexandra Lindsay	12	2005-04-30	WEST COAST OPEN
9	6:17.18 L	F *I	Alexa Ibbotson	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
10	6:22.22 L	F *I	Kirra Trites	12	2018-04-07	LOSC 16th Annual LC Invitational
Female 13-14 50 Free						
1	27.98 L	P	Rebecca Soroke	14	2023-03-02	BC Winter Provincials
2	28.15 L L	F *I	Faye Ling	13	2000-06-02	Kamloops Classic
3	28.32 L	F *I	Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet
4	29.11 L	F *I	Hailey Penner	13	2016-07-06	Swim BC LC AAA Championships
5	29.14 L	F *I	Logan Warkentin	14	2013-07-04	2013 Swim BC AAA Long Course Champior
6	29.57 L	F *I	Chantelle Boduel	14	2006-05-06	May Flowers LC Invitational
7	29.61 L	F *I	Jenna-Sarah McDonald	14	2011-06-03	Kamloops June Classic 2011
8	29.78 L	F	Chloe Meredith Jensen	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	30.23 L L	F *I	Ramneet Sandhu	14	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	30.26 L	F *I	Alix Main	14	2012-06-22	2012 BC AA Long Course Championships
Female 13-14 100 Free						
1	1:02.69 L	F *I	Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
2	1:03.13 L	F *I	Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
3	1:03.14 L	F *I	Chantelle Boduel	14	2006-06-02	June Classic 2006
4	1:03.42 L	F *I	Faye Ling	13	2000-06-02	Kamloops Classic
5	1:03.50 L	F *I	Logan Warkentin	14	2013-07-04	2013 Swim BC AAA Long Course Champior
6	1:03.74 L	P	Rebecca Soroke	13	2022-07-14	BC Summer Provincials
7	1:04.49 L	F *I	Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
8	1:04.96 L	F	Chloe Meredith Jensen	13	2019-05-17	2019 Hyack Festival Youth Cup
9	1:05.50 L	F *I	Alix Main	14	2012-06-22	2012 BC AA Long Course Championships
10	1:06.16 L	P *I	Louisa Chan	14	2004-06-04	June Classic 2004
Female 13-14 200 Free						
1	2:17.49 L	P *I	Chantelle Boduel	14	2006-06-02	June Classic 2006
2	2:17.50 L	F *I	Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
3	2:19.09 L	F *I	Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
4	2:19.40 L	P *I	Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
5	2:19.57 L	F *I	Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
6	2:21.29 L	P *I	Yi Han Wu	13	2008-07-03	2008 TAS BC AAA LC Champs
7	2:23.36 L	F *I	Louisa Chan	14	2004-05-01	West Coast Open
8	2:23.42 L	P *I	Logan Warkentin	14	2014-05-30	22nd Annual Kamloops June Classic
9	2:23.62 L	P *I	Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
10	2:23.92 L	F *I	Kirra Trites	13	2020-02-07	Edmonton Open 2020
Female 13-14 400 Free						
1	4:50.31 L	P *I	Hailey Penner	14	2017-02-11	PSW Winter Invitational
2	4:56.10 L	F *I	Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
3	4:56.33 L	P *I	Yi Han Wu	14	2009-07-02	2009 TAS BC LC Championships
4	4:57.08 L	P *I	Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
5	5:01.42 L	F *I	Louisa Chan	14	2004-03-27	Langley lcm Invitational
6	5:01.71 L	F *I	Faye Ling	14	2001-04-28	West Coast Open LC
7	5:02.24 L	F *I	Reena Paul	14	2004-03-27	Langley lcm Invitational
8	5:06.13 L	F *I	Logan Warkentin	13	2013-06-07	Kamloops June Classic 2013
9	5:06.56 L	F *I	Chantelle Boduel	13	2005-01-15	TAS Senior Circuit
10	5:08.88 L	F	Chloe Meredith Jensen	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
Female 13-14 800 Free						
1	10:00.08 L	F *I	Yi Han Wu	14	2009-04-17	Mies Schootman Invitational 2009

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	Time	P/F/S	Name	Age/Yr		
2	10:10.47 L	F	*I Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
3	10:23.26 L	F	*I Alexandra Lindsay	14	2007-05-05	West Coast Open 2007
4	10:31.71 L	F	*I Reena Paul	14	2003-07-10	TAS BC Open AAA Age Group Cham
5	10:41.21 L	F	*I Tia DeCecco	14	2010-03-27	LOSC 8th Annual Long Course Invitational
6	10:50.26 L	F	*I Logan Warkentin	13	2013-05-17	Hyack Festival Youth Cup 2013
7	10:51.50 L	F	*I Alix Main	14	2012-06-22	2012 BC AA Long Course Championships
8	10:56.97 L	F	Harleen Rai	14	2023-02-03	Edmonton Open 2023
9	11:13.46 L	F	*I Megan Loshinin	13	2015-06-26	2015 Swim BC Long Course AA Champions
10	11:28.55 L	F	*I Imelda Chan	13	2007-05-05	West Coast Open 2007
Female 13-14 1500 Free						
1	19:15.08 L	F	*I Kirra Trites	14	2020-03-05	2020 BC Winter Provincial Championships
2	20:59.46 L	F	Harleen Rai	14	2023-02-03	Edmonton Open 2023
Female 13-14 50 Back						
1	32.56 L	F	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
2	33.67 L	P	*I Elena Penner	14	2015-02-19	2015 Speedo Western Canadian Open
3	34.02 L	F	*I Logan Warkentin	14	2014-05-30	22nd Annual Kamloops June Classic
4	34.47 L	P	Rebecca Soroke	14	2023-03-02	BC Winter Provincials
5	35.13 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
6	35.31 L	F	*I Jenna-Sarah McDonald	14	2011-05-07	WEST COAST OPEN
7	35.97 L L	F	Chloe Meredith Jensen	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	36.28 L	F	Jannat Bhangu	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
9	36.30 L	F	*I Jacelyn Wu	14	2017-05-13	WEST COAST OPEN 2017
10	36.34 L	P	*I Nicole Boduel	13	2002-02-01	TAS BC Senior Championships
Female 13-14 100 Back						
1	1:09.24 L	F	*I Chantelle Boduel	14	2006-06-02	June Classic 2006
2	1:14.18 L	F	*I Logan Warkentin	14	2014-05-30	22nd Annual Kamloops June Classic
3	1:14.34 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
4	1:14.56 L	F	Grace Bruneau	13	2023-05-05	West Coast Open 2023
5	1:14.97 L	F	*I Elena Penner	14	2014-05-30	22nd Annual Kamloops June Classic
6	1:15.30 L	P	Chloe Meredith Jensen	14	2020-03-05	2020 BC Winter Provincial Championships
7	1:15.47 L	F	*I Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
8	1:15.50 L	F	*I Jenna-Sarah McDonald	14	2011-06-24	2011 SwimBC AA LongCourse Champions
9	1:15.57 L	F	*I Reena Paul	14	2004-04-16	16-04-04 CDSC LCM
10	1:15.63 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
Female 13-14 200 Back						
1	2:30.10 L	P	*I Chantelle Boduel	14	2006-06-02	2006 Mel Zajac Jr International Swim Meet
2	2:38.19 L	F	*I Logan Warkentin	13	2013-06-07	Kamloops June Classic 2013
3	2:38.95 L	F	Chloe Meredith Jensen	14	2020-02-15	LOSC LC Invitational February 15 2020
4	2:40.77 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
5	2:41.28 L	P	*I Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
6	2:41.58 L	P	*I Reena Paul	14	2004-03-12	2004 TAS BC Sr Championships LC
7	2:41.66 L	F	*I Kirra Trites	13	2019-04-27	2019 Jessica Deglau Invitational
8	2:41.88 L	F	*I Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
9	2:42.00 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
10	2:42.08 L	F	*I Louisa Chan	14	2004-06-04	June Classic 2004
Female 13-14 50 Breast						
1	36.84 L	F	Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020
2	37.23 L	F	Madelyn Paredes Troughton	13	2023-02-03	Edmonton Open 2023
3	37.39 L	P	*I Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
4	38.49 L	F	Grace Bruneau	13	2023-05-05	West Coast Open 2023
5	38.63 L	F	*I Rosanna Chung	14	2011-05-07	WEST COAST OPEN
6	40.70 L	F	*I Hailey Penner	14	2017-05-13	WEST COAST OPEN 2017
7	40.96 L	F	*I Elena Penner	14	2015-04-11	2015 NRST Spring Sprint

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Individual Top Times

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	Time	P/F/S	Name	Age/Yr		
8	41.54 L	F	Noelle Evans	14	2023-05-05	West Coast Open 2023
9	42.00 L	F	Rebecca Soroke	13	2022-04-02	LOSC 18th Annual Long Course Invitational
10	42.01 L	F *I	Courtney Briggs	14	2002-05-04	West Coast Open LC
Female 13-14 100 Breast						
1	1:20.52 L	P *I	Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
2	1:21.04 L	F	Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020
3	1:21.90 L	F *I	Emily Morris	13	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
4	1:23.03 L	F	Madelyn Paredes Troughton	13	2023-05-05	West Coast Open 2023
5	1:26.02 L	F *I	Hailey Penner	14	2017-05-13	WEST COAST OPEN 2017
6	1:26.03 L	F *I	Rosanna Chung	14	2011-06-24	2011 SwimBC AA LongCourse Championsh
7	1:26.42 L	F *I	Courtney Briggs	14	2002-06-07	Kamloops Classic 2002
8	1:27.29 L	P *I	Faye Ling	13	2000-06-02	Kamloops Classic
9	1:27.82 L	P *I	Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
10	1:27.87 L	F *I	Elena Penner	14	2014-05-16	2014 Hyack Festival Youth Cup
Female 13-14 200 Breast						
1	2:52.60 L	P *I	Claudia Baxter	14	2015-05-22	2015 Mel Zajac Jr International
2	2:59.58 L	F	Kayah Apanowicz	13	2020-02-07	Edmonton Open 2020
3	3:01.50 L	F	Madelyn Paredes Troughton	13	2023-02-03	Edmonton Open 2023
4	3:02.08 L	F *I	Hailey Penner	14	2017-04-01	LOSC 15th Annual Long Course Invitational
5	3:02.34 L	F	Grace Bruneau	13	2023-05-05	West Coast Open 2023
6	3:03.31 L	P *I	Emily Morris	13	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
7	3:04.72 L	P *I	Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
8	3:06.97 L	F *I	Rosanna Chung	14	2011-05-07	WEST COAST OPEN
9	3:07.98 L	F *I	Elena Penner	14	2015-04-11	2015 NRST Spring Sprint
10	3:08.68 L	P *I	Reena Paul	14	2003-07-10	TAS BC Open AAA Age Group Cham
Female 13-14 50 Fly						
1	29.05 L	F	Rebecca Soroke	14	2023-03-02	BC Winter Provincials
2	29.71 L	F *I	Elena Penner	14	2015-02-19	2015 Speedo Western Canadian Open
3	30.50 L	F *I	Hailey Penner	13	2016-06-03	24th Annual Kamloops June Classic
4	32.39 L	F *I	Logan Warkentin	14	2014-04-11	LOSC 12th Annual Long Course Meet
5	32.58 L	F	Grace Bruneau	13	2023-02-03	Edmonton Open 2023
6	32.65 L	F *I	Chantelle Boduel	14	2006-06-02	June Classic 2006
7	33.21 L	F *I	Louisa Chan	14	2004-06-04	June Classic 2004
8	34.17 L	F *I	Courtney Briggs	14	2002-05-04	West Coast Open LC
9	34.29 L	P *I	Alexandra Lindsay	14	2006-06-02	June Classic 2006
10	34.37 L	F *I	Imelda Chan	14	2008-05-24	NRST Spring Spring
Female 13-14 100 Fly						
1	1:06.04 L	P	Rebecca Soroke	14	2023-03-02	BC Winter Provincials
2	1:07.52 L	P *I	Elena Penner	14	2014-07-23	2014 Canadian Age Group Champi
3	1:08.45 L	F *I	Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
4	1:14.18 L	P *I	Logan Warkentin	14	2014-05-16	2014 Hyack Festival Youth Cup
5*	1:15.32 L	P *I	Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
5*	1:15.32 L	P *I	Louisa Chan	14	2004-06-04	June Classic 2004
7	1:15.38 L	F *I	Imelda Chan	14	2008-05-24	NRST Spring Spring
8	1:15.95 L	F *I	Claudia Baxter	13	2014-05-30	22nd Annual Kamloops June Classic
9	1:15.96 L	F *I	Courtney Briggs	14	2002-06-07	Kamloops Classic 2002
10	1:16.16 L	P *I	Chantelle Boduel	14	2005-07-21	2005 Canadian Long Course Club Nationals
Female 13-14 200 Fly						
1	2:31.77 L	F *I	Hailey Penner	14	2017-07-06	2017 Swim BC LCM AAA Championships
2	2:35.14 L	F	Rebecca Soroke	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
3	2:45.38 L	P *I	Alexandra Lindsay	14	2006-07-06	2006 TAS BC LC Championships
4	2:46.03 L	F *I	Imelda Chan	13	2007-06-01	June Classic 2007 SBC0751
5	2:46.58 L	P *I	Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet

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	Time	P/F/S	Name	Age/Yr		
6	2:47.45 L	F	*I Louisa Chan	14	2004-03-27	Langley lcn Invitational
7	2:49.78 L	P	*I Tia DeCecco	14	2010-05-21	Hyack Festival Youth Cup 2010
8	2:50.53 L	P	*I Yi Han Wu	13	2008-07-03	2008 TAS BC AAA LC Champs
9	2:50.90 L	P	*I Amaris Gutierrez Sandoval	13	2015-05-30	WEST COAST OPEN
10	2:50.94 L	P	*I Chantelle Boduel	14	2005-07-21	2005 Canadian Long Course Club Nationals
Female 13-14 200 IM						
1	2:31.96 L	P	*I Hailey Penner	14	2017-06-02	1st Annual TRU Wolfpack Invitational
2	2:39.67 L	F	Grace Bruneau	13	2023-05-05	West Coast Open 2023
3	2:39.69 L	P	*I Elena Penner	14	2014-07-03	2014 Swim BC AAA Long Course Meet
4	2:40.10 L	F	*I Chantelle Boduel	14	2006-05-06	May Flowers LC Invitational
5	2:40.13 L	P	Rebecca Soroke	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	2:40.94 L	F	Kayah Apanowicz	13	2020-02-15	LOSC LC Invitational February 15 2020
7	2:41.04 L	P	*I Faye Ling	14	2001-01-06	11th Annual Kamloops Classic
8	2:42.04 L	P	*I Yi Han Wu	14	2009-04-17	Mies Schootman Invitational 2009
9	2:44.26 L	F	*I Logan Warkentin	14	2014-04-11	LOSC 12th Annual Long Course Meet
10	2:45.41 L	P	*I Reena Paul	14	2004-04-16	16-04-04 CDSC LCM
Female 13-14 400 IM						
1	5:22.13 L	P	*I Hailey Penner	14	2017-07-06	2017 Swim BC LCM AAA Championships
2	5:43.95 L	F	*I Reena Paul	14	2004-04-16	16-04-04 CDSC LCM
3	5:45.13 L	P	*I Alexandra Lindsay	14	2007-02-02	TAS BC Senior Champs - long course
4	5:45.44 L	F	*I Louisa Chan	14	2004-10-30	TAS Senior Circuit 1
5	5:45.99 L	F	*I Faye Ling	14	2001-04-28	West Coast Open LC
6	5:50.03 L	F	*I Kirra Trites	13	2019-05-17	2019 Hyack Festival Youth Cup
7	5:50.80 L	F	*I Yi Han Wu	13	2008-04-11	Mies Schootman Invitational 2008
8	5:53.05 L	F	Rebecca Soroke	13	2022-04-30	West Coast Open 2022
9	5:56.78 L	F	*I Nicole Boduel	14	2002-06-07	Kamloops Classic 2002
10	5:57.63 L	F	*I Imelda Chan	14	2008-04-11	Mies Schootman Invitational 2008
Female 15 & Over 50 Free						
1	27.85 L	P	*I Francine Ling	18	2001-07-13	TRIPLE AAA'S LONG COURSE
2	28.05 L	F	*I Amber Lunn	17	1998-07-30	SUMMER JR NATS 98
3	28.17 L	P	*I Faye Ling	17	2003-07-24	2003 Club Nationals
4	28.27 L	F	*I Elena Penner	15	2015-07-02	2015 Swim BC AAA Long Course Champion
5	28.42 L	F	*I Aurora Zheng	16	2018-07-06	2018 Swim BC Tier II - Summer Champion
6	28.59 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	28.90 L L	F	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
8	28.97 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
9	29.29 L	F	Chloe Meredith Jensen	16	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	29.40 L	F	Kayah Apanowicz	15	2022-02-26	February Provincial Tune-Up
Female 15 & Over 100 Free						
1	1:00.23 L	P	*I Francine Ling	17	2001-03-13	Spring 2001 Nationals Edmonton
2	1:01.34 L	F	*I Faye Ling	17	2003-07-10	TAS BC Open AAA Age Group Cham
3	1:01.80 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
4*	1:02.00 L	P	*I Amber Lunn	18	1999-02-06	B.C. SENIOR CHAMPS
4*	1:02.00 L	F	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
6	1:02.46 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	1:02.83 L	P	*I Aurora Zheng	17	2019-07-04	2019 BC Summer Provincial Championship
8	1:03.38 L	F	*I Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
9	1:03.39 L	P	*I Elena Penner	15	2015-05-22	2015 Mel Zajac Jr International
10	1:03.74 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
Female 15 & Over 200 Free						
1	2:10.36 L	F	*I Francine Ling	19	2002-06-20	2002 King International Invita
2	2:13.47 L	P	*I Louisa Chan	17	2007-06-01	Bell Grand Prix - Mel Zajac Jr
3	2:15.57 L	F	*I Faye Ling	15	2002-06-07	Kamloops Classic 2002

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
4	2:15.60 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
5	2:15.85 L	P	*I Aurora Zheng	17	2019-07-04	2019 BC Summer Provincial Championship
6	2:16.60 L	P	*I Amber Lunn	19	2000-07-20	BC 0PEN AGE GROUP CHAMPS
7	2:17.01 L	F	*I Alexandra Lindsay	17	2009-06-05	Kamloops June Classic 2009
8	2:17.29 L	F	*I Hailey Penner	15	2018-04-21	2018 Jessica Deglau Invitational
9	2:18.26 L	F	*I Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
10	2:18.82 L	F	Chloe Meredith Jensen	16	2022-02-26	February Provincial Tune-Up
Female 15 & Over 400 Free						
1	4:35.66 L	F	*I Francine Ling	19	2002-06-07	Kamloops Classic 2002
2	4:41.07 L	P	*I Louisa Chan	17	2007-06-01	Bell Grand Prix - Mel Zajac Jr
3	4:49.04 L	F	*I Faye Ling	17	2003-07-10	TAS BC Open AAA Age Group Cham
4	4:51.60 L	F	*I Aurora Zheng	17	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	4:51.79 L	P	*I Alexandra Lindsay	17	2009-05-22	2009 Mel Zajac Jr International
6	4:52.45 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
7	4:52.64 L	F	*I Hailey Penner	16	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	4:53.02 L	P	*I Amber Lunn	19	2000-06-02	Kamloops Classic
9	4:55.07 L	F	*I Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
10	4:56.88 L	F	*I Chantelle Boduel	15	2007-05-05	West Coast Open 2007
Female 15 & Over 800 Free						
1	9:46.34 L	F	*I Francine Ling	16	2000-01-08	REGION XII
2	9:49.39 L	F	*I Louisa Chan	18	2008-07-03	2008 TAS BC AAA LC Champs
3	10:01.68 L	F	*I Alexandra Lindsay	17	2009-07-02	2009 TAS BC LC Championships
4	10:05.96 L	F	*I Faye Ling	17	2004-04-16	16-04-04 CDSC LCM
5	10:13.91 L	F	*I Courtney Briggs	15	2003-07-10	TAS BC Open AAA Age Group Cham
6	10:18.98 L	F	*I Nicole Boduel	15	2003-07-10	TAS BC Open AAA Age Group Cham
7	10:25.48 L	F	*I Morgan Karkling	18	2007-07-05	2007 TAS BC Long Course Champs
8	10:46.54 L	F	*I Maddison Lupien	16	2016-06-24	2016 Swim BC Long Course AA Champions
9	10:48.57 L	F	*I Tehani Cabico	16	2003-06-06	Kamloops Classic2003
10	10:50.55 L	F	Harleen Rai	15	2023-05-05	West Coast Open 2023
Female 15 & Over 50 Back						
1	28.71 L L	F	*I Francine Ling	19	2002-07-11	TAS BC Open AAA Champs LC 2002
2	31.97 L L	F	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
3	32.38 L	P	Chloe Meredith Jensen	16	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	32.74 L	P	*I Nicole Boduel	16	2004-08-05	2004 Canadian Long Course Club Nationals
5	33.24 L	P	*I Elena Penner	15	2016-02-18	2016 Speedo Western Canadian Open
6	34.44 L	F	*I Hailey Penner	15	2018-05-05	WEST COAST OPEN 2018
7	34.45 L	F	*I Jenna-Sarah McDonald	15	2012-05-05	WEST COAST OPEN
8	34.50 L	F	*I Reena Paul	15	2004-07-15	2004 TAS AAA LC Championships
9	34.59 L	P	*I Louisa Chan	16	2006-04-21	2006 Mies Schootman Invitational
10	34.69 L	F	*I Logan Warkentin	16	2015-07-02	2015 Swim BC AAA Long Course Champior
Female 15 & Over 100 Back						
1	1:07.88 L	F	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
2	1:10.42 L	F	*I Francine Ling	19	2002-06-07	Kamloops Classic 2002
3	1:10.96 L	F	Chloe Meredith Jensen	16	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	1:11.13 L	F	*I Nicole Boduel	16	2004-06-04	June Classic 2004
5	1:11.32 L	F	*I Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
6	1:11.56 L	P	*I Louisa Chan	16	2006-07-06	2006 TAS BC LC Championships
7	1:11.58 L	F	*I Faye Ling	16	2003-06-06	Kamloops Classic2003
8	1:11.86 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
9	1:11.92 L	F	*I Amber Lunn	17	1998-07-30	SUMMER JR NATS 98
10	1:12.81 L	P	*I Elena Penner	16	2016-06-03	24th Annual Kamloops June Classic
Female 15 & Over 200 Back						
1	2:26.48 L	P	*I Chantelle Boduel	15	2007-06-01	Bell Grand Prix - Mel Zajac Jr

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
2	2:31.83 L	P	*I Laina Steeple	17	2001-01-06	11th Annual Kamloops Classic
3	2:32.82 L	P	*I Louisa Chan	17	2007-02-02	TAS BC Senior Champs - long course
4	2:33.10 L	P	*I Faye Ling	17	2004-05-14	2004 Mel Zajac Jr International Swim Meet
5	2:33.24 L	P	Chloe Meredith Jensen	17	2023-03-02	BC Winter Provincials
6	2:33.72 L	F	*I Alexandra Lindsay	17	2009-06-05	Kamloops June Classic 2009
7	2:34.26 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	2:34.62 L	P	*I Amber Lunn	18	1999-02-06	B.C. SENIOR CHAMPS
9	2:35.49 L	F	*I Reena Paul	16	2005-06-18	Summer Solstice Invitational
10	2:36.27 L	F	*I Nicole Boduel	16	2004-06-04	June Classic 2004
Female 15 & Over 50 Breast						
1	34.84 L	P	*I Francine Ling	18	2001-08-05	Summer Nationals 2001-Etobico
2	35.74 L	P	Kayah Apanowicz	16	2023-03-02	BC Winter Provincials
3	36.50 L	F	*I Claudia Baxter	17	2017-07-06	2017 Swim BC LCM AAA Championships
4	37.00 L	F	*I Louisa Chan	17	2007-04-13	2007 Mies Schootman Invitational
5	37.21 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
6	38.76 L	F	*I Caralyn Vossen	16	2014-05-30	22nd Annual Kamloops June Classic
7	38.77 L	F	*I Rosanna Chung	15	2012-05-05	WEST COAST OPEN
8	39.09 L	F	*I Aurora Zheng	16	2018-05-05	WEST COAST OPEN 2018
9	39.57 L	F	*I Hailey Penner	15	2018-05-05	WEST COAST OPEN 2018
10	40.15 L	F	*I Courtney Briggs	15	2003-05-03	WESTCOAST OPEN 2003
Female 15 & Over 100 Breast						
1	1:15.52 L	P	*I Francine Ling	15	1999-02-06	B.C. SENIOR CHAMPS
2	1:18.63 L	F	*I Claudia Baxter	16	2017-03-11	2017 Swim BC Senior Open
3	1:19.69 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
4	1:19.93 L	P	Kayah Apanowicz	16	2023-03-02	BC Winter Provincials
5	1:20.81 L	F	*I Amira Tawashy	16	1998-07-30	SUMMER JR NATS 98
6	1:21.74 L	P	*I Alix Main	16	2014-07-03	2014 Swim BC AAA Long Course Meet
7	1:21.79 L	F	*I Faye Ling	18	2004-07-15	2004 TAS AAA LC Championships
8	1:22.06 L	P	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
9	1:22.52 L	P	*I Laina Steeple	15	1999-02-06	B.C. SENIOR CHAMPS
10	1:22.64 L	P	Chloe Meredith Jensen	17	2023-02-03	Edmonton Open 2023
Female 15 & Over 200 Breast						
1	2:45.11 L	P	*I Francine Ling	18	2001-08-05	Summer Nationals 2001-Etobico
2	2:51.45 L	F	*I Claudia Baxter	16	2017-03-11	2017 Swim BC Senior Open
3	2:54.47 L	F	*I Hailey Penner	15	2018-04-21	2018 Jessica Deglau Invitational
4	2:54.54 L	F	Chloe Meredith Jensen	17	2023-02-03	Edmonton Open 2023
5	2:55.24 L	P	*I Louisa Chan	17	2007-07-05	2007 TAS BC Long Course Champs
6	2:59.53 L	F	*I Faye Ling	17	2004-03-27	Langley lcm Invitational
7	2:59.56 L	P	*I Courtney Briggs	16	2004-07-15	2004 TAS AAA LC Championships
8	2:59.92 L	P	*I Amira Tawashy	19	2001-07-13	TRIPLE AAA'S LONG COURSE
9	3:00.12 L	P	*I Aurora Zheng	17	2019-07-04	2019 BC Summer Provincial Championship
10	3:01.72 L	F	*I Laina Steeple	17	2000-10-28	TEAM AQUATIC SUPPLIES SR. CIRC
Female 15 & Over 50 Fly						
1	29.69 L	P	*I Francine Ling	19	2002-08-06	2002 Canadian Summer National
2	29.72 L	P	*I Elena Penner	15	2015-05-22	2015 Mel Zajac Jr International
3	30.29 L	P	*I Louisa Chan	17	2007-07-19	2007 National Age Group champs
4	30.63 L	P	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	30.65 L	F	*I Claudia Baxter	17	2017-07-06	2017 Swim BC LCM AAA Championships
6	31.36 L	F	Kayah Apanowicz	16	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	31.37 L	F	*I Logan Warkentin	16	2015-07-02	2015 Swim BC AAA Long Course Champior
8	31.63 L	F	*I Prisca Rose	20	2007-03-31	12th FINA World Championships
9	32.65 L	F	*I Aurora Zheng	16	2018-05-05	WEST COAST OPEN 2018
10	32.77 L	P	*I Faye Ling	19	2006-06-02	2006 Mel Zajac Jr International Swim Meet

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Female 15 & Over 100 Fly						
1	1:05.94 L	P	*I Louisa Chan	17	2007-07-19	2007 National Age Group champs
2	1:06.34 L	P	*I Francine Ling	15	1999-03-17	1999 Maritime Life Nationals
3	1:06.91 L	F	*I Hailey Penner	15	2018-06-01	2nd Annual TRU Wolfpack Invitational
4	1:08.58 L	P	*I Claudia Baxter	16	2016-07-06	Swim BC LC AAA Championships
5	1:08.78 L	F	*I Prisca Rose	20	2007-08-16	7th Indian Ocean Island games
6	1:09.72 L	P	*I Elena Penner	15	2015-07-02	2015 Swim BC AAA Long Course Champion
7	1:09.91 L	F	Kayah Apanowicz	16	2023-05-05	West Coast Open 2023
8	1:11.16 L	F	*I Courtney Briggs	16	2004-06-04	June Classic 2004
9	1:11.40 L	F	*I Hannah Milic	17	2018-05-05	WEST COAST OPEN 2018
10	1:12.48 L	F	*I Amber Lunn	19	2000-06-02	Kamloops Classic
Female 15 & Over 200 Fly						
1	2:26.09 L	F	*I Louisa Chan	18	2008-07-03	2008 TAS BC AAA LC Champs
2	2:29.25 L	F	*I Hailey Penner	15	2018-04-12	2018 Speedo Western Canadian Champion
3	2:33.20 L	P	*I Francine Ling	19	2002-06-20	2002 King International Invita
4	2:34.88 L	F	*I Courtney Briggs	16	2004-07-15	2004 TAS AAA LC Championships
5	2:38.30 L	P	*I Alexandra Lindsay	16	2009-04-17	Mies Schootman Invitational 2009
6	2:39.58 L	F	*I Hannah Milic	17	2018-04-21	2018 Jessica Deglau Invitational
7	2:42.58 L	F	Kayah Apanowicz	16	2023-05-05	West Coast Open 2023
8	2:47.20 L	P	*I Imelda Chan	15	2008-07-03	2008 TAS BC AAA LC Champs
9	2:50.29 L	F	*I Faye Ling	17	2004-03-27	Langley lcn Invitational
10	2:52.00 L	P	*I Maddison Lupien	16	2016-06-24	2016 Swim BC Long Course AA Champions
Female 15 & Over 200 IM						
1	2:24.30 L	F	*I Francine Ling	19	2002-08-06	2002 Canadian Summer National
2	2:30.66 L	F	*I Louisa Chan	17	2007-04-13	2007 Mies Schootman Invitational
3	2:32.11 L	P	*I Hailey Penner	15	2018-04-12	2018 Speedo Western Canadian Champion
4	2:32.89 L	F	Kayah Apanowicz	16	2023-05-05	West Coast Open 2023
5	2:32.93 L	F	*I Faye Ling	18	2004-07-15	2004 TAS AAA LC Championships
6	2:35.46 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
7	2:36.71 L	P	*I Chantelle Boduel	15	2006-07-06	2006 TAS BC LC Championships
8	2:36.76 L	F	*I Hannah Milic	17	2018-04-21	2018 Jessica Deglau Invitational
9	2:37.14 L	F	*I Elena Penner	16	2016-06-03	24th Annual Kamloops June Classic
10	2:37.68 L	F	*I Alexandra Lindsay	17	2009-06-05	Kamloops June Classic 2009
Female 15 & Over 400 IM						
1	5:05.56 L	P	*I Francine Ling	19	2002-08-06	2002 Canadian Summer National
2	5:18.04 L	P	*I Hailey Penner	15	2018-07-06	2018 Swim BC Tier II - Summer Champion
3	5:20.69 L	P	*I Louisa Chan	18	2008-07-24	2008 Age Group Nationals
4	5:28.75 L	P	*I Alexandra Lindsay	17	2009-05-22	2009 Mel Zajac Jr International
5	5:31.11 L	F	*I Laina Steeple	16	2000-06-02	Kamloops Classic
6	5:32.13 L	F	*I Hannah Milic	17	2018-04-21	2018 Jessica Deglau Invitational
7	5:33.47 L	F	*I Faye Ling	17	2004-04-16	16-04-04 CDSC LCM
8	5:34.08 L	F	Chloe Meredith Jensen	17	2023-05-05	West Coast Open 2023
9	5:35.59 L	P	*I Courtney Briggs	16	2004-07-15	2004 TAS AAA LC Championships
10	5:37.33 L	F	Kayah Apanowicz	15	2022-02-26	February Provincial Tune-Up
Male 10 & Under 50 Free						
1	28.57 L	F	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	36.90 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	37.18 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
4	37.61 L L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5*	37.66 L	F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
5*	37.66 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	40.02 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	40.51 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003

Delta Sungod Swim Club

Individual Top Times

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	Time	P/F/S	Name	Age/Yr		
9	40.91 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10*	41.31 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
10*	41.31 L	F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
Male 10 & Under 100 Free						
1	1:05.65 L	P	*I Shane Pawluk	1	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
2	1:19.25 L	P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
3	1:21.24 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
4*	1:27.38 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
4*	1:27.38 L	F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
6	1:28.97 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	1:30.59 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
8	1:31.88 L	F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
9	1:34.13 L	F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
10	1:35.16 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 10 & Under 200 Free						
1	2:49.93 L	F	*I Shane Pawluk	1	1998-06-05	KAMLOOPS CLASSIC 98
2	2:51.46 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	2:54.37 L	F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	3:08.97 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
5	3:10.42 L	F	*I Cory Bullock	10	2011-05-07	WEST COAST OPEN
6	3:11.61 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
7	3:16.32 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
8	3:24.25 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	3:24.34 L	F	*I Kevin McDonough	10	2007-06-23	Hyack Summer Solstice Invitational
10	3:27.36 L	F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
Male 10 & Under 400 Free						
1	5:09.42 L	P	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	5:44.37 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	6:00.34 L	F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	6:22.98 L	F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
5	7:10.78 L	F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course
Male 10 & Under 1500 Free						
1	24:04.83 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
Male 10 & Under 50 Back						
1	43.13 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
2	45.68 L	F	*I Cory Bullock	10	2011-05-07	WEST COAST OPEN
3	46.46 L	F	*I Jatinder Grewal	10	2018-05-05	WEST COAST OPEN 2018
4	47.68 L	F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
5	48.91 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
6	50.89 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
7	52.31 L	F	*I Yuvraj Rai	10	2017-06-02	1st Annual TRU Wolfpack Invitational
8	52.79 L	F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
9	53.04 L	F	Mateo Pecotic	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	55.35 L	F	*I Martin Klein Viloria	9	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 10 & Under 100 Back						
1	1:29.36 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:31.29 L	P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
3	1:37.49 L	F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
4	1:38.45 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
5	1:40.08 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
6	1:41.02 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	1:42.01 L	F	*I Reece Landry	10	2012-05-05	WEST COAST OPEN

Delta Sungod Swim Club

Individual Top Times

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	Time	P/F/S	Name	Age/Yr		
8	1:45.76 L	F	*I Kevin McDonough	10	2007-06-23	Hyack Summer Solstice Invitational
9	1:46.72 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	1:47.21 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
Male 10 & Under 200 Back						
1	3:05.71 L	F	*I Shane Pawluk	1	1999-05-08	1999 WEST COAST OPEN
2	3:14.50 L	P	*I Harbir Grewal	10	2015-05-15	2015 Hyack Festival Youth Cup
3	3:22.46 L	P	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
4	3:24.82 L	P	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	3:26.47 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
6	3:35.18 L	F	*I Reece Landry	10	2012-05-05	WEST COAST OPEN
7	3:35.42 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
8	4:47.03 L	P	*I Aidan McDonough S9 SB8 SM9	9	2011-06-03	Kamloops June Classic 2011
Male 10 & Under 50 Breast						
1	46.06 L	F	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
2	49.01 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
3	49.81 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	52.52 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	54.44 L	F	*I Reece Landry	10	2012-06-08	Kamloops June Classic 2012
6	54.75 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	56.35 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
8	57.04 L	F	Charlie Buchanan	10	2023-05-05	West Coast Open 2023
9	57.50 L	F	*I Yuvraj Rai	10	2017-06-02	1st Annual TRU Wolfpack Invitational
10	58.12 L	F	*I Jordan Manhas	10	2012-06-08	Kamloops June Classic 2012
Male 10 & Under 100 Breast						
1	1:38.03 L S	F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:40.29 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	1:45.18 L	P	*I Harbir Grewal	10	2015-05-15	2015 Hyack Festival Youth Cup
4	1:46.96 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	1:54.45 L	F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	1:55.18 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	1:55.57 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	1:57.25 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
9	2:01.88 L	F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
10	2:03.87 L	F	*I Colton DeCecco	10	2003-06-06	Kamloops Classic2003
Male 10 & Under 200 Breast						
1	3:28.54 L	F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
2	3:33.52 L	F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	3:56.78 L	F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
4	3:56.97 L	F	Gurshaan Sangha	10	2019-04-27	2019 Jessica Deglau Invitational
5	3:59.65 L	F	*I Shane Pawluk	1	1997-06-27	AQUA INVITATIONAL
6	4:01.31 L	F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
7	4:17.31 L	F	*I Jatinder Grewal	10	2018-04-21	2018 Jessica Deglau Invitational
8	4:20.86 L	F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
9	4:27.33 L	P	*I Aidan McDonough S9 SB8 SM9	10	2012-05-18	Hyack Festival AAA Youth Cup 2012
10	4:30.55 L	F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course
Male 10 & Under 50 Fly						
1	41.99 L	P	*I Harbir Grewal	10	2015-05-30	WEST COAST OPEN
2	43.42 L	F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
3	44.62 L	F	Gurshaan Sangha	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
4	46.82 L	F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	48.76 L	F	*I Cayden Dececco	9	2011-05-07	WEST COAST OPEN
6	49.63 L	F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	49.85 L	F	*I Cory Bullock	10	2011-07-15	2011 Sizzlin Summer Swim Meet

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
8	50.29 L		F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
9	52.08 L		F	Charlie Buchanan	10	2023-05-05	West Coast Open 2023
10	53.75 L		F	Mateo Pecotic	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 10 & Under 100 Fly							
1	1:26.91 L S		F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	1:41.53 L		F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
3	1:44.40 L		F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	1:54.94 L		F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	1:55.65 L		F	*I Cory Bullock	10	2011-07-15	2011 Sizzlin Summer Swim Meet
6	2:02.14 L		F	Arwin Khangura	10	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	2:11.37 L		F	*I Jatinder Grewal	9	2017-06-02	1st Annual TRU Wolfpack Invitational
8	2:16.37 L		F	*I Yuvraj Rai	10	2017-06-02	1st Annual TRU Wolfpack Invitational
9	2:25.93 L		F	Dwitik Sharma	9	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	2:34.63 L		F	Dev Bagal	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 10 & Under 200 Fly							
1	3:22.64 L S		F	*I Shane Pawluk	1	1999-06-04	9TH KAMLOOPS CLASSIC
2	3:27.63 L		F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	3:51.43 L		F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
Male 10 & Under 200 IM							
1	2:41.40 L		F	*I Shane Pawluk	1	2000-06-16	SWIM BC 2000 PROVINCIAL TRIALS
2	3:12.60 L		F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	3:14.36 L		F	*I Harbir Grewal	10	2015-04-11	2015 NRST Spring Sprint
4	3:30.86 L		F	*I Jatinder Grewal	10	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	3:31.60 L		F	*I Wilson Liu	10	2016-04-02	14th Annual Long Course Invitational
6	3:39.54 L		F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
7	3:42.19 L		F	*I Noah Landry	10	2010-06-19	Summer Solstice Invitational
8	3:42.66 L		F	Gurshaan Sangha	10	2019-04-27	2019 Jessica Deglau Invitational
9	3:45.14 L		F	*I Amrit Zhawar	10	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	3:47.85 L		F	*I Cory Bullock	10	2011-06-03	Kamloops June Classic 2011
Male 10 & Under 400 IM							
1	6:23.29 L		F	*I Shane Pawluk	1	1999-05-08	1999 WEST COAST OPEN
2	6:30.27 L		F	*I Reece Landry	10	2013-04-06	LOSC 11th Annual Long Course Invitational
3	7:19.70 L		F	*I Wilson Liu	10	2016-05-14	WEST COAST OPEN 2016
4	7:46.90 L		F	*I Cayden Dececco	9	2011-04-02	9th Annual Langley Olympians Long Course
5	8:02.74 L		F	*I Cory Bullock	10	2011-04-02	9th Annual Langley Olympians Long Course
Male 11-12 50 Free							
1	28.13 L		P	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	28.95 L		F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
3	29.46 L		S	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	31.10 L		F	*I Cory Bullock	12	2013-07-19	2013 Moses Lake Sizzlin' Summer
5	31.36 L		F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
6	32.11 L		F	*I Scott Hanna	12	2004-06-04	June Classic 2004
7	33.20 L		F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
8	33.28 L		F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
9	33.41 L		P	Daniel Wang	12	2019-04-27	2019 Jessica Deglau Invitational
10	33.49 L		P	*I Taylor Bullock	12	2009-06-05	Kamloops June Classic 2009
Male 11-12 100 Free							
1	1:02.07 L		F	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	1:02.88 L		F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
3	1:07.18 L		P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	1:08.55 L		F	*I Marcus Hugo Vilorio	12	2018-04-21	2018 Jessica Deglau Invitational
5	1:08.76 L		P	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
6	1:09.55 L	F	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
7	1:09.95 L	F	*I Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
8	1:11.46 L	P	Daniel Wang	12	2019-04-27	2019 Jessica Deglau Invitational
9	1:11.87 L	F	*I Nicky Hou	12	2006-06-02	June Classic 2006
10	1:12.13 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
Male 11-12 200 Free						
1	2:19.14 L	F	*I Martin Klein Vioria	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	2:23.83 L	F	*I Jackson Wang	12	2000-06-02	Kamloops Classic
3	2:23.89 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
4	2:27.30 L	F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
5	2:30.68 L	F	*I Marcus Hugo Vioria	12	2018-05-05	WEST COAST OPEN 2018
6	2:31.85 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	2:32.23 L	P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
8	2:32.85 L	P	*I Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
9	2:34.94 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
10	2:37.12 L	F	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
Male 11-12 400 Free						
1	5:05.37 L	F	*I Martin Klein Vioria	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	5:10.45 L	P	*I Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
3	5:11.89 L	F	*I Jackson Wang	12	2000-06-02	Kamloops Classic
4	5:11.95 L	F	*I Kevin McDonough	12	2010-03-27	LOSC 8th Annual Long Course Invitational
5	5:21.21 L	F	*I Marcus Hugo Vioria	12	2018-05-05	WEST COAST OPEN 2018
6	5:22.63 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
7	5:26.07 L	F	*I Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
8	5:26.20 L	F	*I Jatinder Grewal	11	2019-05-17	2019 Hyack Festival Youth Cup
9	5:42.89 L	F	*I Brandan Royer	12	2003-05-03	WESTCOAST OPEN 2003
10	5:48.00 L	P	*I Taylor Bullock	12	2009-07-02	2009 TAS BC LC Championships
Male 11-12 800 Free						
1	12:10.81 L	F	*I Harbir Grewal	11	2015-07-02	2015 Swim BC AAA Long Course Champion
Male 11-12 1500 Free						
1	20:31.26 L	F	*I Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
2	22:19.74 L	F	*I Alan Lu	12	2010-03-27	LOSC 8th Annual Long Course Invitational
3	26:29.68 L	F	*I Noah Landry	11	2011-04-02	9th Annual Langley Olympians Long Course
4	27:16.65 L	F	*I David Su	12	2010-03-27	LOSC 8th Annual Long Course Invitational
Male 11-12 50 Back						
1	33.03 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	35.40 L	P	*I Marcus Hugo Vioria	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	37.28 L	F	*I Scott Hanna	12	2004-06-04	June Classic 2004
4	37.59 L	F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
5	37.96 L	F	*I Aaron Zhou	12	2016-05-14	WEST COAST OPEN 2016
6	38.99 L	P	*I Jonathan Wong	12	2006-06-02	June Classic 2006
7	39.07 L	F	*I Nicky Hou	12	2006-06-02	June Classic 2006
8	40.16 L	F	*I Cory Bullock	12	2013-07-19	2013 Moses Lake Sizzlin' Summer
9	40.37 L L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
10	41.63 L	F	*I Harbir Grewal	12	2016-06-03	24th Annual Kamloops June Classic
Male 11-12 100 Back						
1	1:11.11 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	1:16.98 L	F	*I Marcus Hugo Vioria	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	1:22.18 L	F	*I Scott Hanna	12	2004-06-04	June Classic 2004
4	1:22.19 L	P	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
5	1:22.22 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
6	1:23.65 L	F	*I Reece Landry	11	2014-04-11	LOSC 12th Annual Long Course Meet

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
7	1:23.83 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	1:24.75 L	F	*I Alan Lu	12	2010-03-27	LOSC 8th Annual Long Course Invitational
9	1:25.26 L	F	*I Aaron Zhou	12	2016-05-14	WEST COAST OPEN 2016
10	1:26.16 L	F	*I Jonathan Wong	12	2006-06-02	June Classic 2006
Male 11-12 200 Back						
1	2:32.16 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	2:44.86 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	2:45.14 L	F	*I Jackson Wang	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
4	2:45.41 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
5	2:54.72 L	F	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
6	2:55.68 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
7	2:56.11 L	P	*I Scott Hanna	12	2004-06-04	June Classic 2004
8	2:58.59 L	P	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013
9	3:04.21 L	P	Daniel Wang	12	2019-04-27	2019 Jessica Deglau Invitational
10	3:04.80 L	F	Aaron Alby	12	2023-05-05	West Coast Open 2023
Male 11-12 50 Breast						
1	37.51 L	F	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
2	37.87 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
3	41.09 L	F	*I Kevin Ge	12	2006-06-02	June Classic 2006
4	42.60 L	F	*I Albert Yu	12	2013-06-07	Kamloops June Classic 2013
5	43.37 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
6	43.70 L	F	*I Reece Landry	11	2014-04-11	LOSC 12th Annual Long Course Meet
7	43.80 L	P	*I Taylor Bullock	12	2009-06-05	Kamloops June Classic 2009
8	45.42 L	F	*I Brandan Royer	12	2003-05-03	WESTCOAST OPEN 2003
9	45.49 L	P	*I Noah Landry	12	2012-06-08	Kamloops June Classic 2012
10	47.98 L	F	*I Aaron Zhou	12	2016-05-14	WEST COAST OPEN 2016
Male 11-12 100 Breast						
1	1:23.81 L	F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
2	1:25.81 L	P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
3	1:27.76 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
4	1:29.38 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
5	1:30.60 L	P	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
6	1:31.17 L	P	*I Kevin Ge	12	2006-07-06	2006 TAS BC LC Championships
7	1:31.63 L	F	*I Albert Yu	12	2013-06-07	Kamloops June Classic 2013
8	1:31.89 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
9	1:33.51 L	P	*I Jackson Wang	12	2000-06-02	Kamloops Classic
10	1:35.57 L	F	*I Nicky Hou	12	2006-06-02	June Classic 2006
Male 11-12 200 Breast						
1	3:03.56 L	F	Gurshaan Sangha	12	2021-10-08	SKSC October LC Invite 2021
2	3:06.74 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
3	3:07.65 L	P	*I Alan Lu	12	2010-05-21	Hyack Festival Youth Cup 2010
4	3:11.60 L	F	*I Kevin Ge	12	2006-06-02	June Classic 2006
5	3:13.00 L	P	*I Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
6	3:16.04 L	F	*I Kevin McDonough	12	2010-03-27	LOSC 8th Annual Long Course Invitational
7	3:16.99 L	F	*I Albert Yu	12	2013-04-06	LOSC 11th Annual Long Course Invitational
8	3:21.48 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
9	3:22.62 L	F	*I Jackson Wang	12	2000-05-06	West Coast Open LC - Morning
10	3:24.10 L	P	*I Yuvraj Rai	12	2019-06-07	3rd Annual TRU Wolfpack Invitational
Male 11-12 50 Fly						
1	32.29 L	F	*I Martin Klein Vilorio	12	2022-04-02	LOSC 18th Annual Long Course Invitational
2	34.33 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
3	36.48 L	F	*I Kevin McDonough	11	2009-04-17	Mies Schootman Invitational 2009
4	38.39 L	P	*I Cory Bullock	12	2013-06-07	Kamloops June Classic 2013

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
5	38.63 L	F	*I Harbir Grewal	12	2016-06-03	24th Annual Kamloops June Classic
6	38.91 L	F	*I Noah Landry	12	2012-06-08	Kamloops June Classic 2012
7	39.00 L	F	*I Reece Landry	12	2014-05-30	22nd Annual Kamloops June Classic
8	40.31 L	F	*I Taylor Bullock	12	2009-06-05	Kamloops June Classic 2009
9	40.90 L	F	*I Lucas Jamias	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
10	41.23 L	F	*I Nicky Hou	12	2006-06-02	June Classic 2006
Male 11-12 100 Fly						
1	1:13.72 L	F	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	1:21.46 L	P	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
3	1:23.47 L	F	*I Qinjia Yang	12	2018-04-21	2018 Jessica Deglau Invitational
4	1:23.53 L	P	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
5	1:23.77 L	F	*I Harbir Grewal	12	2017-05-13	WEST COAST OPEN 2017
6	1:23.80 L	P	Max Zha	11	2019-05-17	2019 Hyack Festival Youth Cup
7	1:23.84 L	F	*I Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
8	1:24.86 L	P	*I Kevin McDonough	12	2009-07-02	2009 TAS BC LC Championships
9	1:26.35 L	F	*I Alan Lu	12	2010-05-01	WEST COAST OPEN
10	1:26.47 L	P	*I Noah Landry	12	2012-06-08	Kamloops June Classic 2012
Male 11-12 200 Fly						
1	2:55.79 L	P	*I Jackson Wang	12	2000-06-02	Kamloops Classic
2	3:07.58 L	P	*I Jatinder Grewal	11	2019-05-17	2019 Hyack Festival Youth Cup
3	3:08.05 L	F	*I Noah Landry	12	2012-06-22	2012 BC AA Long Course Championships
4	3:08.23 L	F	*I Qinjia Yang	12	2018-04-07	LOSC 16th Annual LC Invitational
5	3:11.97 L	P	*I Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
6	3:12.92 L	F	*I Marcus Hugo Vilorio	12	2018-06-01	2nd Annual TRU Wolfpack Invitational
7	3:15.16 L	P	Max Zha	11	2019-05-17	2019 Hyack Festival Youth Cup
8	3:35.46 L	P	*I Kevin Ge	12	2006-04-21	2006 Mies Schootman Invitational
9	3:37.35 L	F	*I Colton DeCecco	12	2005-04-30	WEST COAST OPEN
10	3:37.48 L	F	*I Harbir Grewal	11	2016-04-02	14th Annual Long Course Invitational
Male 11-12 200 IM						
1	2:40.04 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	2:43.13 L	F	*I Jackson Wang	12	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
3	2:49.39 L	F	*I Cayden Dececco	12	2014-04-11	LOSC 12th Annual Long Course Meet
4	2:53.97 L	F	*I Alan Lu	12	2010-05-01	WEST COAST OPEN
5	2:54.37 L	P	*I Harbir Grewal	12	2016-06-24	2016 Swim BC Long Course AA Champions
6	2:54.94 L	P	*I Reece Landry	12	2014-07-03	2014 Swim BC AAA Long Course Meet
7	2:59.44 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
8	2:59.55 L	F	*I Marcus Hugo Vilorio	12	2018-05-05	WEST COAST OPEN 2018
9	2:59.79 L	F	*I Cory Bullock	12	2013-07-19	2013 Moses Lake Sizzlin' Summer
10	3:01.19 L	F	*I Noah Landry	12	2012-06-22	2012 BC AA Long Course Championships
Male 11-12 400 IM						
1	5:33.41 L	F	*I Kevin McDonough	12	2010-05-21	Hyack Festival Youth Cup 2010
2	5:54.08 L	F	*I Jackson Wang	12	2000-05-06	West Coast Open LC - Morning
3	6:04.52 L	F	*I Harbir Grewal	12	2017-04-01	LOSC 15th Annual Long Course Invitational
4	6:16.51 L	P	*I Reece Landry	12	2014-06-20	2014 Swim BC Long Course AA Champions
5	6:23.53 L	F	*I Noah Landry	12	2012-05-05	WEST COAST OPEN
6	6:25.13 L	P	*I Daniel Su	12	2009-06-19	BC AA Champs Summer 2009
7	6:25.60 L	F	*I Yuvraj Rai	12	2019-04-27	2019 Jessica Deglau Invitational
8	6:26.61 L	F	*I Taylor Bullock	12	2009-06-19	BC AA Champs Summer 2009
9	6:29.13 L	F	*I Marcus Hugo Vilorio	12	2018-04-07	LOSC 16th Annual LC Invitational
10	6:35.08 L	F	*I Qinjia Yang	12	2018-04-07	LOSC 16th Annual LC Invitational
Male 13-14 50 Free						
1	26.11 L	F	Daniel Wang	14	2022-03-10	BC Winter Provincials
2	26.39 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
3	26.77 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
4	27.41 L	F	*I Alan Lu	14	2012-06-08	Kamloops June Classic 2012
5	27.61 L	P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	27.63 L	P	*I Nicky Hou	14	2008-07-03	2008 TAS BC AAA LC Champs
7	27.80 L	P	*I Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
8	28.18 L	P	Gurshaan Sangha	14	2023-02-03	Edmonton Open 2023
9	28.21 L	P	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
10	28.71 L	F	*I Kevin McDonough	13	2011-04-02	9th Annual Langley Olympians Long Course
Male 13-14 100 Free						
1	57.81 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
2	58.71 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
3	59.61 L	F	Max Zha	14	2022-02-26	February Provincial Tune-Up
4	1:00.28 L	F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
5	1:00.55 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
6	1:01.47 L	F	*I Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
7*	1:01.64 L	F	*I Shingo Kido	14	2000-06-02	Kamloops Classic
7*	1:01.64 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023
9	1:01.89 L	P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	1:01.90 L	P	*I Nicky Hou	14	2008-07-03	2008 TAS BC AAA LC Champs
Male 13-14 200 Free						
1	2:07.76 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
2	2:09.96 L	P	Max Zha	14	2022-04-21	2022 Speedo Western Canadian Champion
3	2:11.03 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
4	2:11.85 L	F	*I Kevin McDonough	14	2012-05-05	WEST COAST OPEN
5	2:13.60 L	F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
6	2:14.28 L	P	*I Shingo Kido	14	2000-07-20	BC OPEN AGE GROUP CHAMPS
7	2:18.08 L	P	*I Alan Lu	13	2011-06-03	Kamloops June Classic 2011
8	2:19.15 L	F	Gurshaan Sangha	14	2023-02-03	Edmonton Open 2023
9	2:19.23 L	P	*I Cory Bullock	13	2014-07-03	2014 Swim BC AAA Long Course Meet
10	2:19.34 L	P	*I Harbir Grewal	14	2019-05-17	2019 Hyack Festival Youth Cup
Male 13-14 400 Free						
1	4:34.28 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	4:37.90 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
3	4:44.25 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
4	4:46.15 L	F	*I Marcus Hugo Vloria	13	2020-02-15	LOSC LC Invitational February 15 2020
5	4:48.21 L	F	Daniel Wang	14	2022-02-26	February Provincial Tune-Up
6	4:51.08 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
7	4:51.56 L	F	*I Shingo Kido	14	2000-05-06	West Coast Open LC - Morning
8	4:52.16 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
9	4:55.75 L	F	*I Harbir Grewal	14	2019-04-27	2019 Jessica Deglau Invitational
10	4:56.90 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023
Male 13-14 800 Free						
1	9:33.17 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	9:53.55 L	F	*I Michael Milic	14	2013-04-06	LOSC 11th Annual Long Course Invitational
3	11:25.70 L	F	*I Colton DeCecco	14	2007-05-05	West Coast Open 2007
Male 13-14 1500 Free						
1	19:20.78 L	F	*I Jason Steeple	14	2000-05-06	West Coast Open LC - Morning
2	20:12.68 L	F	*I Cayden Dececco	13	2014-07-03	2014 Swim BC AAA Long Course Meet
3	20:22.55 L	F	*I Kevin McDonough	13	2011-04-02	9th Annual Langley Olympians Long Course
4	20:33.93 L	F	*I Reece Landry	13	2015-07-02	2015 Swim BC AAA Long Course Champion
5	20:38.04 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
6	20:38.38 L	F	*I Daniel Su	14	2011-04-02	9th Annual Langley Olympians Long Course
7	21:02.65 L	F	*I Taylor Bullock	14	2011-04-02	9th Annual Langley Olympians Long Course

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr		
8	21:07.98 L		F	*I Ciro Golden	14	2004-06-25	LMR Regional LC Championships
9	21:22.62 L		F	*I Harbir Grewal	13	2017-07-06	2017 Swim BC LCM AAA Championships
10	21:36.79 L		F	*I Ricky Bal	14	2004-06-25	LMR Regional LC Championships
Male 13-14 50 Back							
1	30.58 L		F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	31.47 L		F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
3	31.48 L		P	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
4	32.16 L		P	*I Nicky Hou	14	2008-07-24	2008 Age Group Nationals
5	32.40 L		F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
6	33.27 L		F	Max Zha	14	2022-04-30	West Coast Open 2022
7	33.74 L		P	*I Scott Hanna	14	2006-04-21	2006 Mies Schootman Invitational
8	35.14 L L		F	*I Cory Bullock	13	2014-05-30	22nd Annual Kamloops June Classic
9	35.31 L		F	Gurshaan Sangha	13	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	35.41 L L		F	*I Cayden Dececco	13	2014-07-03	2014 Swim BC AAA Long Course Meet
Male 13-14 100 Back							
1	1:04.38 L		P	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
2	1:08.31 L		F	*I Jackson Wang	14	2001-07-13	TRIPLE AAA'S LONG COURSE
3	1:08.63 L		F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
4	1:08.98 L		P	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
5	1:09.48 L		F	Daniel Wang	14	2022-02-26	February Provincial Tune-Up
6	1:10.02 L		F	Manraj Johal	14	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	1:11.28 L		P	*I Eldon Shen	14	2019-07-04	2019 BC Summer Provincial Championship
8	1:11.30 L		P	*I Scott Hanna	14	2006-07-06	2006 TAS BC LC Championships
9	1:11.32 L		P	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
10	1:12.31 L		P	*I Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
Male 13-14 200 Back							
1	2:22.23 L		F	*I Kevin McDonough	13	2011-05-20	Hyack Festival AAA Youth Cup 2011
2	2:27.46 L		F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
3	2:30.33 L		F	*I Cory Bullock	14	2015-06-26	2015 Swim BC Long Course AA Champions
4	2:31.06 L		F	*I Marcus Hugo Vloria	13	2020-02-07	Edmonton Open 2020
5	2:31.83 L		F	Max Zha	14	2022-04-30	West Coast Open 2022
6	2:33.85 L		P	*I Scott Hanna	14	2006-07-06	2006 TAS BC LC Championships
7	2:34.22 L		P	*I Nicky Hou	14	2008-05-24	NRST Spring Spring
8	2:34.89 L		F	*I Jackson Wang	13	2001-01-06	11th Annual Kamloops Classic
9	2:36.36 L		P	*I Kevin Ge	14	2008-07-03	2008 TAS BC AAA LC Champs
10	2:38.06 L		P	*I Eldon Shen	14	2019-07-04	2019 BC Summer Provincial Championship
Male 13-14 50 Breast							
1	33.43 L		F	Gurshaan Sangha	14	2023-02-03	Edmonton Open 2023
2	33.60 L		F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
3	34.17 L		F	Daniel Wang	14	2022-03-10	BC Winter Provincials
4	36.11 L		F	*I Kevin Ge	14	2008-03-06	2008 TAS BC Sr Championships LC
5	36.14 L		F	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
6	36.36 L		F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
7	36.52 L		F	*I Albert Yu	14	2015-05-30	WEST COAST OPEN
8	38.07 L		F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
9	38.82 L		F	Manraj Johal	14	2022-04-02	LOSC 18th Annual Long Course Invitational
10	39.53 L		P	*I Taylor Bullock	14	2011-06-03	Kamloops June Classic 2011
Male 13-14 100 Breast							
1	1:13.93 L		F	Daniel Wang	14	2022-03-10	BC Winter Provincials
2	1:16.09 L		P	Gurshaan Sangha	14	2023-03-02	BC Winter Provincials
3	1:16.21 L		F	Max Zha	14	2022-04-30	West Coast Open 2022
4	1:17.50 L		F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
5	1:18.75 L		F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
6	1:18.90 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
7	1:19.05 L	F	*I Kevin Ge	14	2008-03-29	LOSC 6th Annual Long Course Invitational
8	1:19.06 L	F	*I Nicky Hou	14	2008-04-11	Mies Schootman Invitational 2008
9	1:19.74 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
10	1:21.62 L	P	*I Jason Steeple	14	2000-06-02	Kamloops Classic
Male 13-14 200 Breast						
1	2:46.13 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023
2	2:48.73 L	F	*I Albert Yu	14	2015-06-26	2015 Swim BC Long Course AA Champions
3	2:49.20 L	F	*I Michael Milic	14	2013-05-04	WEST COAST OPEN
4	2:50.14 L	F	*I Kevin McDonough	14	2012-04-13	Mies Schootman Invitational 2012
5	2:51.80 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
6	2:52.05 L	F	*I Nicky Hou	14	2008-07-03	2008 TAS BC AAA LC Champs
7	2:52.48 L	P	*I Kevin Ge	14	2008-03-06	2008 TAS BC Sr Championships LC
8	2:52.72 L	F	*I Marcus Hugo Vioria	13	2020-02-15	LOSC LC Invitational February 15 2020
9	2:52.74 L	P	*I Jason Steeple	14	2000-06-02	Kamloops Classic
10	2:53.74 L	F	*I Alan Lu	14	2012-04-13	Mies Schootman Invitational 2012
Male 13-14 50 Fly						
1	29.12 L	F	Max Zha	14	2022-04-30	West Coast Open 2022
2	29.77 L	F	*I Marcus Hugo Vioria	13	2020-02-07	Edmonton Open 2020
3	29.96 L	P	Manraj Johal	14	2022-07-14	BC Summer Provincials
4	30.03 L	F	*I Jackson Wang	14	2002-01-02	T.A.S. BC Senior Champs Long C
5	30.04 L	P	Gurshaan Sangha	14	2023-03-02	BC Winter Provincials
6	30.71 L	F	*I Kevin McDonough	14	2011-06-03	Kamloops June Classic 2011
7	31.61 L	F	*I Alan Lu	14	2012-05-05	WEST COAST OPEN
8	32.11 L	P	*I Cory Bullock	14	2015-05-30	WEST COAST OPEN
9	32.32 L	P	*I Nicky Hou	14	2008-07-24	2008 Age Group Nationals
10	32.78 L	F	Akashvir Bhangu	14	2018-05-05	WEST COAST OPEN 2018
Male 13-14 100 Fly						
1	1:02.86 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	1:04.34 L	F	*I Kevin McDonough	14	2012-05-18	Hyack Festival AAA Youth Cup 2012
3	1:06.28 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
4	1:06.44 L	F	*I Shingo Kido	14	2000-06-02	Kamloops Classic
5	1:07.27 L	F	*I Marcus Hugo Vioria	13	2020-02-07	Edmonton Open 2020
6	1:10.39 L	F	*I Jason Steeple	14	2000-04-14	C.D.S.C. INVITATIONAL- Sanctio
7	1:10.69 L	F	*I Harbir Grewal	14	2018-06-01	2nd Annual TRU Wolfpack Invitational
8	1:11.85 L	P	*I Victor Lucy	14	2016-06-03	24th Annual Kamloops June Classic
9	1:12.47 L	P	*I Noah Landry	14	2014-06-20	2014 Swim BC Long Course AA Champions
10	1:12.61 L	F	*I Qinjia Yang	14	2020-02-15	LOSC LC Invitational February 15 2020
Male 13-14 200 Fly						
1	2:23.33 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	2:24.32 L	P	*I Kevin McDonough	14	2011-07-27	Championnats canadiens Groupe
3	2:28.70 L	P	*I Shingo Kido	14	2000-06-02	Kamloops Classic
4	2:34.15 L	F	*I Noah Landry	14	2014-06-20	2014 Swim BC Long Course AA Champions
5	2:35.87 L	F	*I Jackson Wang	14	2002-06-07	Kamloops Classic 2002
6	2:40.25 L	P	*I Harbir Grewal	14	2018-07-06	2018 Swim BC Tier II - Summer Champions
7	2:41.15 L	F	*I Marcus Hugo Vioria	13	2019-05-17	2019 Hyack Festival Youth Cup
8	2:44.13 L	F	*I Jason Steeple	14	2000-05-06	West Coast Open LC - Morning
9	2:46.93 L	P	*I Victor Lucy	14	2016-06-03	24th Annual Kamloops June Classic
10	2:47.60 L	P	Akashvir Bhangu	14	2018-06-01	2nd Annual TRU Wolfpack Invitational
Male 13-14 200 IM						
1	2:24.61 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	2:26.50 L	F	*I Kevin McDonough	14	2012-05-05	WEST COAST OPEN
3	2:30.56 L	F	Gurshaan Sangha	14	2023-05-05	West Coast Open 2023

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
4	2:31.92 L	F	*I Marcus Hugo Vloria	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
5	2:33.96 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
6	2:34.74 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
7	2:34.80 L	P	*I Jackson Wang	14	2001-07-13	TRIPLE AAA'S LONG COURSE
8	2:34.86 L	P	*I Alan Lu	14	2012-05-18	Hyack Festival AAA Youth Cup 2012
9	2:36.48 L	F	*I Kevin Ge	14	2008-03-29	LOSC 6th Annual Long Course Invitational
10	2:36.82 L	P	*I Harbir Grewal	14	2019-05-17	2019 Hyack Festival Youth Cup
Male 13-14 400 IM						
1	5:05.77 L	F	Max Zha	14	2022-03-10	BC Winter Provincials
2	5:09.06 L	F	*I Kevin McDonough	14	2012-05-05	WEST COAST OPEN
3	5:25.35 L	F	*I Michael Milic	14	2013-04-06	LOSC 11th Annual Long Course Invitational
4	5:26.76 L	F	*I Noah Landry	14	2014-06-20	2014 Swim BC Long Course AA Champions
5	5:26.81 L	F	*I Jason Steeple	14	2000-06-02	Kamloops Classic
6	5:29.96 L	P	*I Harbir Grewal	14	2018-07-06	2018 Swim BC Tier II - Summer Champion
7	5:30.05 L	F	*I Marcus Hugo Vloria	13	2019-06-07	3rd Annual TRU Wolfpack Invitational
8	5:31.11 L	F	*I Shingo Kido	14	2000-05-06	West Coast Open LC - Morning
9	5:31.16 L	F	*I Reece Landry	14	2016-06-03	24th Annual Kamloops June Classic
10	5:34.49 L	F	*I Kevin Ge	14	2008-05-03	WEST COAST OPEN
Male 15 & Over 50 Free						
1	24.62 L	F	*I Jackson Wang	18	2005-08-08	2005 Canada Games - Regina
2	25.17 L	F	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
3	26.09 L	F	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
4	26.47 L	P	Daniel Wang	15	2023-03-02	BC Winter Provincials
5	26.79 L	F	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
6	26.86 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
7	26.91 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
8	26.93 L	P	*I Alan Lu	15	2012-07-25	2012 Canadian Age Group Championships
9	27.30 L	F	Akashvir Bhangu	19	2023-05-05	West Coast Open 2023
10	27.41 L	P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
Male 15 & Over 100 Free						
1	53.49 L	F	*I Jackson Wang	17	2005-05-10	World Trials - Montreal
2	55.52 L	F	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
3	57.06 L	P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
4	58.24 L	F	Daniel Wang	16	2023-05-05	West Coast Open 2023
5	58.40 L	F	*I Nicholas Kidd	17	2015-04-11	2015 NRST Spring Sprint
6	58.44 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
7	59.50 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
8	59.53 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
9	59.68 L	P	Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	1:00.14 L	P	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
Male 15 & Over 200 Free						
1	1:57.91 L	P	*I Jackson Wang	18	2005-07-21	2005 Canadian Long Course Club Nationals
2	2:05.47 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
3	2:09.46 L	F	*I Nicholas Kidd	17	2015-04-11	2015 NRST Spring Sprint
4	2:09.99 L	P	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
5	2:11.01 L	F	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
6	2:11.02 L	P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
7	2:11.24 L	P	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
8	2:11.36 L	P	*I Nicky Hou	15	2009-06-05	Kamloops June Classic 2009
9	2:11.41 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
10	2:11.65 L	P	*I Kevin McDonough	15	2012-06-08	Kamloops June Classic 2012
Male 15 & Over 400 Free						
1	4:27.78 L	P	*I Nicholas Kidd	17	2015-05-22	2015 Mel Zajac Jr International

Delta Sungod Swim Club

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
2	4:28.30 L	F	*I Jackson Wang	17	2005-01-15	TAS Senior Circuit
3	4:33.81 L	P	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
4	4:34.19 L	P	Max Zha	15	2023-03-02	BC Winter Provincials
5	4:35.91 L	F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
6	4:37.14 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
7	4:39.29 L	P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
8	4:40.75 L	F	*I Jason Steeple	15	2001-01-06	11th Annual Kamloops Classic
9	4:41.15 L	F	*I Nicky Hou	16	2010-05-01	WEST COAST OPEN
10	4:43.55 L	F	*I Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
Male 15 & Over 800 Free						
1	9:10.86 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
2	9:20.12 L	F	*I Nicholas Kidd	17	2015-05-22	2015 Mel Zajac Jr International
3	9:33.68 L	F	*I Michael Milic	15	2014-04-11	LOSC 12th Annual Long Course Meet
4	10:37.97 L	F	*I Ricky Bal	17	2007-05-05	West Coast Open 2007
Male 15 & Over 1500 Free						
1	17:37.05 L	F	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champior
2	17:40.84 L	F	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
3	18:35.75 L	F	*I Nicky Hou	16	2010-03-27	LOSC 8th Annual Long Course Invitational
4	18:48.79 L	F	*I Stephen Riggs	16	2010-03-27	LOSC 8th Annual Long Course Invitational
5	19:03.61 L	F	*I Colton DeCecco	17	2010-03-27	LOSC 8th Annual Long Course Invitational
6	19:45.32 L	F	*I Victor Lucy	15	2017-06-16	2017 AA LCM Championships
7	20:35.11 L	F	*I Joseph Kidd	15	2011-04-02	9th Annual Langley Olympians Long Course
8	20:56.08 L	F	*I Todd Vintr	15	2010-03-27	LOSC 8th Annual Long Course Invitational
9	21:46.50 L	F	*I Wai-Lun Chung	15	2011-04-02	9th Annual Langley Olympians Long Course
Male 15 & Over 50 Back						
1	29.65 L	F	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
2	29.70 L	F	*I Kevin McDonough	15	2012-06-08	Kamloops June Classic 2012
3	30.05 L	P	*I Jackson Wang	17	2005-06-17	2005 Mel Zajac Jr International Swim Meet
4	30.95 L	F	*I Scott Hanna	15	2007-06-01	June Classic 2007 SBC0751
5	31.93 L	F	*I Hector Rodriguez Hernandez	16	2014-04-11	LOSC 12th Annual Long Course Meet
6	32.02 L	F	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
7	32.27 L	P	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
8	32.60 L	P	*I Nicholas Kidd	16	2014-05-30	22nd Annual Kamloops June Classic
9	32.73 L L	F	*I Cory Bullock	15	2016-06-03	24th Annual Kamloops June Classic
10	32.93 L	F	Manraj Johal	15	2023-05-05	West Coast Open 2023
Male 15 & Over 100 Back						
1	1:03.21 L	F	*I Jackson Wang	17	2004-07-15	2004 TAS AAA LC Championships
2	1:03.27 L	F	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
3	1:04.76 L	P	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	1:04.86 L	P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
5	1:05.79 L	P	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champior
6	1:07.95 L	F	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
7	1:08.15 L	F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic
8	1:08.42 L	F	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
9	1:09.00 L	F	Daniel Wang	16	2023-05-05	West Coast Open 2023
10*	1:09.39 L	P	*I Scott Hanna	15	2007-07-19	2007 National Age Group champs
10*	1:09.39 L	P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
Male 15 & Over 200 Back						
1	2:14.07 L	F	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
2	2:18.03 L	F	*I Jackson Wang	17	2004-07-15	2004 TAS AAA LC Championships
3	2:18.48 L	P	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	2:20.73 L	P	*I Nicholas Kidd	17	2015-07-02	2015 Swim BC AAA Long Course Champior
5	2:21.45 L	F	*I Noah Landry	16	2016-06-03	24th Annual Kamloops June Classic

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
6	2:24.27 L	P	*I Nicky Hou	17	2011-07-07	BC AAA Long Course Championships
7	2:29.81 L	F	*I Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
8	2:30.44 L	P	*I Scott Hanna	15	2007-06-01	June Classic 2007 SBC0751
9	2:31.77 L	P	*I Eldon Shen	15	2020-02-07	Edmonton Open 2020
10	2:33.01 L	P	Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 15 & Over 50 Breast						
1	32.87 L	P	*I Jagdeesh Uppal	24	2020-02-07	Edmonton Open 2020
2	33.32 L	F	Daniel Wang	15	2023-02-03	Edmonton Open 2023
3	33.35 L	P	*I Alan Lu	15	2012-07-25	2012 Canadian Age Group Championships
4	33.89 L	F	*I Nicky Hou	15	2009-04-17	Mies Schootman Invitational 2009
5	34.98 L	P	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
6	35.02 L	F	*I Connor Warkentin	17	2014-04-11	LOSC 12th Annual Long Course Meet
7	35.39 L	F	*I Justin Tetrault	16	2008-03-06	2008 TAS BC Sr Championships LC
8	35.42 L	F	*I Wai-Lun Chung	16	2012-04-13	Mies Schootman Invitational 2012
9	36.21 L	F	*I Michael Milic	15	2014-04-11	LOSC 12th Annual Long Course Meet
10	37.27 L	F	Arnav Sharma	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
Male 15 & Over 100 Breast						
1	1:12.10 L	F	*I Jagdeesh Uppal	21	2017-03-11	2017 Swim BC Senior Open
2	1:12.89 L	F	Daniel Wang	16	2023-05-05	West Coast Open 2023
3	1:14.38 L	P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
4	1:14.42 L	P	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
5	1:16.26 L	F	*I Nicky Hou	15	2009-04-17	Mies Schootman Invitational 2009
6	1:16.37 L	F	*I Alan Lu	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
7	1:16.42 L	F	*I Connor Warkentin	17	2013-06-07	Kamloops June Classic 2013
8	1:17.73 L	P	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
9	1:19.54 L	F	*I Justin Tetrault	16	2008-03-06	2008 TAS BC Sr Championships LC
10	1:20.07 L	P	*I Wai-Lun Chung	16	2012-04-13	Mies Schootman Invitational 2012
Male 15 & Over 200 Breast						
1	2:39.33 L	F	*I Jagdeesh Uppal	21	2017-03-11	2017 Swim BC Senior Open
2	2:40.11 L	P	*I Connor Warkentin	18	2014-07-03	2014 Swim BC AAA Long Course Meet
3	2:41.45 L	F	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
4	2:44.43 L	P	*I Nicky Hou	16	2010-07-08	2010 TAS BC Long Course AAA Champions
5	2:44.53 L	P	*I Kevin Ge	17	2011-07-07	BC AAA Long Course Championships
6	2:45.21 L	F	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
7	2:50.98 L	F	Daniel Wang	15	2023-02-03	Edmonton Open 2023
8	2:51.70 L	F	*I Noah Landry	16	2016-05-14	WEST COAST OPEN 2016
9	2:53.49 L	P	*I Alan Lu	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
10	2:54.72 L	P	*I Kevin McDonough	15	2012-06-08	Kamloops June Classic 2012
Male 15 & Over 50 Fly						
1	26.35 L	P	*I Jackson Wang	18	2006-06-02	2006 Mel Zajac Jr International Swim Meet
2	28.14 L	F	Max Zha	15	2023-02-03	Edmonton Open 2023
3	29.13 L	F	*I Joseph Kidd	16	2012-06-08	Kamloops June Classic 2012
4	29.59 L	F	Daniel Wang	15	2022-04-02	LOSC 18th Annual Long Course Invitational
5	29.60 L	F	Akashvir Bhangu	19	2023-05-05	West Coast Open 2023
6	29.82 L	F	*I Stephen Riggs	17	2011-05-07	WEST COAST OPEN
7	29.95 L	F	*I Shingo Kido	16	2002-01-02	T.A.S. BC Senior Champs Long C
8	29.96 L	F	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
9	30.29 L	P	*I Alan Lu	15	2012-07-25	2012 Canadian Age Group Championships
10	30.45 L	F	Arnav Sharma	16	2023-05-05	West Coast Open 2023
Male 15 & Over 100 Fly						
1	58.10 L	F	*I Jackson Wang	17	2005-05-10	World Trials - Montreal
2	1:01.82 L	F	Max Zha	15	2022-06-10	2022 Annual TRU Wolfpack Invitational
3	1:04.03 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham

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Individual Top Times

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	Time	P/F/S	Name	Age/Yr		
4	1:04.93 L	F	*I Joseph Kidd	16	2012-06-22	2012 BC AA Long Course Championships
5	1:05.33 L	P	*I Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
6	1:05.67 L	F	*I Michael Milic	16	2014-05-16	2014 Hyack Festival Youth Cup
7	1:06.89 L	F	*I Hector Rodriguez Hernandez	16	2014-06-20	2014 Swim BC Long Course AA Champions
8	1:07.34 L	F	Akashvir Bhangu	19	2023-05-05	West Coast Open 2023
9	1:07.78 L	P	*I Victor Lucy	15	2017-06-02	1st Annual TRU Wolfpack Invitational
10	1:07.91 L	F	Arnav Sharma	16	2023-05-05	West Coast Open 2023
Male 15 & Over 200 Fly						
1	2:15.99 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
2	2:16.47 L	P	*I Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
3	2:19.52 L	F	*I Jackson Wang	17	2005-04-30	WEST COAST OPEN
4	2:20.93 L	P	*I Kevin McDonough	15	2012-07-25	2012 Canadian Age Group Championships
5	2:21.05 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
6	2:32.42 L	F	Arnav Sharma	16	2023-05-05	West Coast Open 2023
7	2:34.48 L	F	*I Nicholas Kidd	16	2014-06-20	2014 Swim BC Long Course AA Champions
8	2:35.34 L	P	*I Hector Rodriguez Hernandez	16	2014-05-30	22nd Annual Kamloops June Classic
9	2:35.39 L	P	Akashvir Bhangu	18	2022-06-10	2022 Annual TRU Wolfpack Invitational
10	2:37.62 L	P	*I Victor Lucy	15	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 15 & Over 200 IM						
1	2:19.70 L	F	*I Kevin McDonough	15	2012-07-05	2012 Team Aquatic Supplies BC AAA LC Cf
2	2:19.75 L	P	*I Michael Milic	16	2015-03-08	2015 SwimBC Senior Open
3	2:20.05 L	P	*I Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
4	2:21.50 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
5	2:23.66 L	P	*I Nicky Hou	17	2011-06-03	Kamloops June Classic 2011
6	2:25.26 L	F	Daniel Wang	16	2023-05-05	West Coast Open 2023
7	2:26.89 L	F	*I Jackson Wang	16	2004-03-12	2004 TAS BC Sr Championships LC
8	2:27.95 L	P	*I Maxime Maréchal-McCoy	29	2018-04-21	2018 Jessica Deglau Invitational
9	2:28.44 L	P	*I Shingo Kido	17	2003-07-10	TAS BC Open AAA Age Group Cham
10	2:28.81 L	P	*I Victor Lucy	15	2017-06-02	1st Annual TRU Wolfpack Invitational
Male 15 & Over 400 IM						
1	4:52.67 L	P	*I Noah Landry	16	2016-07-06	Swim BC LC AAA Championships
2	5:04.73 L	F	Max Zha	15	2023-05-05	West Coast Open 2023
3	5:06.96 L	P	*I Kevin McDonough	15	2012-07-25	2012 Canadian Age Group Championships
4	5:07.17 L	F	*I Jackson Wang	17	2005-04-30	WEST COAST OPEN
5	5:14.61 L	P	*I Michael Milic	15	2013-07-04	2013 Swim BC AAA Long Course Champior
6	x5:15.28 L	F	*I Nicky Hou	16	2010-06-04	Kamloops June Classic 2010
7	5:19.89 L	P	*I Shingo Kido	16	2002-07-11	TAS BC Open AAA Champs LC 2002
8	5:23.52 L	F	Daniel Wang	16	2023-05-05	West Coast Open 2023
9	5:23.85 L	P	*I Harbir Grewal	15	2019-07-04	2019 BC Summer Provincial Championship
10	5:34.00 L	F	*I Nicholas Kidd	16	2014-05-30	22nd Annual Kamloops June Classic