

## NEW CLUB RECORDS 2024

UNDERLINED = PROVINCIAL RECORD

COLE BREKKE SC 100 BREAST 8&U **1:49.44**

COLE BREKKE LC 200 BREAST 8&U **4:02.08**

COLE BREKKE LC 100 FREE 8&U **1:28.68**

COLE BREKKE LC 50 BREAST 8&U **51.31**

COLE BREKKE LC 100 BREAST 8&U **1:56.83**

COLE BREKKE LC 50 BACK 8&U **43.68**

COLE BREKKE LC 50 FREE 8&U **39.58**

BROOKLYNN BREKKE SC 50 BACK 10&U **35.47**

ZACHARY TANG SC 50 BREAST 8&U **1:01.53**

COLIN WU SC 100 IM 10&U **1:39.86**

NEW! JUSTIN JUNG LC 200 BREAST 15-17 & OPEN **2:17.82**

DANNY PARK LC 200 FREE 15-17 **1:55.80**

NEW! FERNANDO LU LC 200 IM PARA **2:20.30**

FERNANDO LU LC 100 BACK PARA **1:07.06**

KEN STROUD LC 50 BACK PARA **32.70**

KEN STROUD LC 400 FREE S10 **4:43.94**

JULIA STROJNOWSKA LC 800 FREE 15-17 & OPEN **8:38.36** NEW!

JULIA STROJNOWSKA LC 200 FREE 15-17 & OPEN **2:00.45**

LEILA FACK LC 100 FREE 15-17 & OPEN **56.35** NEW!

COLLYN GAGNE LC 400 FREE OPEN **4:00.27**

COLLYN GAGNE LC 200 FREE OPEN **1:52.70**

O. YEUNG, I. CHO, T. NGAI, O. MACPHERSON

LC 4X100 FREE RELAY 11-12 **4:38.35**

L. FACK, A. KO, C. JIA, J. STROJNOWSKA

LC 4X50 FREE RELAY 15-17 & OPEN **1:45.39**

A. KO, M. LARSON, L. FACK, J. STROJNOWSKA

LC 4X50 MEDLEY RELAY 15-17 **1:57.40**

J. STROJNOWSKA, L. FACK, C. JIA, A. KO

LC 4X200 FREE RELAY 15-17 **8:23.54**

L. FACK, A. KO, C. JIA, J. STROJNOWSKA

LC 4X100 FREE RELAY 15-17 & OPEN **3:49.09**

## HOW IS THE OLYMPIC AND PARALYMPIC TEAM SELECTED?

IN ORDER TO EVEN ATTEND TRIALS, THERE ARE TIME STANDARDS THAT MUST BE ACHIEVED, WITH SWIMMERS ONLY ALLOWED TO RACE IN EVENTS THEY HAVE QUALIFIED FOR (NO BONUS SWIMS). YOU MAY HAVE BEEN WATCHING THE TRIALS LIVESTREAM AND WONDERED WHY SOME WINNERS WERE CHOSEN FOR THE TEAM AND OTHERS WERE NOT. SIMPLY SPEAKING SWIMMERS MUST NOT ONLY FINISH TOP 2, BUT ALSO ACHIEVE THE OLYMPIC QUALIFYING TIME ("OQT"). REACHING THE OLYMPIC CONSIDERATION TIME ("OCT") WILL ALLOW FOR A TOP 2 SWIMMER TO BE CONSIDERED FOR THE TEAM. IF YOU PLACE LOWER THAN 2ND BUT REACH THE OQT, YOU CANNOT MAKE THE TEAM SOLELY ON THIS RESULT. THE QUALIFYING TIME IS BASED ON THE TIME OF THE 14TH PLACE SWIM AT THE PREVIOUS OLYMPICS, SERVING AS A BENCHMARK FOR EACH NATION'S TRIALS. IN THE CASE OF RELAYS, THE TOP 4 IN THAT EVENT TEND TO BE CHOSEN FOR THE TEAM AS A RELAY SWIMMERS.ERS.



JOSH LIENDO BROKE THE 50 FREESTYLE RECORD AND THE 100 BUTTERFLY RECORD IN THE CANADIAN SENIOR (OPEN AGE) CATEGORY.



THE CANADIAN OLYMPIC TEAM FOR PARIS 2024



# 2024 OLYMPIC AND PARALYMPIC TRIALS

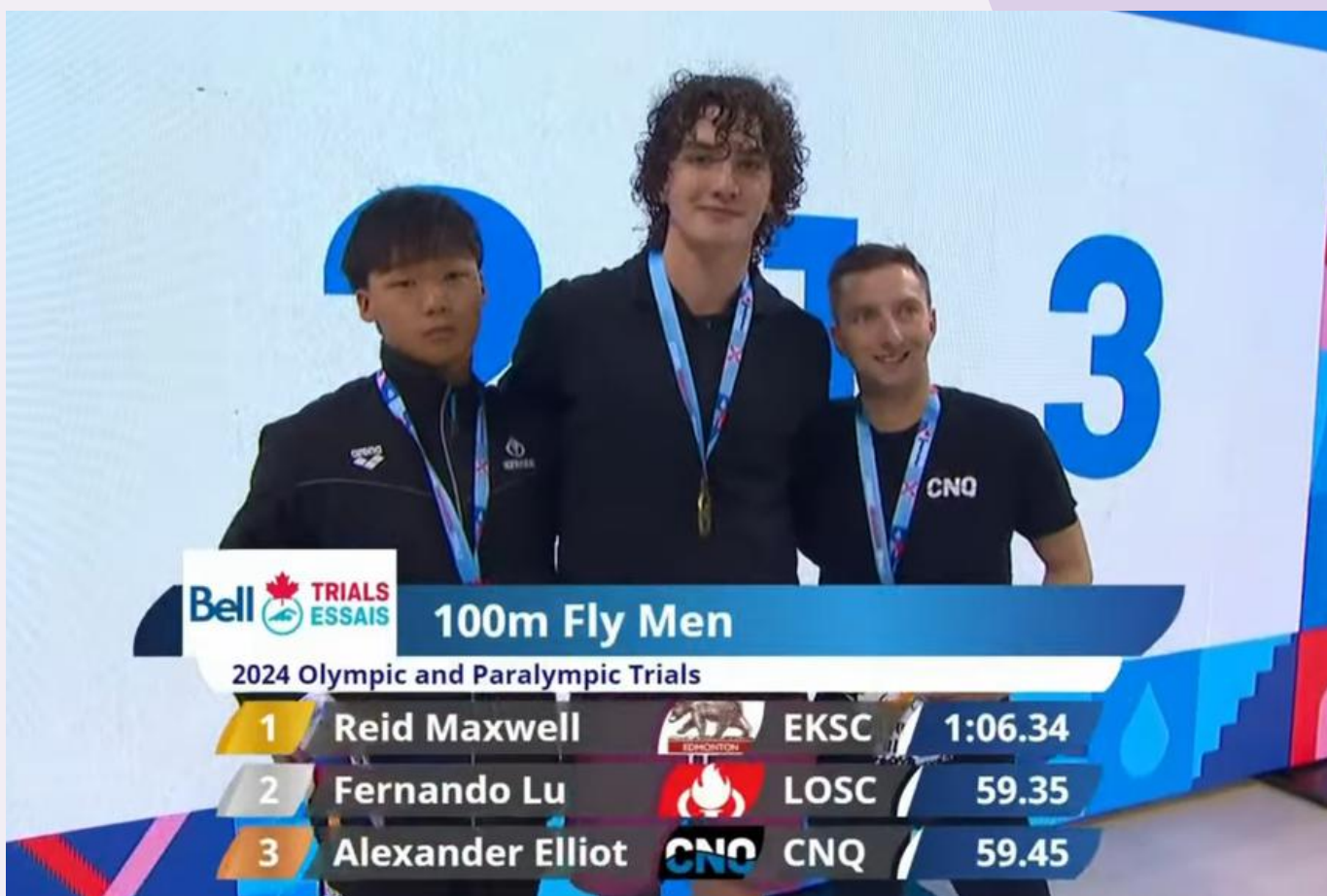
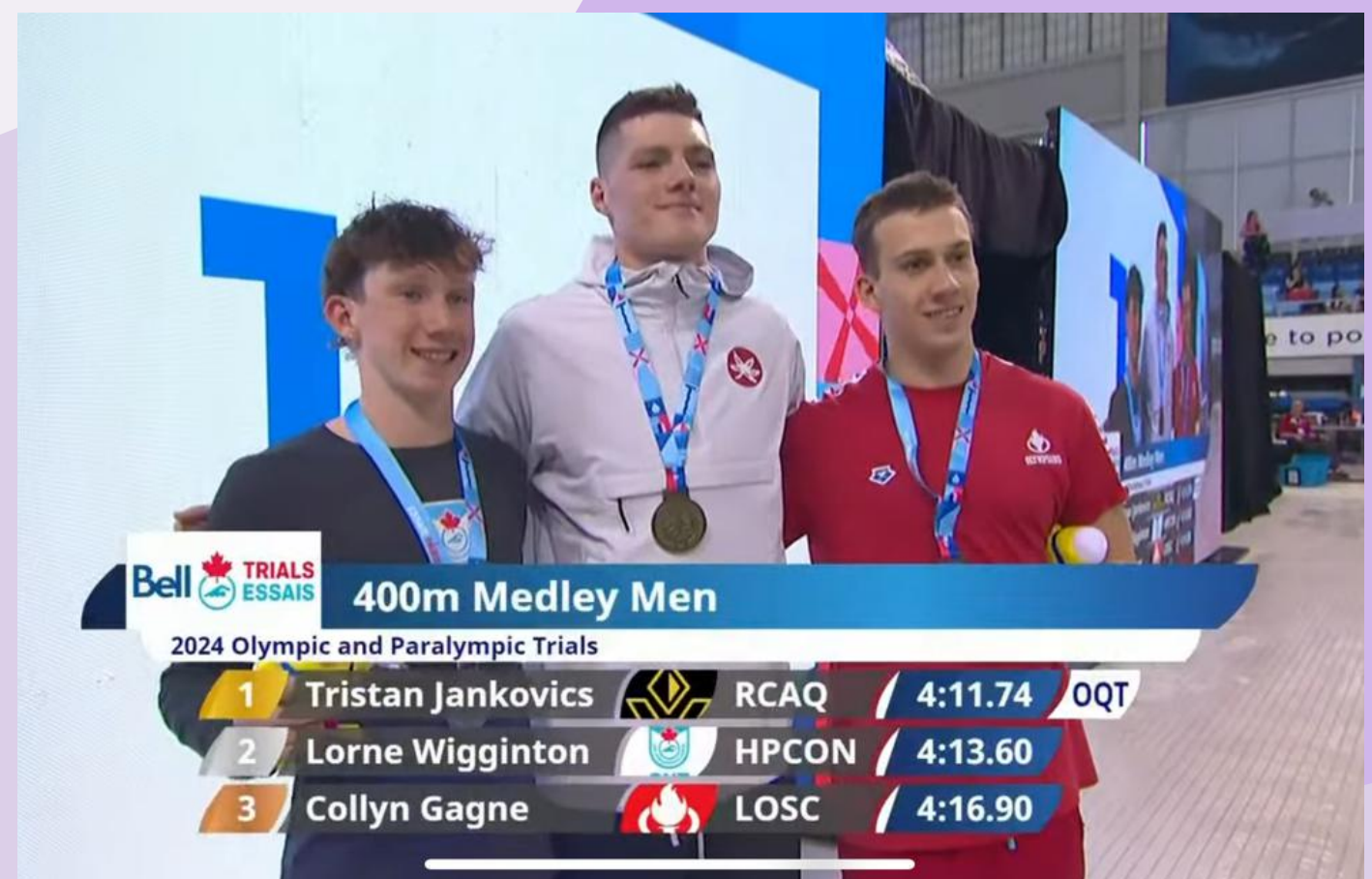
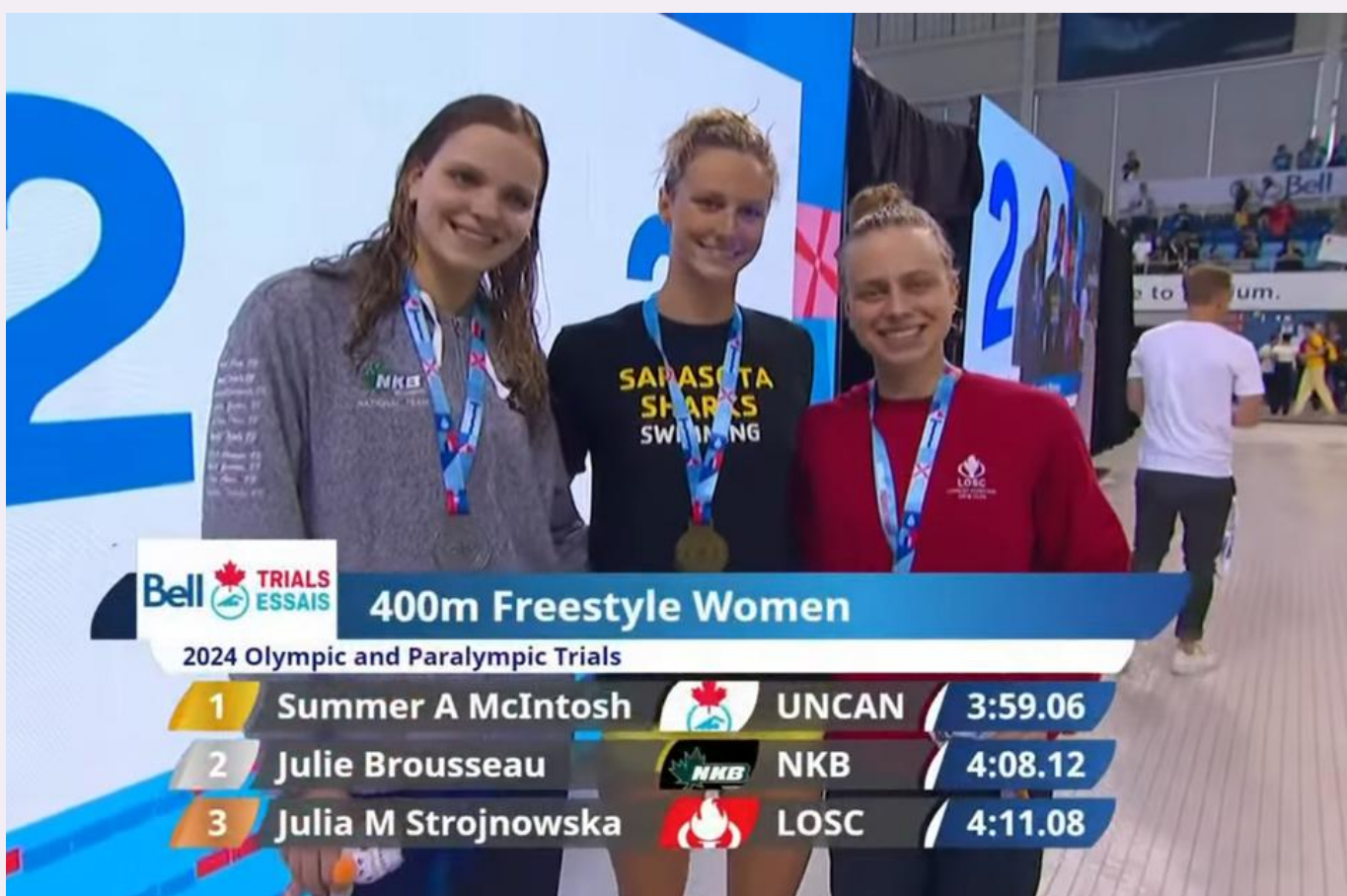
OUR TEAM OF 23 ATHLETES ARE SETTING THE POOL ABLAZE IN TORONTO FOR OLYMPIC AND PARALYMPIC TRIALS! THERE HAS BEEN SO MUCH SUCCESS IN THE POOL ALREADY, AND TODAY IS ONLY DAY 5 OUT OF 7!

## DAY 1 OF 7

GIRLS 400 FREE: JULIA BRONZE, ASHLEY 9TH  
 PARA 100 FLY: FERNANDO SILVER  
 GIRLS 100 FLY: LEILA GOLD  
 BOYS 100 BREAST: JUSTIN 8TH

## DAY 2 OF 7

MEN 400 IM: COLLYN BRONZE  
 GIRLS 200 FREE: LEILA 10TH  
 BOYS 100 BACK: PAUL 5TH  
 WOMEN 100 BREAST: VENNA 18TH  
 PARA 100 BREAST: FERNANDO BRONZE

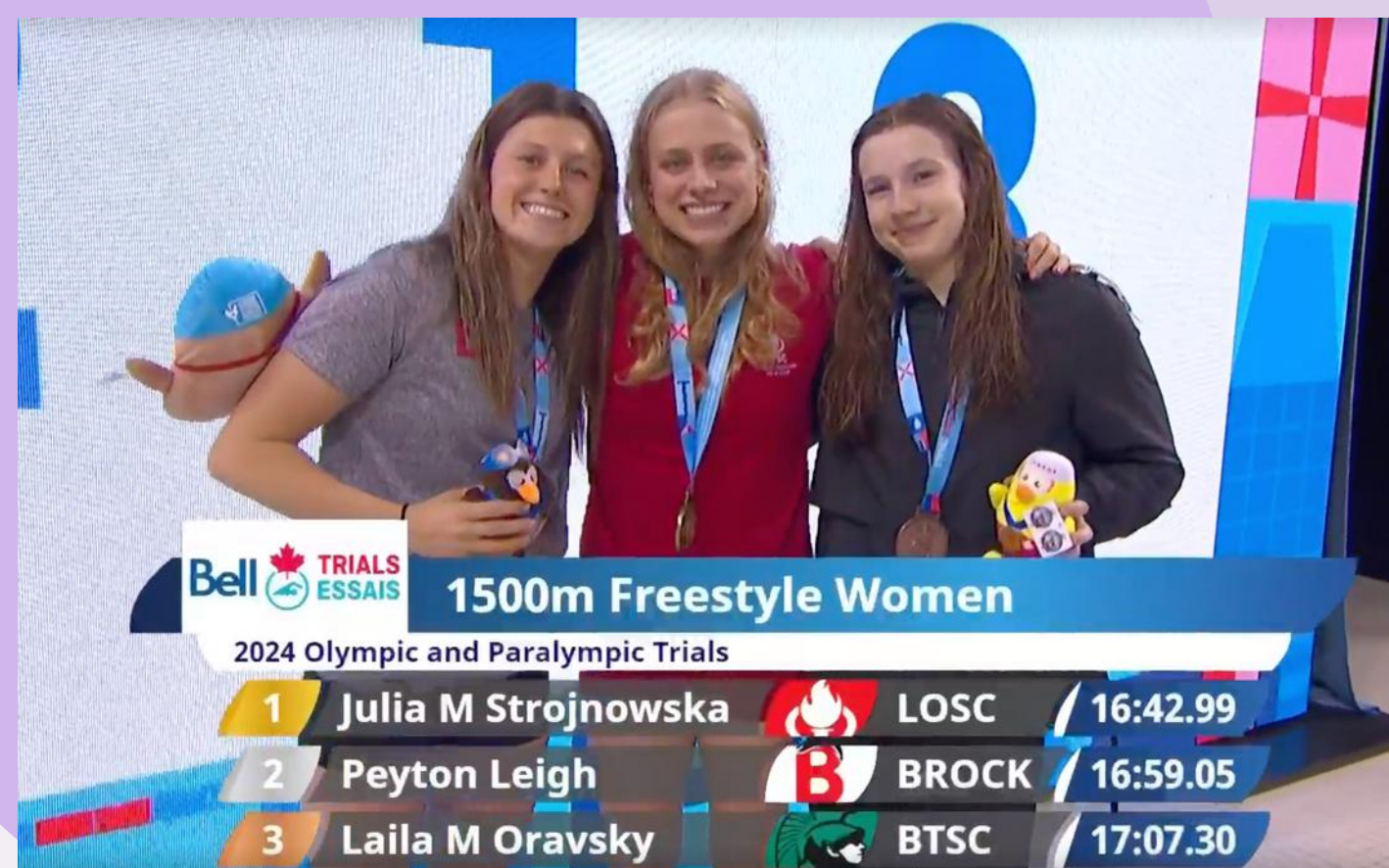
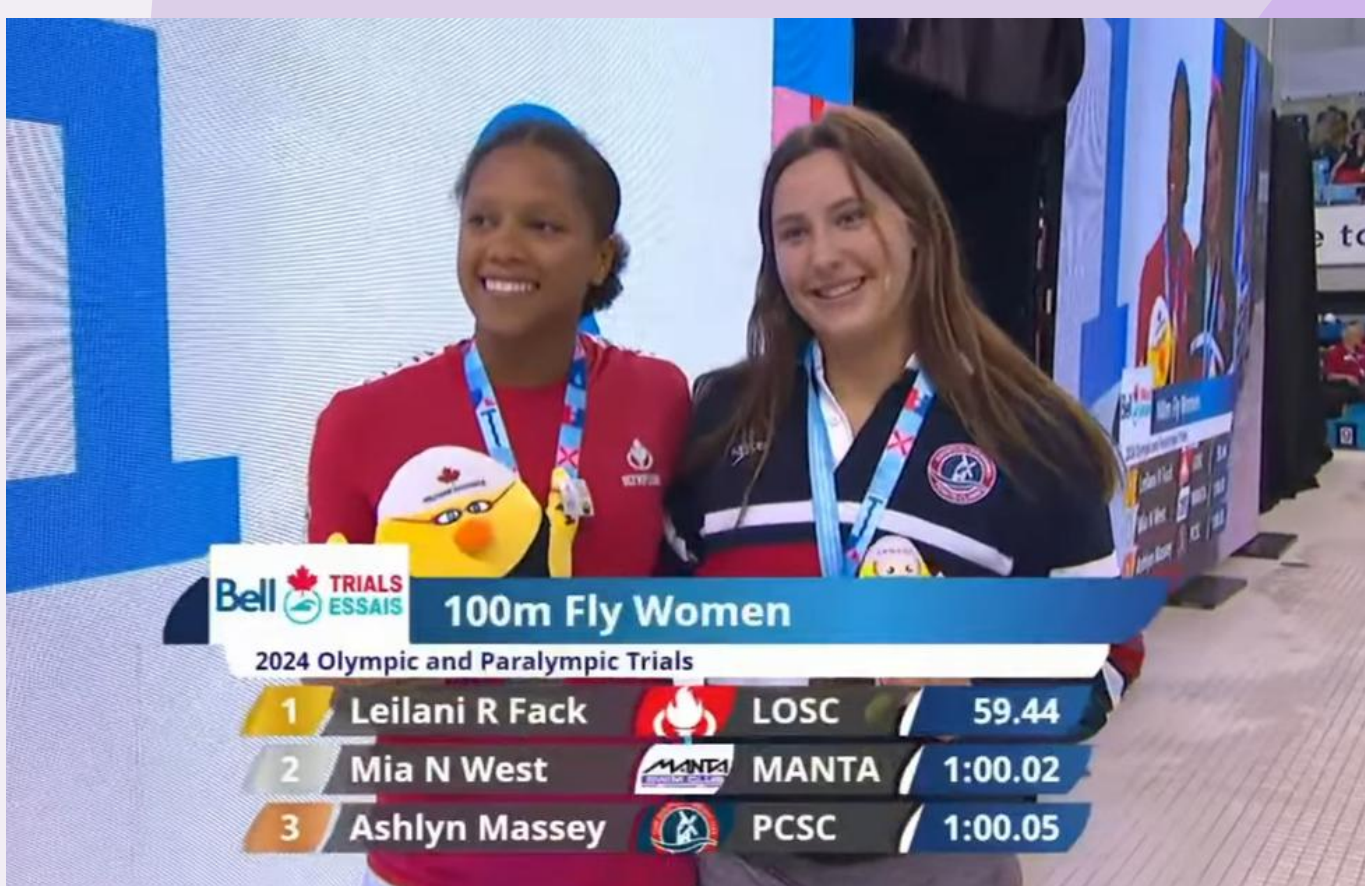


## DAY 3 OF 7

WOMEN 100 BACK: KATIE 18TH  
 BOYS 200 BREAST: JUSTIN 4TH  
 GIRLS 1500 FREE: JULIA GOLD

## DAY 4 OF 7

GIRLS 400 IM: ASHLEY 8TH  
 PARA 100 FREE: FERNANDO 5TH



## DAY 5 OF 7

GIRLS 100 FREE: LEILA 7TH  
 MEN 200 BACK: HUGH 2ND, ALEX 17TH  
 BOYS 200 BACK: PAUL 8TH  
 GIRLS 200 BREAST: MACEY 8TH  
 MEN 200 FLY: DANNY 18TH  
 BOYS 200 FLY: JIHOON 8TH  
 PARA 200 IM: FERNANDO 4TH

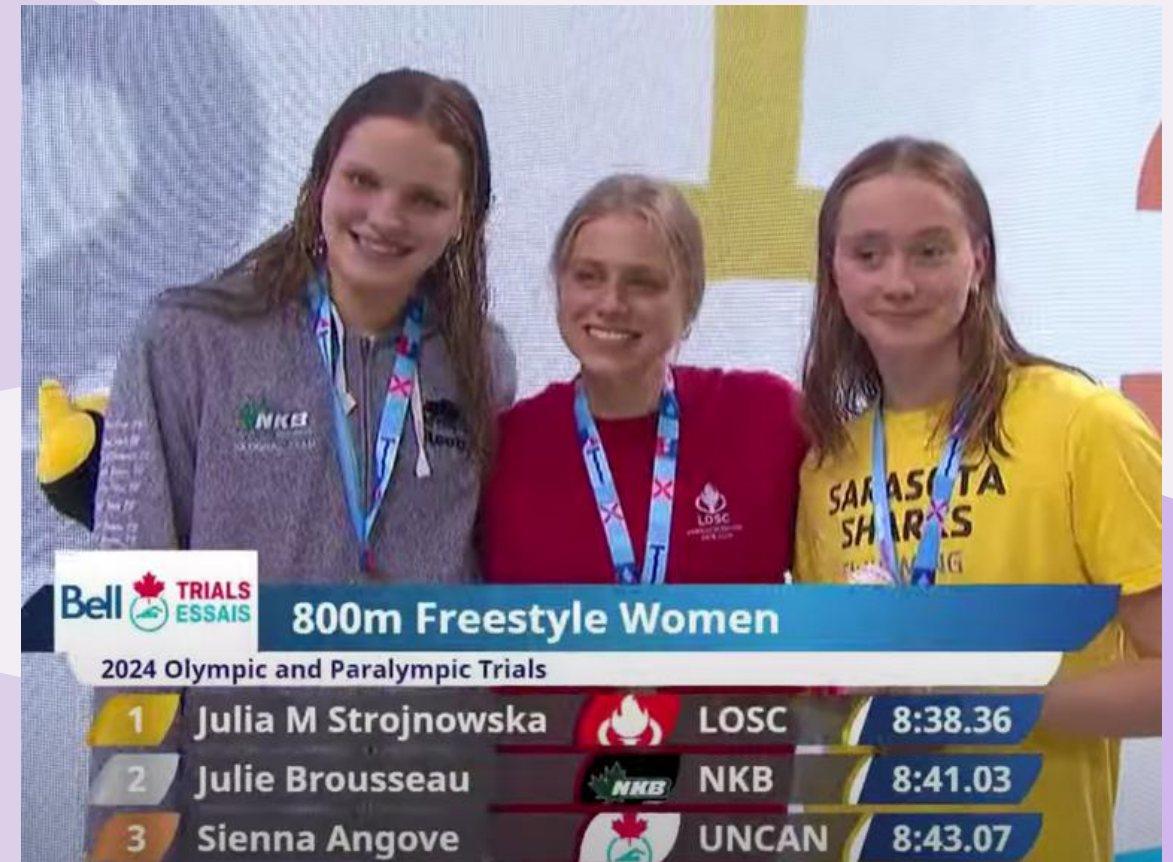
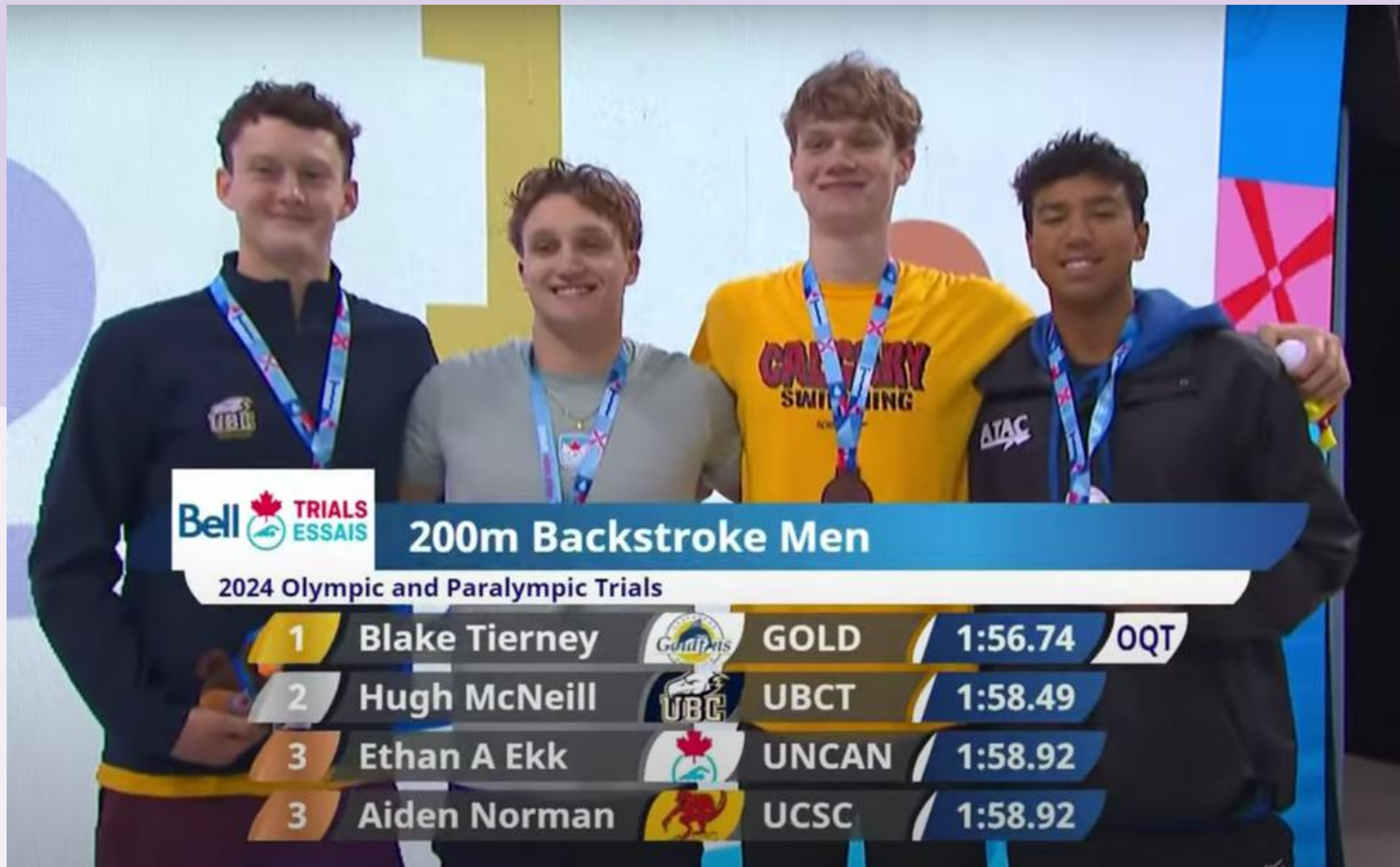
## 2024 OLYMPIC AND PARALYMPIC TRIALS (CONT'D)

### DAY 6 OF 7

GIRLS 200 FLY: LEILA 6TH  
 MEN 200 IM: COLLYN 4TH  
 BOYS 200 IM: JUSTIN 7TH  
 WOMEN 800 FREE: JULIA 1ST

### DAY 7 OF 7

PARA 50 FREE: FERNANDO 4TH  
 GIRLS 50 FREE: LEILA 2ND + BC RECORD  
 GIRLS 200 IM: ASHLEY 10TH  
 BOYS 1500 FREE: DANNY 18TH

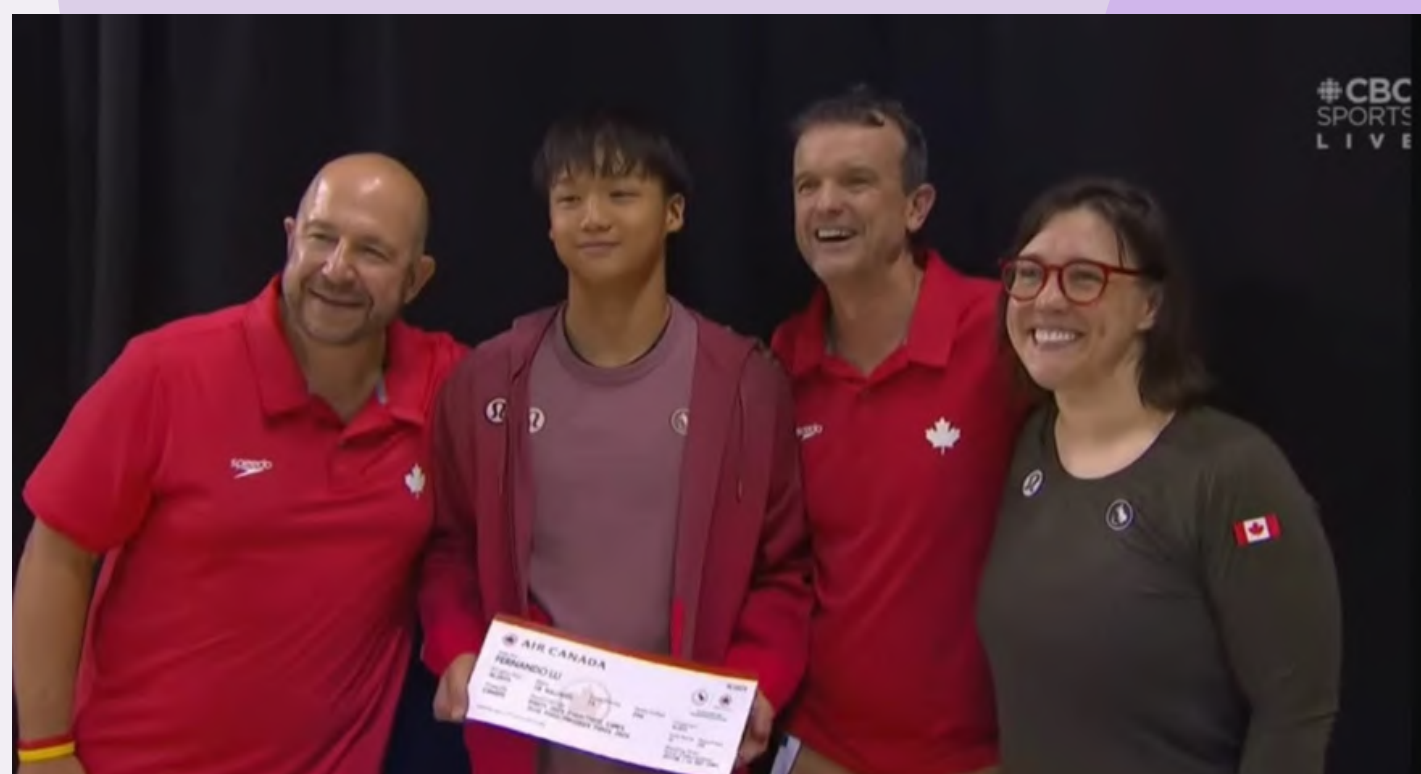
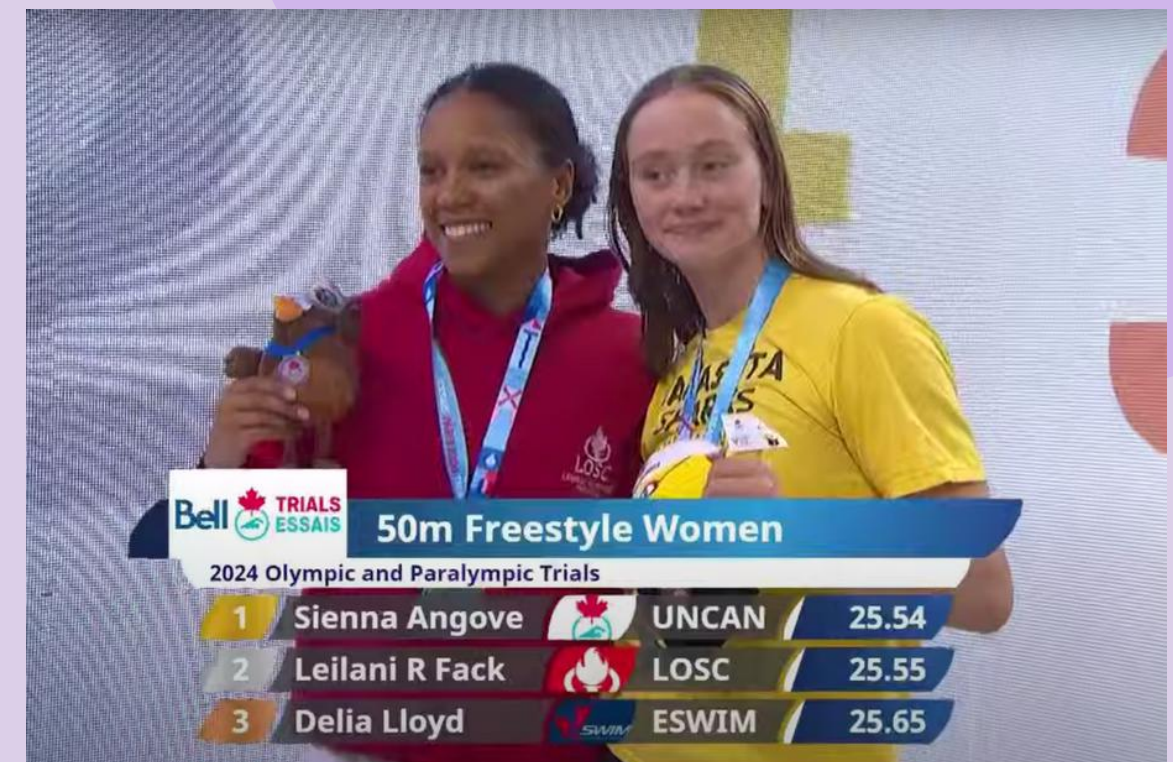


## LOSC FERNANDO LU QUALIFIES FOR THE CANADIAN PARALYMPIC TEAM

LOSC FERNANDO LU HAS DONE THE INCREDIBLE FEAT OF QUALIFYING AND BEING SELECTED TO REPRESENT TEAM CANADA AT THE PARIS 2024 PARALYMPICS! THIS IS SUCH A SPECIAL AND WELL-DESERVED OPPORTUNITY.

AT TRIALS THIS PAST WEEK, FERNANDO FINISHED 2ND IN THE 100M BUTTERFLY, 3RD IN THE 100M BREASTSTROKE, 4TH IN THE 200M INDIVIDUAL MEDLEY, 4TH IN THE 50M FREESTYLE, AND 5TH IN THE 100M FREESTYLE. HE IS NO STRANGER TO THE INTERNATIONAL STAGE, HAVING ALREADY ACHIEVING SO MUCH AT HIS YOUNG AGE OF 16 YEARS OLD, WINNING A SILVER MEDAL AND BRONZE MEDAL THE PARA PAN AMERICAN GAMES LAST YEAR FOR TEAM CANADA.

CONGRATULATIONS FERNANDO, WE LOOK FORWARD TO SEEING YOU REP THE RED AND WHITE!



## PARIS 2024



AS WE HEAD INTO A SUMMER OLYMPIC YEAR (OCCURRING ONCE EVERY 4 YEARS), TEAM CANADA IS MAKING PREPARATIONS TO GATHER A TALENTED SQUAD OF ATHLETES TO REPRESENT OUR COUNTRY OVER IN FRANCE. WITH CANADIAN TRIALS TAKING PLACE IN MAY, THERE IS MUCH ANTICIPATION TO SECURE EXCLUSIVE SEATS FOR WHAT IS THE HIGHEST CALIBER SWIMMING EVENT IN THE WORLD.



AS YOU MAY HAVE NOTICED, SOME HOUSEHOLD NAMES WERE ABSENT FROM WORLD AQUATICS CHAMPS IN QATAR THIS PAST WEEK. THIS DOES NOT MEAN THEY ARE FOR SURE HEADED TO PARIS QUITE YET, BUT RATHER THEIR OWN PLAN WOULD HAVE PARIS 2024 AT THE PEAK OF THEIR SCHEDULE, INSTEAD OF WORLD CHAMPS. THAT IS WHY MAGGIE MAC NEIL, JOSH LIENDO, KYLIE MASSE AND SUMMER MCINTOSH WERE NOT IN ATTENDANCE IN DOHA, QATAR.



AN INCREDIBLE AMOUNT OF THOUGHT, PLANNING AND PREPARATION FROM A WHOLE PARTY OF STAFF ARE NECESSARY IN ORDER TO EXECUTE SHORT AND LONG TERM GOALS AT THIS PROFESSIONAL LEVEL. THE PATH TO SUCCESS MAY LOOK DIFFERENT FROM ONE SWIMMER TO THE NEXT. WHAT IS UNDENIABLE, HOWEVER, IS THE RELENTLESS HARD WORK, SACRIFICE, RESILIENCE AND MENTAL FORTITUDE REQUIRED TO REACH AND SHINE AT WORLD-CLASS LEVELS.

### WORLD RECORDS '23-'24 (LC)

- (CHN) ZHANLE PAN 100 FREE 46.80 @ QATAR 02/11/24
- (RUS) KLIMENT KOLESNIKOV 50 BACK 23.55 @ RUSSIA 07/27/23
- (CHN) HAIYANG QIN 200 BREAST 2:05.48 @ JAPAN 07/28/23
- (FRA) LEON MARCHAND 400 IM 4:02.50 @ JAPAN 07/23/23
- (SWE) SARAH SJOESTROEM 50 FREE 23.61 @ JAPAN 07/29/23
- (AUS) MOLLIE O'CALLAGHAN 200 FREE 1:52.85 @ JAPAN 07/26/23
- (AUS) ARIARNE TITMUS 400 FREE 3:55.38 @ JAPAN 07/23/23
- (AUS) KAYLEE MCKEOWN 50 BACK 26.86 @ HUNGARY 10/20/23
- (AUS) KAYLEE MCKEOWN 100 BACK 57.33 @ HUNGARY 10/21/23
- (AUS) KAYLEE MCKEOWN 200 BACK 2:03.14 @ AUSTRALIA 03/10/23
- (LTU) RUTA MEILUTYTE 50 BREAST 29.16 @ JAPAN 07/30/23
- (RUS) EVGENIIA CHIKUNOVA 200 BREAST 2:17.55 @ RUSSIA 04/21/23
- (CAN) SUMMER MCINTOSH 400 IM 4:24.38 @ TORONTO 05/16/24**
- (AUS) 4X100 FREE RELAY 3:27.96 @ JAPAN 07/23/23
- (AUS) 4X200 FREE RELAY 7:37.50 @ JAPAN 07/27/23



SUMMER MCINTOSH (CAN)



LEON MARCHAND (FRA) BROKE MICHAEL PHELPS' LAST STANDING RECORD IN THE 400 IM



KAYLEE MCKEOWN (AUS)

### CANADIAN OPEN RECORDS '23-'24 (LC)

- JAVIER ACEVEDO 50 BACK 24.90 @ TORONTO 03/29/23
- FINLAY KNOX 50 FLY 23.25 @ QATAR 02/11/24
- JOSH LIENDO 50 FREE 21.48 @ TORONTO 05/18/24**
- JOSH LIENDO 100 FLY 50.06 @ TORONTO 05/19/24**
- ILYA KHARUN 200 FLY 1:53.82 @ JAPAN 07/26/23
- BLAKE TIERNEY 200 BACK 1:56.74 @ TORONTO 05/17/24**
- FINLAY KNOX 200 IM 1:56.07 @ TORONTO 05/18/24**
- SUMMER MCINTOSH 200 FREE 1:53.65 @ JAPAN 07/26/23
- SUMMER MCINTOSH 400 FREE 3:56.08 @ TORONTO 03/28/23
- SUMMER MCINTOSH 800 FREE 8:11.39 @ FLORIDA 02/08/24
- SUMMER MCINTOSH 200 FLY 2:04.06 @ JAPAN 07/27/23
- SUMMER MCINTOSH 200 IM 2:06.89 @ TORONTO 03/30/23
- SUMMER MCINTOSH 400 IM 4:24.38 @ TORONTO 05/16/24**

# VARSITY OLYMPIANS

THESE ARE THE SWIMMERS THAT REPRESENT THEIR COLLEGES DURING THE SCHOOL YEAR AND LOSC DURING THE OFF-SEASON. WE ARE PROUD TO HAVE SUCH GREAT REPRESENTATION FOR LOSC ALL ACROSS THE CONTINENT!



**JOSH KIM**  
UBC



**BAILEY HERBERT**  
UCLA



**HUGH MCNEILL**  
UBC



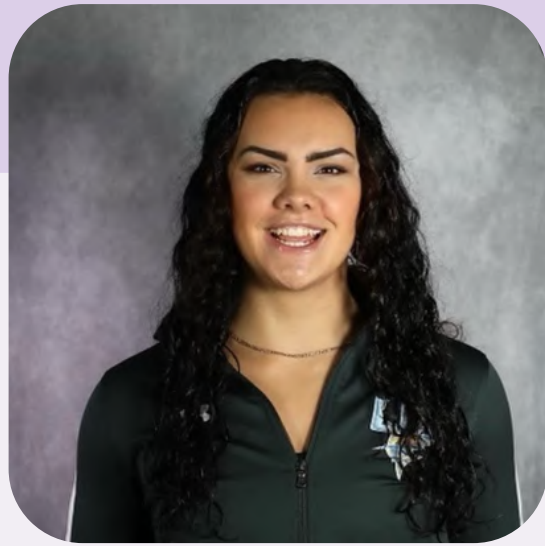
**ISABELLA BRUNORO**  
UVIC



**SEVI PARR**  
MCGILL



**KATIE SCHROEDER**  
U OF TORONTO



**VENNA ANDERSEN**  
CAL STATE BAKERSFIELD



**HOLLY MCNAMARA**  
UVIC



**CAMI HILL**  
UVIC



**MADISEN JACQUES**  
U OF CALGARY



**AIDAN ERICKSON**  
UBC



**KALEN MURRAY**  
MCMASTER



**PHOENIX HISLOP**  
MCMASTER



**HAYDEN YEUNG**  
MCMASTER

CONGRATULATIONS TO HAYDEN FOR BEING NOMINATED FOR THE MEL & MARILYN HAWKRIGG ROOKIE OF THE YEAR AWARD!

# SIGNED OLYMPIANS

THESE ARE THE CURRENT LOSC SWIMMERS THAT HAVE COMMITTED TO SWIM AT THE COLLEGIATE LEVEL DURING THEIR UNDERGRADUATE STUDIES STARTING IN SEPTEMBER 2024. GOOD LUCK TO YOU ALL AS YOU PURSUE YOUR COLLEGE CAREERS! WE WILL UPDATE THIS SECTION AS MORE GRADUATING LOSC SWIMMERS ANNOUNCE THEIR COMMITMENT.



**LEILA FACK**  
MICHIGAN



**ASHLEY KO**  
MCMASTER



**PAUL OROGO**  
UBC



**LUCAS FONG**  
QUEENS



**JULIA STROJNOWSKA**  
AUBURN



**MAKS WOZNY**  
LONG ISLAND



**VIVIAN YANG**  
WATERLOO

THESE ROSTERS SHOWCASE THE HIGHEST STANDARD EACH SWIMMER HAS ACHIEVED. WE WILL UPDATE THEM AS EACH MEET PASSES. IF WE MISSED YOUR NAME PLEASE EMAIL [JACQUELINE@LANGLEYOLYMPIANS.COM](mailto:JACQUELINE@LANGLEYOLYMPIANS.COM)

**RED NAMES ARE NEW QUALIFIERS**

## DIVISIONAL QUALIFIERS

ALYSSA BEAULIEU  
 TAIYO BEAUSOLEIL  
 THIAGO BENAVIDES  
 BROOKLYNN BREKKE  
 DANIEL CANON  
**SOPHIE CARTER**  
 OTIS CHAN  
 DAVIN CHO  
 ABIGAIL COCKELL  
 LARRY CUI

GWENNA FAUPEL  
 LANDON FRIESEN  
 MAYA FULGER  
 KAEGAN GIELTY  
 ANDREJ GUDELJ  
 CONOR HOLMGREN  
 TESSA HONG  
 EVERLEIGH HOUSDEN  
 LINDSEY JOHNSON  
 JUDY JUGGIAN

MACKENZIE JUNG  
 YANA KHRISSANOVA  
**DENIS KLIMAU**  
 KIDA LECORRE  
 BECKHAM MCCLELLAND  
**MADDY MERRIGAN**  
 MARK PANAYOTOV  
 SEAH PARK  
 JOSH POVOZAN  
 SHANA SEE

COLIN SEO  
 AMELIA SMITH  
 JOSEPHINE SU  
 STEVEN SUN

## PROVINCIAL QUALIFIERS

**FERNANDO AGUIRRE**  
**MADDEX AUCHTER**  
 TUDOR CADIS  
**NOAH CANO**  
 SARAH CANON  
 CATE CARTER  
 RAIN CHEUNG  
 IAN CHO  
**JASON CHUNG**  
 VINCENT COSTA  
 NATHALIE FLOOD  
 ADAM GRAHAM  
 SCOTT HUNTER  
**TIANA JEON**  
 THOMAS JIN  
 TYM KROPIVNY  
 BOSCO LAM

CALE LECORRE  
 DANIEL LIN  
**MANIZHA LOO**  
**OLIVER MACPHERSON**  
 PAIGE MUMFORD  
**DECLAN MURTHA**  
**TIMOTHY NGAI**  
**VAUGHN SANDQUIST**  
**TAI STROUD**  
 ALIYA TRAXLER  
 TYSE WAGENAAR  
 WILSON WANG  
 KEVIN WEI  
 EDEN YEUNG  
 OWEN YEUNG  
 CRYSTAL YU

DOMINIKA BATOG  
 REN BRIGGS  
**SAMMI BURWELL**  
 GUI ERNANI DWYER  
 PIETRO DE ANDREIS  
**LUCAS FONG**  
 BRIAN FU  
 ESME JESSUP  
 SAVO KOSTIC

MANNY MONTAKHAB  
 FINN PARR  
 MACKENNA PETTY  
 MATTEO SAVIGNI  
 OWEN TURNACLIFF  
 LINUS WONG  
 MAX WOZNY  
 VIVIAN YANG  
 BECK YU

## WESTERNS QUALIFIERS

## CANADIAN JUNIOR QUALIFIERS

VIVIENNE LIN  
**MAIYSA MONTAKHAB**  
**SABINE NEILSON**  
 KEN STROUD  
 KAEDE TAKAI  
 KAYLA THAI  
**JOAD WOOD**  
 JINSEI YAMAMATO

## CANADIAN TRIALS QUALIFIERS

JIHOON BAE  
 KEIRAN BENSON  
 RYAN CHANG  
 KYU CHO  
 YEONWOO CHOI  
 LEILA FACK  
 COLLYN GAGNE  
**REBECCA HAIGH**  
 CAROLYNE JIA  
 JUSTIN JUNG  
**OLEH KAMEKA**

ASHLEY KO  
 MACEY LARSON  
 FERNANDO LU  
 BRYAN MILNE  
 SHAE MURTHA  
 PAUL OROGO  
 DANNY PARK  
 DERON SEE  
 JULIA STROJNOWSKA  
 ALEX VELICICO  
 JIMMY ZHANG