

## NEW RECORDS JUNE 1,2008 - JUNE 1,2009

| AGE GROUP    | EVENT      | TIME     | DATE      | NAME                 |
|--------------|------------|----------|-----------|----------------------|
| SCY<br>WOMEN |            |          |           |                      |
| 35 - 39      | 100 FLY    | 1:07.97  | JAN 20/09 | COLLEEN CHIKI        |
| 50 - 54      | 200 FREE   | 2:32.37  | JAN 20/09 | SUE WEIR             |
|              | 100 BACK   | 1:16.91  | JAN 20/09 | SUE WEIR             |
|              | 400 IM     | 6:18.01  | JAN 20/09 | SUE WEIR             |
| 75.-79       | 100 FREE   | 1:37.89  | JAN 20/09 | FRANCES MCINTOSH     |
|              | 200 FREE   | 3:31.47  | JAN 20/09 | FRANCES MCINTOSH     |
|              | 500 FREE   | 9:16.60  | JAN 20/09 | FRANCES MCINTOSH     |
|              | 100 BACK   | 1:59.69  | JAN 20/09 | GLAD BRYCE           |
|              | 200 BACK   | 4:09.37  | JAN 20/09 | GLAD BRYCE           |
| 90 - 94      | 100 BREAST | 4:47.27  | JAN 20/09 | GERDA VOSS           |
|              | 200 IM     | 10:11.73 | JAN 20/09 | GERDA VOSS           |
| MEN          |            |          |           |                      |
| 35 - 39      | 200 BREAST | 2:23.13  | JAN 20/09 | RICHARD MACARTHUR    |
| 40 - 44      | 200 FLY    | 2:24.87  | JAN 20/09 | MICHAEL CARNEGIE     |
| 45 - 49      | 50 BREAST  | :29.72   | JAN 20/09 | MATTHEW WILLIAMSON   |
|              | 100 BREAST | 1:05.72  | JAN 20/09 | MATTHEW WILLIAMSON   |
|              | 200 BREAST | 2:27.17  | JAN 20/09 | MATTHEW WILLIAMSON   |
| 50 - 54      | 100 BACK   | 1:01.03  | JAN 20/09 | WIESLAW MUSIAL       |
| 55 - 59      | 200 FREE   | 2:11.07  | JAN 20/09 | RICK VAN WATERSCHORT |
|              | 500 FREE   | 6:11.34  | JAN 20/09 | RICK VAN WATERSCHORT |
| 70 - 74      | 50 BREAST  | :39.94   | JAN 20/09 | LARRY DURR           |
|              | 100 BREAST | 1:27.93  | JAN 20/09 | LARRY DURR           |
|              | 200 BREAST | 3:16.17  | JAN 20/09 | LARRY DURR           |
| 75 - 79      | 200 FREE   | 2:51.19  | JAN 20/09 | CHRIS SMITH          |
|              | 500 FREE   | 7:33.60  | JAN 20/09 | CHRIS SMITH          |
|              | 1000 FREE  | 15:43.87 | APR 16/09 | CHRIS SMITH          |
|              | 1650 FREE  | 26:08.80 | APR 16/09 | CHRIS SMITH          |
|              | 200 BACK   | 3:22.22  | JAN 20/09 | CHRIS SMITH          |
|              | 50 BREAST  | :43.37   | JAN 20/09 | CHRIS SMITH          |
|              | 50 FLY     | :42.62   | APR 16/09 | CHRIS SMITH          |
|              | 100 FLY    | 1:39.64  | APR 16/09 | CHRIS SMITH          |
|              | 200 FLY    | 3:54.93  | APR 16/09 | CHRIS SMITH          |
|              | 100 IM     | 1:28.94  | APR 16/09 | CHRIS SMITH          |
|              | 400 IM     | 7:11.49  | APR 16/09 | CHRIS SMITH          |

## NEW RECORDS JUNE 1,2008 - JUNE 1,2009

SCM  
WOMEN

|         |            |          |   |           |                           |
|---------|------------|----------|---|-----------|---------------------------|
| 20 - 24 | 50 BACK    | :31.64   |   | MAR 20/09 | RANDI BEAULIEU            |
| 35 - 39 | 50 BREAST  | :35.65   | C | MAY 15/09 | MERIDITH THOMPSON-EDWARDS |
|         | 100 BREAST | 1:17.83  | C | MAY 15/09 | MERIDITH THOMPSON-EDWARDS |
|         | 50 FLY     | :30.42   |   | MAY 15/09 | MERIDITH THOMPSON-EDWARDS |
|         | 100 IM     | 1:07.93  |   | MAR 8/09  | JANET MAYVILLE            |
| 45 - 49 | 50 FREE    | :28.14   |   | MAY 15/09 | KATIE OSBORNE             |
|         | 200 BREAST | 3:00.76  |   | MAY 15/09 | KATHY MCKNIGHT            |
|         | 50 FLY     | :31.72   |   | MAY 15/09 | KATIE OSBORNE             |
| 50 - 54 | 50 BACK    | :36.31   |   | MAY 15/09 | MICHELE OLIVER            |
| 55 - 59 | 50 FREE    | :30.10   | C | MAY 15/09 | MICAELA VON RICHTOFEN     |
|         | 100 FREE   | 1:07.09  | C | MAY 15/09 | CATHY MERRITT             |
|         | 200 FREE   | 2:92.72  | C | MAY 15/09 | CATHY MERRITT             |
|         | 400 FREE   | 5:27.26  |   | MAR 20/09 | CATHY MERRITT             |
|         | 800 FREE   | 11:20.17 |   | MAY 3/09  | CATHY MERRITT             |
|         | 50 BACK    | :39.29   |   | MAY 15/09 | MICAELA VON RICHTOFEN     |
|         | 200 BACK   | 3:02.11  | C | MAY 15/09 | CATHY MERRITT             |
|         | 100 FLY    | 1:24.79  | C | MAY 3/09  | CATHY MERRITT             |
|         | 100 IM     | 1:18.25  | C | MAY 15/09 | CATHY MERRITT             |
|         | 200 IM     | 2:52.30  | C | MAR 20/09 | CATHY MERRITT             |
| 60 - 64 | 200 FREE   | 2:53.69  |   | JAN 31/09 | MARGARET BAKISH           |
|         | 100 BREAST | 1:34.09  |   | MAY 15/09 | YVONNE CATTRELL           |
|         | 200 BREAST | 3:27.26  |   | MAY 15/09 | MARGARET BAKISH           |
|         | 200 IM     | 3:15.29  |   | MAY 15/09 | MARGARET BAKISH           |
| 65 - 69 | 1500 FREE  | 27:03.37 |   | MAR 20/09 | PATRICIA ANGUS            |
| 75 - 79 | 100 FREE   | 1:31.69  | C | MAY 15/09 | JUDIE OLIVER              |
|         | 100 BACK   | 1:43.27  | C | MAY 15/09 | JUDIE OLIVER              |
|         | 200 BACK   | 3:41.22  | C | MAY 15/09 | JUDIE OLIVER              |
| 80 - 84 | 50 BREAST  | :55.13   |   | APR 2/09  | SYLVIA EISELE             |
|         | 100 BREAST | 2:04.65  | C | APR 2/09  | SYLVIA EISELE             |
|         | 200 BREAST | 4:31.25  | C | APR 2/09  | SYLVIA EISELE             |
|         | 50 FLY     | :58.13   | C | MAY 15/09 | SYLVIA EISELE             |
|         | 100 FLY    | 2:17.23  | C | MAY 15/09 | SYLVIA EISELE             |
|         | 200 IM     | 4:22.00  | C | MAY 15/09 | SYLVIA EISELE             |
|         | 400 IM     | 9:42.82  | C | APR 2/09  | SYLVIA EISELE             |
| 85 - 89 | 50 FREE    | :50.36   |   | JAN 18/09 | DORIS MCEWAN              |
|         | 100 FREE   | 2:17.03  |   | MAR 8/09  | KALIS RASMUSSEN           |
|         | 200 FREE   | 5:11.97  |   | MAR 8/09  | KALIS RASMUSSEN           |
|         | 1500 FREE  | 40:39.66 | C | MAY 15/09 | KALIS RASMUSSEN           |
|         | 50 BACK    | 1:03.01  |   | JAN 18/09 | DORIS MCEWAN              |
|         | 50 BACK    | 1:01.48  |   | MAY 3/09  | DORIS MCEWAN              |

NEW RECORDS JUNE 1,2008 - JUNE 1,2009

|         |            |          |   |            |                    |
|---------|------------|----------|---|------------|--------------------|
|         | 100 BACK   | 2:25.22  |   | MAR 8/09   | KALIS RASMUSSEN    |
|         | 200 BACK   | 5:01.59  | C | MAY 15/09  | KALIS RASMUSSEN    |
|         | 50 BREAST  | 1:05.22  | C | JAN 18/09  | DORIS MCEWAN       |
|         | 100 BREAST | 2:31.34  | C | MAY 15/09  | KALIS RASMUSSEN    |
|         | 200 BREAST | 5:48.49  |   | MAR 8/09   | KALIS RASMUSSEN    |
|         | 50 FLY     | 1:23.52  | C | FEB 8/09   | KALIS RASMUSSEN    |
|         | 100 FLY    | 3:25.85  | C | FEB 8/09   | KALIS RASMUSSEN    |
|         | 100 IM     | 2:34.34  |   | FEB 8/09   | KALIS RASMUSSEN    |
|         | 200 IM     | 5:37.77  | C | FEB 8/09   | KALIS RASMUSSEN    |
|         | 400 IM     | 11:51.00 | C | MAY 15/09  | KALIS RASMUSSEN    |
| 90 - 94 | 200 FREE   | 10:46.88 | C | FEB 8/09   | GERDA VOSS         |
|         | 100 BREAST | 4:45.05  |   | FEB 8/09   | GERDA VOSS         |
|         | 200 IM     | 10:46.88 | C | FEB 8/09   | GERDA VOSS         |
| MEN     |            |          |   |            |                    |
| 20 - 24 | 800 FREE   | 8:47.86  | C | MAY 15/09  | DAVE SPENCER       |
|         | 50 BACK    | :28.21   |   | MAY 15/09  | SCOTT KOWALCZEWSKI |
|         | 200 BACK   | 2:16.72  |   | MAR 20/09  | DEVAN MCNEIL       |
| 25 - 29 | 50 BREAST  | :29.85   |   | MAY 15/09  | MARK SHIVERS       |
| 35 - 39 | 400 FREE   | 4:16.89  |   | MAY 15/09  | MICHAEL RUTLEDGE   |
|         | 800 FREE   | 8:53.20  | C | MAY 15/09  | MICHAEL RUTLEDGE   |
| 40 - 44 | 100 FREE   | :53.16   | C | MAY 15/099 | STEVE INGO         |
|         | 200 FLY    | 2:27.91  |   | MAY 15/099 | DYAN CUSTIC        |
| 45 - 49 | 50 FREE    | :24.96   |   | MAR 20/09  | PETER MCKINNON     |
|         | 100 FREE   | :54.28   | C | MAR 20/09  | PETER MCKINNON     |
|         | 200 FREE   | 1:59.25  | C | MAR 20/09  | PETER MCKINNON     |
|         | 50 BACK    | :28.62   | C | MAY 15/09  | PETER MCKINNON     |
|         | 100 BACK   | 1:01.27  | C | MAY 15/09  | PETER MCKINNON     |
|         | 50 BREAST  | :30.47   | C | MAY 15/09  | MATTHEW WILLIAMSON |
|         | 100 BREAST | 1:08.42  | C | MAY 15/09  | MATTHEW WILLIAMSON |
|         | 200 BREAST | 2:31.80  | C | MAY 15/09  | MATTHEW WILLIAMSON |
|         | 100 FLY    | :59.80   | C | MAR 20/09  | ALEX BAUMAN        |
|         | 100 IM     | 1:01.48  | C | MAR 20/09  | ALEX BAUMAN        |
|         | 200 IM     | 2:12.01  | C | MAR 20/09  | ALEX BAUMAN        |
| 50 - 54 | 50 FREE    | :24.80   | C | MAY 15/09  | DAN THOMPSON       |
|         | 100 FREE   | :54.73   | C | MAY 15/09  | DMITRI KHODKO      |
|         | 800 FREE   | 9:35.46  |   | MAY 15/09  | MICHAEL PATRICK    |
|         | 1500 FREE  | 18:18.03 |   | MAY 15/09  | MICHAEL PATRICK    |
|         | 50 BACK    | :29.17   | C | MAY 15/09  | WIESLAW MUSIAL     |
|         | 100 BACK   | 1:01.86  | C | MAY 15/09  | WIESLAW MUSIAL     |
|         | 200 BACK   | 2:13.05  | C | MAY 15/09  | WIESLAW MUSIAL     |
|         | 50 BREAST  | :31.81   | C | MAY 15/09  | DOUG VANDERBY      |
|         | 100 BREAST | 1:10.04  | C | MAY 15/09  | DOUG VANDERBY      |
|         | 200 BREAST | 2:37.74  | C | MAY 15/09  | DOUG VANDERBY      |
|         | 50 FLY     | :25.49   | C | MAY 15/09  | DAN THOMPSON       |

NEW RECORDS JUNE 1,2008 - JUNE 1,2009

|         |            |          |   |           |                  |
|---------|------------|----------|---|-----------|------------------|
|         | 100 FLY    | :59.39   | C | MAY 15/09 | DAN THOMPSON     |
|         | 200 FLY    | 2:24.28  | C | MAY 15/09 | WIESLAW MUSIAL   |
|         | 100 IM     | 1:02.75  | C | MAY 15/09 | DMITRI KHODKO    |
|         | 400 IM     | 5:10.31  | C | MAY 15/09 | WIESLAW MUSIAL   |
| 60 - 64 | 400 FREE   | 5:26.31  |   | DEC 11/08 | LEN MINTY        |
|         | 1500 FREE  | 21:40.02 |   | MAY 15/09 | RANDY MAGEN      |
|         | 50 BACK    | :34.28   |   | JAN 18/09 | JIM PENISTAN     |
|         | 100 BACK   | 1:15.57  |   | MAY 15/09 | GORDON HURD      |
|         | 50 FLY     | :31.26   |   | MAY 15/09 | JOE MACARTNEY    |
|         | 200 IM     | 2:49.76  |   | MAY 15/09 | ERIC THOMSON     |
| 65 - 69 | 200 FREE   | 2:33.59  |   | MAR 20/09 | MIKE HEATH-EVES  |
|         | 50 BREAST  | :37.33   |   | MAY 15/09 | ERIK HAITES      |
|         | 100 BREAST | 1:27.74  |   | MAY 15/09 | BRYAN FINLAY     |
|         | 100 BREAST | 1:23.03  |   | MAY 15/09 | ERIK HAITES      |
|         | 100 IM     | 1:19.10  |   | MAY 15/09 | ERIK HAITES      |
|         | 200 IM     | 3:07.16  |   | MAR 8/09  | ERIK HAITES      |
| 70 - 74 | 50 FREE    | :30.77   |   | MAY 15/09 | TOM VERTH        |
|         | 100 FREE   | 1:11.25  | C | MAY 15/09 | TOM VERTH        |
|         | 200 FREE   | 2:45.14  | C | MAY 15/09 | TOM VERTH        |
|         | 50 BACK    | :37.01   | C | MAY 15/09 | TOM VERTH        |
|         | 100 BACK   | 1:22.35  | C | MAY 15/09 | TOM VERTH        |
|         | 200 BACK   | 3:08.49  | C | MAY 15/09 | TOM VERTH        |
| 75 - 79 | 100 BACK   | 1:48.14  | C | FEB8/09   | CHRIS SMITH      |
| 85 - 89 | 1500 FREE  | 40:57.00 | C | JAN 18/09 | CASPAR HAUPT     |
|         | 50 BACK    | :57.21   | C | NOV 18/08 | CASPAR HAUPT     |
|         | 50 BREAST  | 1:09.46  | C | NOV 18/08 | CASPAR HAUPT     |
|         | 200 IM     | 5:43.65  | C | NOV 18/08 | CASPAR HAUPT     |
| LCM     |            |          |   |           |                  |
| WOMEN   |            |          |   |           |                  |
| 35 - 39 | 100 BACK   | 1:11.51  | C | FEB 22/09 | JANET MAYVILLE   |
|         | 50 BREAST  | :35.53   | C | FEB 22/09 | JANET MAYVILLE   |
|         | 50 FLY     | :31.23   | C | FEB 22/09 | JANET MAYVILLE   |
| 45 - 49 | 50 FREE    | :29.67   | C | JUN 20/08 | LYNN MARSHALL    |
|         | 200 FREE   | 2:15.88  | C | JUN 20/08 | LYNN MARSHALL    |
|         | 1500 FREE  | 18:14.76 | C | JUN 20/08 | LYNN MARSHALL    |
| 75 - 79 | 400 FREE   | 8:08.60  |   | AUG 14/08 | FRANCES MCINTOSH |
|         | 800 FREE   | 16:51.54 |   | AUG 14/08 | FRANCES MCINTOSH |
|         | 1500 FREE  | 31:31.76 | C | AUG 14/08 | FRANCES MCINTOSH |
|         | 200 BACK   | 4:30.83  |   | FEB 22/09 | GLAD BRYCE       |
| 85 - 89 | 50 FREE    | :58.87   | C | FEB 22/09 | KALIS RASMUSSEN  |
|         | 100 FREE   | 2:12.73  | C | FEB 22/09 | KALIS RASMUSSEN  |
|         | 400 FREE   | 11:29.28 |   | MAR 10/09 | KALIS RASMUSSEN  |

NEW RECORDS JUNE 1,2008 - JUNE 1,2009

|           |          |   |           |                 |
|-----------|----------|---|-----------|-----------------|
| 800 FREE  | 24:25.20 | C | MAR 10/09 | KALIS RASMUSSEN |
| 1500 FREE | 50:53.42 | C | MAR 10/09 | KALIS RASMUSSEN |
| 100 BACK  | 2:29.25  |   | APR 25/09 | KALIS RASMUSSEN |
| 50 FLY    | 1:26.84  | C | FEB 22/09 | KALIS RASMUSSEN |
| 100 FLY   | 3:31.34  | C | APR 25/09 | KALIS RASMUSSEN |
| 200 FLY   | 8:02.91  |   | APR 25/09 | KALIS RASMUSSEN |
| 200 IM    | 5:29.95  |   | FEB 22/09 | KALIS RASMUSSEN |
| 400 IM    | 12:16.14 |   | APR 25/09 | KALIS RASMUSSEN |

MEN

|         |            |         |   |           |                |
|---------|------------|---------|---|-----------|----------------|
| 45 - 49 | 50 FREE    | :25.96  | C | AUG 14/08 | BRIAN HASEGAWA |
|         | 100 FREE   | :57.91  |   | AUG 14/08 | BRIAN HASEGAWA |
|         | 100 FREE   | :56.16  | C | APR 25/09 | PETER MCKINNON |
|         | 50 BACK    | :29.79  | C | APR 25/09 | PETER MCKINNON |
|         | 200 BACK   | 2:18.25 | C | JUN 21/08 | LEN GUSHE      |
|         | 50 BREAST  | :32.17  | C | AUG 14/08 | BRIAN HASEGAWA |
|         | 100 BREAST | 1:11.28 | C | AUG 14/08 | BRIAN HASEGAWA |
|         | 200 BREAST | 2:42.79 | C | AUG 14/08 | BRIAN HASEGAWA |
|         | 100 FLY    | 1:05.63 |   | FEV 22/09 | JOHN WARING    |
|         | 100 FLY    | 1:05.41 |   | APR 25/09 | DAVE TOWN      |
|         | 200 FLY    | 2:21.16 | C | JUN 21/08 | LEN GUSHE      |
|         | 200 IM     | 2:21.91 | C | JUN 21/08 | LEN GUSHE      |

|         |            |          |   |           |                |
|---------|------------|----------|---|-----------|----------------|
| 50 - 54 | 1500 FREE  | 19:53.74 |   | MAR 10/09 | WIESLAW MUSIAL |
|         | 50 BREAST  | :34.11   |   | APR 25/09 | DAVE FREEMAN   |
|         | 50 BREAST  | :33.21   | C | APR 25/09 | DOUG VANDERBY  |
|         | 100 BREAST | 1:16.38  |   | APR 25/09 | DOUG VANDERBY  |
|         | 100 BREAST | 1:15.75  | C | APR 25/09 | DAVE FREEMAN   |
|         | 200 BREAST | 2:49.58  | C | APR 25/09 | DAVE FREEMAN   |

|         |         |        |  |           |             |
|---------|---------|--------|--|-----------|-------------|
| 55 - 59 | 50 BACK | :32.83 |  | FEB 22/09 | DAVE WILKIN |
|---------|---------|--------|--|-----------|-------------|

|         |        |        |  |           |              |
|---------|--------|--------|--|-----------|--------------|
| 65 - 69 | 50 FLY | :33.23 |  | AUG 14/09 | PETER STRAKA |
|---------|--------|--------|--|-----------|--------------|

|         |           |          |   |           |             |
|---------|-----------|----------|---|-----------|-------------|
| 75 - 79 | 200 FREE  | 3:15.81  | C | AUG 14/08 | CHRIS SMITH |
|         | 200 FREE  | 3:11.28  | C | APR 25/09 | CHRIS SMITH |
|         | 1500 FREE | 27:30.34 | C | AUG 14/08 | CHRIS SMITH |
|         | 200 BACK  | 3:46.66  |   | APR 25/09 | CHRIS SMITH |
|         | 50 BREAST | :48.28   |   | AUG 14/08 | CHRIS SMITH |

RELAYS

SCY

|            |            |         |  |           |                      |
|------------|------------|---------|--|-----------|----------------------|
| WOMEN 160+ | 200 MEDLEY | 2:34.57 |  | JAN 25/09 | JOHN INNES DEVILFISH |
| MEN 160+   | 200 FREE   | 1:39.29 |  | JAN 25/09 | NORTH YORK GATORS    |

|          |            |         |  |           |            |
|----------|------------|---------|--|-----------|------------|
| MEN 200+ | 200 FREE   | 1:47.13 |  | JAN 25/09 | BURLINGTON |
| MEN 200+ | 200 MEDLEY | 2:09.21 |  | JAN 25/09 | ALDERWOOD  |

SCM

NEW RECORDS JUNE 1,2008 - JUNE 1,2009

|            |            |          |   |           |                            |
|------------|------------|----------|---|-----------|----------------------------|
| WOMEN 80+  | 400 FREE   | 4:22.42  | C | MAR 20/09 | U OF T MISSISSAUGA MASTERS |
| WOMEN 80+  | 400 MEDLEY | 5:02.68  |   | MAR 20/09 | U OF T MISSISSAUGA MASTERS |
| MEN 80+    | 200 FREE   | 1:39.69  | C | MAY 15/09 | AURORA                     |
| MIX 80+    | 400 MEDLEY | 4:30.16  |   | MAR 20/09 | U OF T MISSISSAUGA MASTERS |
| MEN 120+   | 400 FREE   | 3:46.47  |   | MAR 20/09 | TECHNOSPORT                |
| MEN 120+   | 800 FREE   | 8:31.61  | C | MAR 20/09 | TECHNOSPORT                |
| MIX 120+   | 400 FREE   | 3:57.31  | C | MAY 15/09 | ETOBICOKE                  |
| WOMEN 160+ | 800 FREE   | 10:14.10 | C | MAR 20/09 | TECHNOSPORT                |
| MEN 160+   | 200 FREE   | 1:39.56  | C | MAR 20/09 | TECHNOSPORT                |
|            | 400 FREE   | 3:39.41  | C | MAR 20/09 | TECHNOSPORT                |
|            | 800 FREE   | 8:17.17  | C | MAR 20/09 | TECHNOSPORT                |
|            | 400 MEDLEY | 4:11.85` |   | MAR 20/09 | TECHNOSPORT                |
| MIX 160+   | 800 FREE   | 9:37.92  |   | MAR 20/09 | BURLINGTON                 |
| WOMEN 200+ | 400 FREE   | 5:06.20  |   | MAR 20/09 | TECHNOSPORT                |
|            | 800 FREE   | 10:52.95 | C | MAR 20/09 | TECHNOSPORT                |
|            | 400 MEDLEY | 5:33.06  |   | MAR 20/09 | TECHNOSPORT                |
| MEN 200 +  | 200 FREE   | 1:42.46  | C | MAY 15/09 | AURORA                     |
|            | 200 MEDLEY | 1:53.96  | C | MAY 15/09 | AURORA                     |
| MIX 200+   | 200 FREE   | 1:53.28  | C | MAY 15/09 | NORTH TORONTO              |
|            | 400 FREE   | 4:21.64  | C | MAY 15/09 | GRANITE                    |
|            | 800 FREE   | 10:11.63 |   | MAR 20/09 | GRANITE                    |
|            | 400 MEDLEY | 4:42.76  | C | MAY 15/09 | AURORA                     |
| WOMEN 240+ | 800 FREE   | 13:34.34 | C | MAR 20/09 | TECHNOSPORT                |
| MEN 240+   | 400 FREE   | 4:49.31  | C | MAR 20/09 | TECHNOSPORT                |
|            | 800 FREE   | 10:48.74 | C | MAR 20/09 | TECHNOSPORT                |
|            | 200 MEDLEY | 2:20.45  |   | MAY 15/09 | AURORA                     |
|            | 400 MEDLEY | 5:35.68  | C | MAR 20/09 | TECHNOSPORT                |
| MIX 240+   | 200 FREE   | 2:12.00  |   | MAY 15/09 | NEPEAN MASTERS             |
|            | 400 FREE   | 4:46.29  | C | MAR 20/09 | TECHNOSPORT                |
|            | 800 FREE   | 11:05.29 | C | MAR 20/09 | NEPEAN MASTERS             |
|            | 400 MEDLEY | 5:40.93  |   | MAY 15/09 | NEPEAN MASTERS             |
| WOMEN 280+ | 200 FREE   | 3:04.00  | C | MAY 15/09 | ETOBICOKE                  |
|            | 200 MEDLEY | 3:32.27  |   | MAY 15/09 | ETOBICOKE                  |
| MIX 280+   | 200 FREE   | 2:38.95  |   | MAY 15/09 | TYMS                       |
| MEN 320+   | 200 FREE   | 3:14.50  | C | MAY 15/09 | ALDERWOOD                  |
|            | 200 MEDLEY | 3:40.83  | C | MAY 15/09 | ALDERWOOD                  |