

WEEKLY SPLASH

WELCOME NEW & RETURNING MEMBERS!

WE LOOK FORWARD TO HAVING AN EXCITING 2023 - 2024 SWIM SEASON! PLEASE REVIEW OUR WEBSITE ALONG WITH OUR 2022-2023 TEAM MANUAL TO BECOME FAMILIAR WITH OUR SWIM PROGRAM AND HOW COMPETITIVE SWIMMING WORKS. PLEASE FEEL FREE TO COMMUNICATE AND CONTACT THE OFFICE IF YOU HAVE ANY QUESTIONS.

THANK YOU,
OLYMPIANS SWIMMING COACHING STAFF

Hello, Olympians Swimming Community!

Yes, you read that right! We are now called Olympians Swimming, represented by the club code "OS". This new and more inclusive name acknowledges the rich history of the club and the contributions of multiple cities to our success. While our legal name is Olympians Swimming, we will still recognize each community internally as Abbotsford Olympians, Burnaby Olympians, and Langley Olympians. Thank you all for your support throughout this transition.

UPCOMING DATES

- JUNE 28-30:** SUMMER DIVISIONAL CHAMPS @ CHILLIWACK
- JULY 11-14:** SUMMER PROVINCIAL CHAMPS @ KAMLOOPS
- JULY 19-21:** BC SUMMER GAMES @ MAPLE RIDGE
- JULY 24-30:** 2024 SPEEDO CANADIAN SWIMMING CHAMPS @ TORONTO
- JULY 25-28:** FAR WESTERN CHAMPS @ MORGAN HILL, CA
- JULY 27:** OS INTER CLUB MEET @ WALNUT GROVE

*CHECK WITH YOUR COACH TO SEE WHICH EVENTS YOU ARE ATTENDING

FINS FOR SALE

THERE ARE A PAIR OF SIZE 8-9 ARENA POWERFIN PROS FOR SALE. IF YOU ARE INTERESTED IN PURCHASING PLEASE CONTACT JACQUELINE@LANGLEYOLYMPIANS.COM



FOLLOW US ON INSTAGRAM

CLICK THE TO RECEIVE REAL-TIME UPDATES DURING MEETS AND EVENTS

TABLE OF CONTENTS

- WELCOME & UPCOMING DATES 01
- NEW CLUB/PROV RECORDS 02
- MEET RECAP: MEL ZAJAC 02
- GROUP AWARDS 03
- DIVISIONAL LIVESTREAM 03
- MEET RECAP: NOVICE MEET 04
- DANNY, JOAD ID TEAM 04
- FERNANDO LU PARALYMPICS 04
- LEILA & JULIA TEAM CANADA 04
- OS GRADUATING CLASS 05
- VOL. 26 "I SPY" 06
- WORLD & CANADIAN NEWS 07
- VARSITY OLYMPIANS 08
- CHAMPIONSHIP ROSTERS 09
- EQUIPMENT & REMINDERS 10
- ZLC FINANCIAL PREMIER SPONSOR 11

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**

MEET RECAP: MEL ZAJAC JR. INTERNATIONAL SWIM MEET

THIS PAST WEEKEND OS TOOK A LARGE GROUP OF SWIMMERS TO COMPETE AT THE ANNUAL MEL ZAJAC JR. INTERNATIONAL SWIM MEET. IN ATTENDANCE WERE JULIA STROJNOWSKA, ASHLEY KO, DANNY PARK AND ALEX VELICICO WHO WERE REPRESENTING TEAM BC AT THE EVENT, TAKING PLACE AT THE UBC AQUATIC CENTRE. AS THE MEET NAME SUGGESTS, THERE WERE TEAMS FROM ACROSS ALL OVER, INCLUDING 94 TEAMS FROM 15 COUNTRIES. OS SWIMMERS HAD 24 TOP 10 FINISHES WHICH IS INCREDIBLE CONSIDERING THEY RACED IN AN OPEN CATEGORY AGAINST OLYMPIANS AND VARSITY SWIMMERS! CONGRATULATIONS TO JULIA FOR ACHIEVING THE TOP JUNIOR SWIMMER AWARD, FINISHING 1ST IN THE 400 AND 800 FREESTYLE AND 2ND IN THE 200 FREESTYLE. FANTASTIC JOB SWIMMERS!



GROUP AWARDS

SOME GROUPS THAT WERE NOT IN ATTENDANCE AT THE AWARDS GALA WERE AWARDED THEIR AWARDS ON SATURDAY. CONGRATULATIONS TO THE FOLLOWING SWIMMERS FROM REGIONAL AND JUNIOR PROVINCIAL:

BEST LEADERSHIP/MOST INSPIRATIONAL:
PAMELA MARIN CHIQUET, OLIVER MACPHERSON

MOST IMPROVED: OLIVIA MARCELINO, YIORGO BINIARIS

MOST DEDICATED: IAN CHO, LEAH KEEFE

CLUB RECORDS BREAKERS: COLE BREKKE, BROOKLYNN BREKKE, OLIVER MACPHERSON, IAN CHO, OWEN YEUNG, TIMOTHY NGAI, COLIN WU, ZACHARY TANG



DIVISIONALS LIVE STREAM

THIS WEEKEND IS THE 2024 SUMMER DIVISIONAL CHAMPIONSHIPS HOSTED BY THE CHILLIWACK SPARTANS. THIS IS THE CHAMPIONSHIP MEET OF THE SEASON FOR MANY OF THE OS SWIMMERS, SO IT IS AN EXCITING EVENT THAT THEY HAVE WORKED UP TO ALL YEAR. IF YOU ARE UNABLE TO CHEER THEM ON IN PERSON, PLEASE FOLLOW [THIS LINK](#) TO VIEW THE LIVESTREAM. HERE IS THE SCHEDULE OF RACING. GOOD LUCK SWIMMERS!

Session: 1 Friday Prelims
 Day of Meet: 1 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	1 Girls 200 IM	85	11 u	09:00 AM
Prelims	2 Boys 200 IM	102	13 u	09:39 AM
Prelims	3 Girls 100 Backstroke	63	8 u	10:23 AM
Prelims	4 Boys 100 Backstroke	72	9 u	10:41 AM
Prelims	5 Girls 200 Butterfly	23	3 u	11:01 AM
Prelims	6 Boys 200 Butterfly	28	4 u	11:11 AM
Prelims	7 Girls 50 Breaststroke	62	8 u	11:25 AM
Prelims	8 Boys 50 Breaststroke	75	10 u	11:36 AM
Finals-S	9 Girls 400 Freestyle	20	3 u	11:49 AM
Finals-S	10 Boys 400 Freestyle	29	4 u	12:07 PM
Swimmers Counts for Warm-ups: 292		====	====	
Entry / Heat Totals:		559	73	
Finish Time				12:31 PM

Session: 2 Friday Finals
 Day of Meet: 1 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 200 IM	24	3 u	04:30 PM
Finals	2 Boys 200 IM	24	3 u	04:41 PM
Finals	3 Girls 100 Backstroke	24	3 u	04:51 PM
Finals	4 Boys 100 Backstroke	24	3 u	04:59 PM
Finals	5 Girls 200 Butterfly	23	3 u	05:06 PM
Finals	6 Boys 200 Butterfly	24	3 u	05:17 PM
Finals	7 Girls 50 Breaststroke	24	3 u	05:27 PM
Finals	8 Boys 50 Breaststroke	24	3 u	05:32 PM
Finals-3	9 Girls 400 Freestyle	24	3 u	05:37 PM
Finals-3	10 Boys 400 Freestyle	24	3 u	05:56 PM
Finals	11 Girls 12 & Under 200 Freestyle Relay	8	1 u	06:14 PM
Finals	12 Boys 12 & Under 200 Freestyle Relay	6	1 u	06:18 PM
Finals	13 Girls 13-14 200 Freestyle Relay	8	1 u	06:21 PM
Finals	14 Boys 13-14 200 Freestyle Relay	9	2 u	06:24 PM
Finals	15 Girls 15 & Over 200 Freestyle Relay	9	2 u	06:30 PM
Finals	16 Boys 15 & Over 200 Freestyle Relay	12	2 u	06:37 PM
Swimmers Counts for Warm-ups: 275		====	====	
Entry / Heat Totals:		291	39	
Finish Time				06:42 PM

Session: 3 Saturday Prelims
 Day of Meet: 2 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	17 Girls 200 Freestyle	74	10 u	09:00 AM
Prelims	18 Boys 200 Freestyle	73	10 u	09:32 AM
Prelims	19 Girls 50 Butterfly	60	8 u	10:02 AM
Prelims	20 Boys 50 Butterfly	75	10 u	10:12 AM
Prelims	21 Girls 100 Breaststroke	66	9 u	10:24 AM
Prelims	22 Boys 100 Breaststroke	73	10 u	10:43 AM
Prelims	23 Girls 50 Freestyle	92	12 u	11:04 AM
Prelims	24 Boys 50 Freestyle	111	14 u	11:18 AM
Prelims	25 Girls 200 Backstroke	41	6 u	11:34 AM
Prelims	26 Boys 200 Backstroke	45	6 u	11:56 AM
Finals-S	27 Girls 400 IM	0	0	12:18 PM
Finals-S	28 Boys 400 IM	9	2 u	12:18 PM
Swimmers Counts for Warm-ups: 318		====	====	
Entry / Heat Totals:		719	97	
Finish Time				12:31 PM

Session: 4 Saturday Finals
 Day of Meet: 2 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	17 Girls 200 Freestyle	24	3 u	04:30 PM
Finals	18 Boys 200 Freestyle	24	3 u	04:40 PM
Finals	19 Girls 50 Butterfly	24	3 u	04:49 PM
Finals	20 Boys 50 Butterfly	24	3 u	04:54 PM
Finals	21 Girls 100 Breaststroke	24	3 u	04:58 PM
Finals	22 Boys 100 Breaststroke	24	3 u	05:05 PM
Finals	23 Girls 50 Freestyle	24	3 u	05:12 PM
Finals	24 Boys 50 Freestyle	24	3 u	05:16 PM
Finals	25 Girls 200 Backstroke	24	3 u	05:21 PM
Finals	26 Boys 200 Backstroke	24	3 u	05:32 PM
Finals-3	27 Girls 400 IM	21	3 u	05:43 PM
Finals-3	28 Boys 400 IM	24	3 u	06:04 PM
Finals	29 Girls 12 & Under 200 Medley Relay	9	2 u	06:24 PM
Finals	30 Boys 12 & Under 200 Medley Relay	7	1 u	06:32 PM
Finals	31 Girls 13-14 200 Medley Relay	11	2 u	06:36 PM
Finals	32 Boys 13-14 200 Medley Relay	10	2 u	06:43 PM
Finals	33 Girls 15 & Over 200 Medley Relay	11	2 u	06:50 PM
Finals	34 Boys 15 & Over 200 Medley Relay	12	2 u	06:57 PM
Swimmers Counts for Warm-ups: 270		====	====	
Entry / Heat Totals:		345	47	
Finish Time				07:04 PM

Session: 5 Sunday Prelims
 Day of Meet: 3 Starts at 08:30 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	35 Girls 200 Breaststroke	52	7 u	08:30 AM
Prelims	36 Boys 200 Breaststroke	60	8 u	08:58 AM
Prelims	37 Girls 100 Freestyle	110	14 u	09:28 AM
Prelims	38 Boys 100 Freestyle	121	16 u	09:53 AM
Prelims	39 Girls 50 Backstroke	72	9 u	10:21 AM
Prelims	40 Boys 50 Backstroke	70	9 u	10:35 AM
Prelims	41 Girls 100 Butterfly	63	8 u	10:49 AM
Prelims	42 Boys 100 Butterfly	77	10 u	11:04 AM
Finals	43 Girls 1500 Freestyle	15	2 u	11:23 AM
Finals	44 Boys 1500 Freestyle	17	3 u	12:06 PM
Swimmers Counts for Warm-ups: 304		====	====	
Entry / Heat Totals:		657	86	
Finish Time				01:08 PM

Session: 6 Sunday Finals
 Day of Meet: 3 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	35 Girls 200 Breaststroke	24	3 u	04:30 PM
Finals	36 Boys 200 Breaststroke	24	3 u	04:42 PM
Finals	37 Girls 100 Freestyle	24	3 u	04:53 PM
Finals	38 Boys 100 Freestyle	24	3 u	05:00 PM
Finals	39 Girls 50 Backstroke	24	3 u	05:05 PM
Finals	40 Boys 50 Backstroke	24	3 u	05:11 PM
Finals	41 Girls 100 Butterfly	24	3 u	05:16 PM
Finals	42 Boys 100 Butterfly	24	3 u	05:22 PM
Finals	45 Mixed 12 & Under 400 Freestyle Relay	11	2 u	05:29 PM
Finals	46 Mixed 13-14 400 Freestyle Relay	14	2 u	05:41 PM
Finals	47 Mixed 15 & Over 400 Freestyle Relay	17	3 u	05:52 PM
Swimmers Counts for Warm-ups: 227		====	====	
Entry / Heat Totals:		234	31	
Finish Time				06:07 PM

MEET RECAP: OS NOVICE MEET



THIS PAST SATURDAY THERE WAS A NOVICE MEET THAT TOOK PLACE AT WALNUT GROVE. 80 SWIMMERS AND THEIR FAMILIES WERE IN ATTENDANCE, ALL PARTICIPATING IN WHAT WAS AN EXCITING SEASON-END EVENT FOR ALL. CONGRATULATIONS TO STROKE IMPROVEMENT & CONDITIONING SWIMMER WILLIAM XU FOR ACCOMPLISHING HIS LMR STANDARD IN THE 200 IM FOR GOING UNDER 4:00! THANK YOU TO ALL SWIMMERS, COACHES, PARENTS, AND VOLUNTEERS FOR HELPING US END OFF THE SEASON IN A FUN WAY WITH LOTS OF FAST SWIMMING!

DANNY & JOAD: 2024 NATIONAL DEVELOPMENT PROGRAM ID TEAM

CONGRATULATIONS TO DANNY PARK AND JOAD WOOD ON BEING NAMED TO SWIMMING CANADA'S "2024 NATIONAL DEVELOPMENT PROGRAM ID TEAM"! THIS IS AN INCREDIBLE ACHIEVEMENT AND OPPORTUNITY, AS THESE BOYS ARE BEING RECOGNIZED FOR THEIR HARD WORK AND TALENT ON THE NATIONAL STAGE. WITH THEIR PARTICIPATION ON THIS ID TEAM, THEY WILL RECEIVE SPECIALIZED TRAINING THAT WILL ALLOW THEM TO CONTINUE STRIVING FOR NEW HEIGHTS, GROWING THEIR ABILITY AND EXPERIENCE TO SUPPLEMENT THEM ON THEIR SWIMMING JOURNEY. STAY TUNED TO SEE WHAT THEY WILL ENCOUNTER ON THIS NATIONAL DEVELOPMENT PROGRAM ID TEAM! CONGRATULATIONS BOYS!



DANNY



JOAD

FERNANDO LU: 2024 PARALYMPIC GAMES



FERNANDO LU HAS EARNED HIS WAY TO THE CANADIAN PARALYMPIC TEAM FOR PARIS 2024! HIS INCREDIBLE PERFORMANCES THIS PAST WEEK AT THE 2024 BELL OLYMPIC & PARALYMPIC TRIALS IN TORONTO HAVE SOLIDIFIED HIS SPOT, PUNCHING A TICKET TO FRANCE WITH TEAM CANADA. 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. THIS IS ONLY THE BEGINNING FOR THE ALREADY SUCCESSFUL SWIMMER, COACHED BY HEAD COACH RYAN. CONGRATULATIONS FERNANDO, WE LOOK FORWARD TO SEEING YOU REP THE RED AND WHITE! FOLLOW ALONG AS WE WATCH HIM DO HIS THING THIS SUMMER OVER IN PARIS!

LEILA FACK & JULIA STROJNOWSKA: PAN PACIFIC GAMES & WORLD JUNIORS

THESE TWO TALENTED LADIES HAVE BEEN SELECTED TO REPRESENT TEAM CANADA AT THE UPCOMING PAN PACIFIC GAMES IN CANBERRA, AUSTRALIA! JULIA WILL GO ON TO COMPETE AT THE JUNIOR WORLD CHAMPIONSHIPS FOR OPEN WATER IN ALGHERO, ITALY! WAY TO GO LADIES! WE LOOK FORWARD TO SEEING YOU SHINE ON THE INTERNATIONAL STAGE. THE 2024 TRIALS IN TORONTO THAT JUST TOOK PLACE ACTED AS A SELECTION PROCESS FOR NOT ONLY THE OLYMPICS AND PARALYMPICS, BUT ALSO THE PAN PAC GAMES AS WELL AS WORLD JUNIORS. IT IS PHENOMENAL TO SEE THESE 2 TEAMMATES REACH SUCH GREAT HEIGHTS TOGETHER. BELOW IS THE SUMMARY OF THE 2 LADIES' DAZZLING PERFORMANCES AT TRIALS THAT EARNED THEM THEIR RIGHTFUL SPOT ON THEIR RESPECTIVE TEAMS.



2024 OS Grad Class

INTRODUCING YOUR 2024 OS GRADUATES! EACH SWIMMER HAS LEFT A MARK ON THE CLUB IN THEIR OWN WAY, AND WE COULDN'T BE MORE PROUD. WE CAN'T WAIT TO SEE THE GREAT THINGS YOU'LL ACHIEVE REGARDLESS OF YOUR POST-SECONDARY PLANS. CONGRATULATIONS GRADUATES! YOU DID IT!



Justin Jung

Finn Parr

Leila Fack

Julia Strojnowska

Lucas Fong

Ashley Ko

Brian Fu

Pietro De Andreis

Matteo Savigni

Daniel Lin

Vivian Yang

Daniel Canon

Fernando Aguirre

Lorena Sun

Nathalie Flood

Rain Cheung

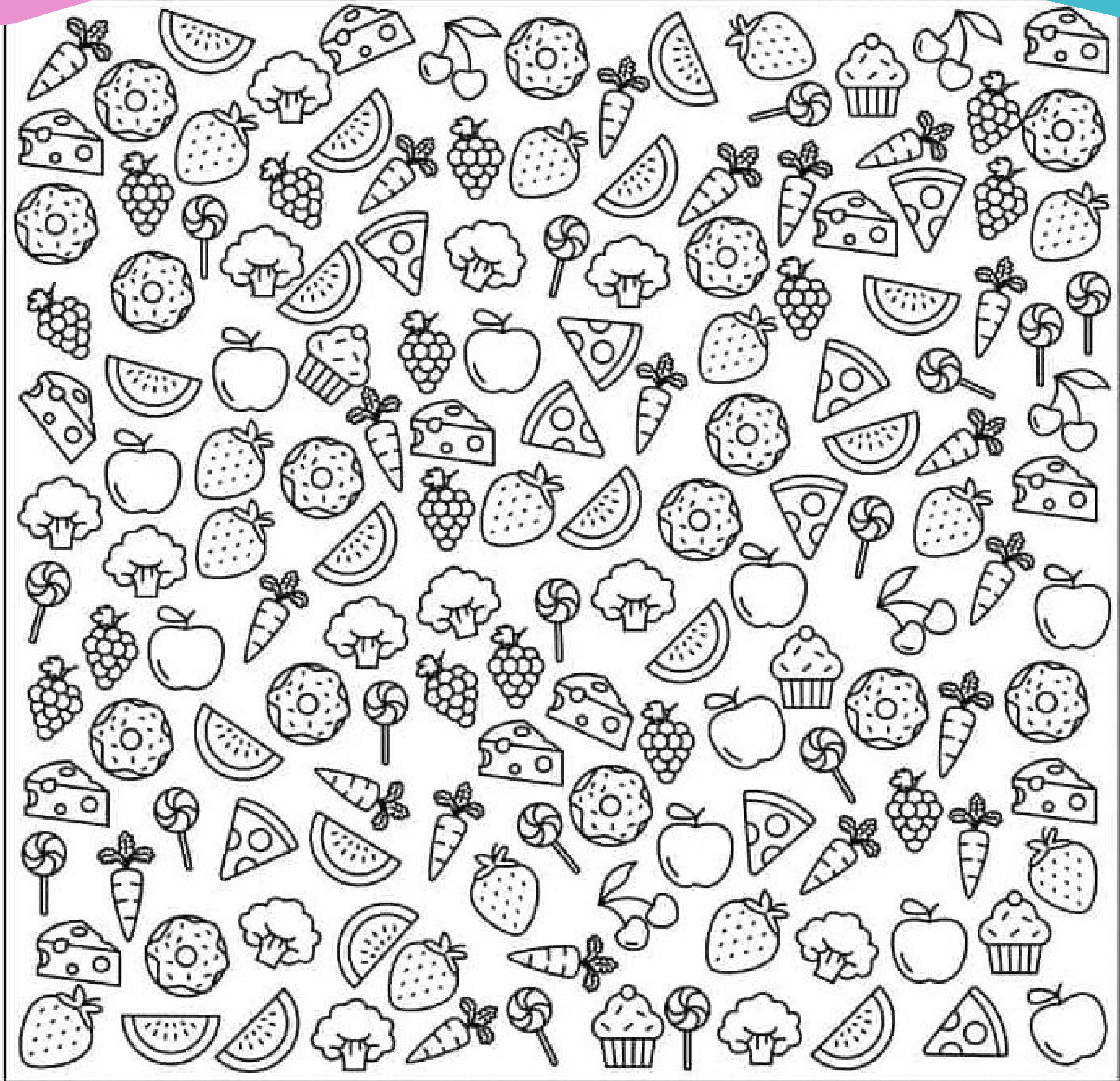
Paul Orogo

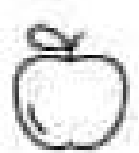




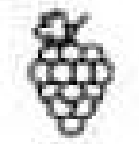

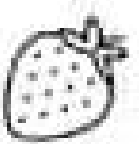


Dominika Batog

Owen Turnacliff

VOL. 26 "I SPY"

COUNT THE NUMBER OF OBJECTS AND COLOR IN THE "I SPY" GAME AND BRING A PRINT TO PRACTICE FOR A PRIZE!



	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____

PARIS 2024



AFTER AN INCREDIBLY SPECTACULAR CANADIAN OLYMPIC & PARALYMPIC TRIALS IN TORONTO LAST MONTH, CANADA HAS PUT TOGETHER ITS TEAM FOR PARIS 2024. THESE SWIMMERS WERE CHOSEN BASED ON THEIR PLACING (TOP 2 AT TRIALS) AS WELL AS ACHIEVING THE OLYMPIC QUALIFYING TIME AND OTHER CONSIDERATIONS.



- | | | | |
|----------------------|-----------------|--------------------|---------------------|
| JAVIER ACEVEDO | JOSH LIENDO | NICHOLAS BENNETT | REID MAXWELL |
| SOPHIE ANGUS | KYLIE MASSE | KATIE COSGRIFFE | SHELBY NEWKIRK |
| ALEX AXON | SUMMER MCINTOSH | DANIELLE DORRIS | AURÉLIE RIVARD |
| JEREMY BAGSHAW | MAGGIE MAC NEIL | SABRINA DUCHESNE | TESS ROUTLIFFE |
| JULIE BROUSSEAU | EMMA O'CHOININ | ALEC ELLIOT | KATARINA ROXON |
| BROOKLYN DOUTHWRIGHT | PENNY OLEKSIK | NIKITA ENS | ABI TRIPP |
| EMMA FINLIN | SYDNEY PICKREM | ARIANNA HUNSICKER | NICOLAS-GUY TURBIDE |
| MARY-SOPHIE HARVEY | REGAN RATHWELL | MARY JIBB | PHILIPPE VACHON |
| APOLLO HESS | TAYLOR RUCK | FERNANDO LU | EMMA GRACE VAN DYK |
| PATRICK HUSSEY | REBECCA SMITH | SEBASTIAN MASSABIE | ALY VAN WYCK SMART |
| TRISTAN JANKOVICS | BLAKE TIERNEY | | |
| ELLA JANSEN | LORNE WIGGINTON | | |
| ILYA KHARUN | INGRID WILM | | |
| YURI KISIL | KELSEY WOG | | |
| FINLAY KNOX | | | |

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) ARIARNE TITMUS 200 FREE 1:52.23 @ AUSTRALIA 06/13/24
- (AUS) ARIARNE TITMUS 400 FREE 3:55.38 @ JAPAN 07/23/23
- (AUS) KAYLEE MCKEOWN 50 BACK 26.86 @ HUNGARY 10/20/23
- (USA) REGAN SMITH 100 BACK 57.13 @ USA 06/08/24
- (AUS) KAYLEE MCKEOWN 200 BACK 2:03.14 @ AUSTRALIA 03/10/23
- (USA) GRETCHEN WALSH 100 FLY 55.18 @ USA 06/05/24
- (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



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



KAYLEE MCKEOWN (AUS)



SUMMER MCINTOSH (CAN)

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 OS DURING THE OFF-SEASON. WE ARE PROUD TO HAVE SUCH GREAT REPRESENTATION FOR OS ALL ACROSS THE CONTINENT!



JOSH KIM
UBC



BAILEY HERBERT
UCLA



HUGH MCNEILL
UBC



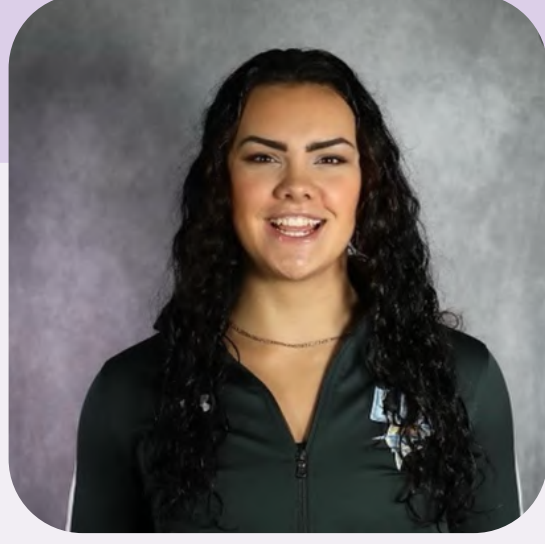
ISABELLA BRUNORO
UVIC



SEVI PARR
MCGILL



KATIE SCHROEDER
U OF FLORIDA



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 OS 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 OS 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

RED NAMES ARE NEW QUALIFIERS

DIVISIONAL QUALIFIERS

ALYSSA BEAULIEU
 TAIYO BEAUSOLEIL
 THIAGO BENAVIDES
 DANIEL CANON
SOPHIE CARTER
 OTIS CHAN
 DAVIN CHO
 ABIGAIL COCKELL

LARRY CUI
 GWENNA FAUPEL
 MAYA FULGER
 KAEGAN GIELTY
 ANDREJ GUDELJ
 CONOR HOLMGREN
 TESSA HONG
 EVERLEIGH HOUSDEN

LINDSEY JOHNSON
 JUDY JUGGIAH
 MACKENZIE JUNG
 YANA KHRISSANOVA
DENIS KLIMAU
 KIDA LECORRE
 BECKHAM MCCLELLAND
MADDY MERRIGAN

AMELIA SMITH
 JOSEPHINE SU
 STEVEN SUN
 SEAH PARK
 JOSH POVOZAN
 SHANA SEE

PROVINCIAL QUALIFIERS

FERNANDO AGUIRRE
MADDEX AUCHTER
BROOKLYNN BREKKE
 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
MARK PANAYOTOV
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
 ESMÉ JESSUP
 SAVO KOSTIC
 MANNY MONTAKHAB

FINN PARR
 MACKENNA PETTY
 MATTEO SAVIGNI
COLIN SEO
 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

OS REMINDERS FOR MEMBERS

EARLY PICK-UP OR LEAVING EARLY:

PLEASE LET THE COACHES AND THE OFFICE KNOW IF YOU ARE PICKING UP YOUR SWIMMER BEFORE THE END OF THEIR SWIMMING SESSION. WE WILL NOT RELEASE THE SWIMMERS TO LEAVE UNLESS WE HAVE CLEAR INSTRUCTIONS AND/OR IF YOU ARE PHYSICALLY PRESENT TO PICK THEM UP. YOU CAN ACCESS THE COACHES' EMAIL FROM THE OLYMPIANS SWIMMING WEBSITE AND EMAIL US DIRECTLY.

PARENTS ON DECK:

PARENTS ARE NOT ALLOWED ON DECK AT ANY TIME. AS MENTIONED AT THE BEGINNING OF THE SEASON, YOU ARE ALLOWED TO SIT IN THE VIEWING AREA NEAR THE ENTRANCE OF THE POOL.

ENTRANCE AND EXIT:

PLEASE REMEMBER TO USE THE MAIN DOOR TO ENTER AND EXIT THE BUILDING.

WE ARE ASKING FOR YOUR SUPPORT AND UNDERSTANDING TO ACT IN ACCORDANCE WITH THE POOL REGULATIONS FOR EVERYONE'S SAFETY AND SMOOTH OPERATIONS.



OS EQUIPMENT ITEMS FOR NEW MEMBERS

ALL MEMBERS JOINING OLYMPIANS SWIMMING WILL NEED TO ACQUIRE SOME EQUIPMENT ITEMS. SWIMMERS WILL NEED TO HAVE A RED SWIM SUIT. THIS IS A RED ONE PIECE SUIT FOR GIRLS AND RED JAMMER / SHORTS FOR BOYS. WE KNOW THAT SOME PEOPLE HAVE BEEN HAVING A HARD TIME FINDING A RED SUIT SO WE ASK THAT YOU GET IT AS SOON AS YOU CAN AND UNDERSTAND IF IT MAY TAKE SOME TIME TO ACQUIRE. SWIMMERS WILL ALSO NEED TO HAVE GOGGLES, A SWIM CAP AND FLIPPERS. FOR CLOTHING LIKE T-SHIRTS, HOODIES AND SWEATPANTS WE WILL BE USING AN ONLINE ORDERING SYSTEM THROUGH OUR WEBSITE. ANY OTHER EQUIPMENT CAN BE BOUGHT AT SEASIDE SWIM & SPORT AT WALNUT GROVE COMMUNITY CENTRE.

SEASIDE SWIM & SPORT - TEAM CLOTHING & EQUIPMENT

THIS SWIM SEASON, SEASIDE SWIM AND SPORT IS OFFERING TEAM CLOTHING, APPAREL AND EQUIPMENT FOR OLYMPIANS SWIMMING. THEY ARE OFFERING ALL OS MEMBERS 15% OFF ALL EQUIPMENT AS WELL AS A LOYALTY PROGRAM WITH OUR CLUB.

THEIR STORE IS LOCATED AT THE WALNUT GROVE COMMUNITY CENTRE POOL IN LANGLEY. THEY ALSO HAVE AN ONLINE STORE WHERE YOU CAN ORDER EQUIPMENT (WWW.SEASIDE-SWIM.COM).

YOU CAN USE THE PROMO CODE LAOSC_15% TO RECEIVE 15% OFF.

PLEASE [CLICK HERE](#) FOR MORE INFORMATION ON THE LOYALTY PROGRAM AND TEAM DISCOUNT.



**ZLC FINANCIAL PREMIER SPONSOR
FOR OLYMPIANS SWIMMING**



Before you say 'Yes' to mortgage insurance, you should be aware that you have options.

When you are approved for a mortgage, your lender will typically offer you mortgage insurance. That may seem convenient, but before you say yes to mortgage insurance, you should know that you have other options.

Term insurance is an option that is rarely offered to you by your lender, but it can do far better in most circumstances. Protecting your mortgage with an individually-owned term insurance plan offers you and your loved ones better value and more flexibility.

In addition to all factors mentioned above, it's also important to highlight that mortgage insurance coverage ends when your home is paid off. A personal life insurance policy is unaffected by your mortgage ending, and can keep providing you and your family with protection in the years that follow.

In the same way that you decided to use an independent mortgage broker to help secure your customized home financing solution, it's ideal that you work with a financial advisor to help you find a suitable insurance solution to protect your family. An independent insurance broker can work with you to find the coverage that works for you.

Also, keep in mind that it's important to consider critical illness insurance in case you become seriously ill or injured and unable to pay your mortgage and other expenses. If you are an employee, your employers may offer critical illness as a benefit for you, but be sure the coverage is sufficient for your needs.

DISCLAIMER: The information contained here is of a general nature and is not intended to address the circumstances of any particular individual or entity. This content is not intended to provide specific personalized advice, including, without limitation, investment, insurance, financial, legal, accounting or tax advice; and any reference to facts and data provided are from various sources believed to be reliable, but we cannot guarantee they are complete or accurate; and the information contained herein is subject to change without notice. Although we endeavor to provide accurate and timely information, there can be no guarantee that such information is accurate as of the date it is received or that it will continue to be accurate in the future. No one should act on such information without appropriate professional advice after a thorough examination of the particular situation.

Differences between protecting your mortgage using term insurance vs. mortgage insurance:

	TERM LIFE INSURANCE	MORTGAGE INSURANCE
OWNERSHIP	You own the policy and you name your beneficiaries	For most mortgage insurance, you don't own the policy and your lender is the beneficiary.
COVERAGE	You can increase or decrease your coverage, renew your coverage and convert to permanent protection. If you renegotiate or pay off your mortgage or sell your home, you can continue your coverage.	Your lender will insure only for the amount of your mortgage. You can't change, renew or convert the policy. If you choose to move your mortgage to another lender, you can't transfer the policy.
BENEFICIARY	You determine who the beneficiaries are when you apply for the coverage, and can make changes at any time.	Your lender to pay off the mortgage.
GUARANTEE	Your premiums and benefits are guaranteed for the life of the policy. Only you can cancel or make changes to your policy.	Your premiums and benefits are not guaranteed for mortgage insurance. The lender can change or cancel the policy at any time.
STATUS	The amount you pay for your life insurance coverage is based on your age, health and smoking status.	Since mortgage insurance is usually provided through a group plan, you pay the same rate for your coverage as everyone else.

At ZLC, we believe that our clients can make the best decisions when they have been given the most comprehensive expert advice possible. Because each individual's circumstances are unique to them, it is important to review your particular needs with your qualified associate. **Meet with a member of our team** to learn more or get started.



Linda Metcalfe 604.688.7208
Financial Associate | lmecalf@zlc.net