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**RECORDS Long course rec**
**LC Meters-Female**

18-24	50 Free	29.89	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	100 Free	1:03.94	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	200 Free	2:18.56	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	400 Free	5:23.72	<b>22-Feb-09</b>	AURO	Juliana Gonzalez at 14th Annual BMO Nesbitt Burns L.C. Invt'l.
	800 Free	59:59.59	<b>1-Jan-90</b>		Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty
	50 Back	31.96	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	100 Back	1:10.03	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	200 Back	59:59.59	<b>1-Jan-90</b>		Empty
	50 Breast	35.79	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	100 Breast	1:16.72	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	200 Breast	2:50.95	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	50 Fly	31.34	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	100 Fly	1:15.03	<b>22-Feb-09</b>	AURO	Juliana Gonzalez at 14th Annual BMO Nesbitt Burns L.C. Invt'l.
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	2:28.45	<b>21-May-10</b>	AURO	Amanda Williams at 2010 Nationals
	400 IM	59:59.59	<b>1-Jan-90</b>		Empty
25-29	50 Free	31.29	<b>15-May-02</b>	AURO	Kelly Chester at Nationals Saskatoon 2002
	100 Free	1:06.74	<b>15-May-02</b>	AURO	Kelly Chester at Nationals Saskatoon 2002
	200 Free	2:38.01	<b>21-May-04</b>	AURO	Nicole Egan at Canadian Masters Swimming Championships 2004
	400 Free	5:35.60	<b>15-May-02</b>	AURO	Kelly Chester at Nationals Saskatoon 2002
	800 Free	11:55.25	<b>21-May-04</b>	AURO	Nicole Egan at Canadian Masters Swimming Championships 2004
	1500 Free	26:43.95	<b>21-May-10</b>	AURO	Jamie Farkas at 2010 Nationals
	50 Back	36.11	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	100 Back	1:17.35	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	200 Back	2:51.32	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	50 Breast	39.01	<b>15-May-02</b>	AURO	MICHELLE CAMPESE at Nationals Saskatoon 2002
	100 Breast	1:22.79	<b>15-May-02</b>	AURO	MICHELLE CAMPESE at Nationals Saskatoon 2002
	200 Breast	3:02.10	<b>15-May-02</b>	AURO	MICHELLE CAMPESE at Nationals Saskatoon 2002
	50 Fly	32.61	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	100 Fly	1:19.97	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	2:46.83	<b>21-May-10</b>	AURO	ANDREA SODONIS at 2010 Nationals
	400 IM	6:22.65	<b>21-May-04</b>	AURO	Nicole Egan at Canadian Masters Swimming Championships 2004
30-34	50 Free	29.66	<b>27-Feb-05</b>	AURO	Julia Freixa at London Long Course 2005
	100 Free	1:05.28	<b>27-Feb-05</b>	AURO	Julia Freixa at London Long Course 2005
	200 Free	2:28.90	<b>27-Feb-05</b>	AURO	Julia Freixa at London Long Course 2005
	400 Free	5:23.06	<b>27-Feb-05</b>	AURO	Julia Freixa at London Long Course 2005
	800 Free	11:30.34	<b>21-May-04</b>	AURO	Kelly Chester at Canadian Masters Swimming Championships 2004
	1500 Free	22:10.78	<b>21-May-04</b>	AURO	Kelly Chester at Canadian Masters Swimming Championships 2004
	50 Back	37.02	<b>27-Feb-05</b>	AURO	Lori Haws at London Long Course 2005
	100 Back	1:19.66	<b>21-May-04</b>	AURO	Lori Haws at Canadian Masters Swimming Championships 2004
	200 Back	2:51.20	<b>21-May-04</b>	AURO	Lori Haws at Canadian Masters Swimming Championships 2004
	50 Breast	41.81	<b>29-Feb-04</b>	AURO	Kelly Chester at London 2004 Long Course
	100 Breast	1:47.36	<b>27-Feb-05</b>	AURO	Lori Strong at London Long Course 2005
	200 Breast	3:46.29	<b>18-Feb-07</b>	AURO	LENA PEDERSEN at London 2007
	50 Fly	35.09	<b>15-May-02</b>	AURO	Wendy Punchard at Nationals Saskatoon 2002
	100 Fly	1:18.18	<b>21-May-04</b>	AURO	Kelly Chester at Canadian Masters Swimming Championships 2004
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	2:53.53	<b>21-May-04</b>	AURO	Kelly Chester at Canadian Masters Swimming Championships 2004
	400 IM	7:07.43	<b>18-Feb-07</b>	AURO	LENA PEDERSEN at London 2007

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**RECORDS Long course rec**

35-39	50 Free	27.89	<b>4-Aug-06</b>	AURO	Julia Freixa at 2006 World Masters Swimming
	100 Free	1:02.40	<b>4-Aug-06</b>	AURO	Julia Freixa at 2006 World Masters Swimming
	200 Free	2:19.89	<b>4-Aug-06</b>	AURO	Julia Freixa at 2006 World Masters Swimming
	400 Free	5:08.75	<b>18-Feb-07</b>	AURO	Julia Freixa at London 2007
	800 Free	59:59.59	<b>1-Jan-90</b>		Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty
	50 Back	34.43	<b>9-Jul-06</b>	AURO	Lori Haws at EOMAC Long Course Swim Meet July 2006
	100 Back	1:14.80	<b>24-Feb-08</b>	AURO	Lori Haws at Nepean Masters Long Course Swim Meet
	200 Back	2:45.23	<b>4-Aug-06</b>	AURO	Lori Haws at 2006 World Masters Swimming
	50 Breast	39.99	<b>21-May-10</b>	AURO	JULIA FREIXA at 2010 Nationals
	100 Breast	1:27.71	<b>18-Feb-07</b>	AURO	Crystal Drummond at London 2007
	200 Breast	3:06.26	<b>18-Feb-07</b>	AURO	Crystal Drummond at London 2007
	50 Fly	32.38	<b>4-Aug-06</b>	AURO	Lori Haws at 2006 World Masters Swimming
	100 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	2:51.81	<b>4-Aug-06</b>	AURO	Lori Haws at 2006 World Masters Swimming
	400 IM	6:27.87	<b>18-Feb-07</b>	AURO	Lori Haws at London 2007
40-44	50 Free	30.30	<b>9-Jul-06</b>	AURO	Susan Allen at EOMAC Long Course Swim Meet July 2006
	100 Free	1:06.60	<b>4-Aug-06</b>	AURO	Susan Allen at 2006 World Masters Swimming
	200 Free	2:37.18	<b>18-Feb-07</b>	AURO	Kathy McKnight at London 2007
	400 Free	5:41.95	<b>18-Feb-07</b>	AURO	Kathy McKnight at London 2007
	800 Free	12:40.27	<b>24-Feb-08</b>	AURO	Casey Jacob at Nepean Masters Long Course Swim Meet
	1500 Free	25:41.94	<b>21-May-04</b>	AURO	Karen Bonham at Canadian Masters Swimming Championships 2004
	50 Back	35.07	<b>4-Aug-06</b>	AURO	Susan Allen at 2006 World Masters Swimming
	100 Back	1:17.88	<b>4-Aug-06</b>	AURO	Susan Allen at 2006 World Masters Swimming
	200 Back	2:50.27	<b>15-May-02</b>	AURO	Nancy Black at Nationals Saskatoon 2002
	50 Breast	40.29	<b>18-Feb-07</b>	AURO	Kathy McKnight at London 2007
	100 Breast	1:30.59	<b>4-Aug-06</b>	AURO	Nancy Black at 2006 World Masters Swimming
	200 Breast	3:12.19	<b>27-Feb-05</b>	AURO	Kathy McKnight at London Long Course 2005
	50 Fly	33.81	<b>4-Aug-06</b>	AURO	Susan Allen at 2006 World Masters Swimming
	100 Fly	1:19.30	<b>27-Feb-05</b>	AURO	Kathy McKnight at London Long Course 2005
	200 Fly	3:55.14	<b>21-May-10</b>	AURO	GILLIAN MCDOWELL at 2010 Nationals
	200 IM	2:58.54	<b>4-Aug-06</b>	AURO	Nancy Black at 2006 World Masters Swimming
	400 IM	6:15.58	<b>27-Feb-05</b>	AURO	Kathy McKnight at London Long Course 2005
45-49	50 Free	31.29	<b>18-Feb-07</b>	AURO	Susan Allen at London 2007
	100 Free	1:10.15	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	200 Free	2:37.16	<b>21-May-10</b>	AURO	NICOLE BENNETT at 2010 Nationals
	400 Free	5:29.42	<b>21-May-10</b>	AURO	NICOLE BENNETT at 2010 Nationals
	800 Free	12:54.56	<b>16-Apr-11</b>	AURO	TERRI CORSO at All OUT Swim 2011
	1500 Free	21:59.89	<b>21-May-10</b>	AURO	NICOLE BENNETT at 2010 Nationals
	50 Back	39.57	<b>21-May-10</b>	AURO	NANCY BLACK at 2010 Nationals
	100 Back	1:23.81	<b>21-May-10</b>	AURO	NANCY BLACK at 2010 Nationals
	200 Back	3:06.80	<b>4-Aug-06</b>	AURO	Janet Mitchell at 2006 World Masters Swimming
	50 Breast	40.25	<b>22-Feb-09</b>	AURO	KATHY MCKNIGHT at 14th Annual BMO Nesbitt Burns L.C. Invit'l.
	100 Breast	1:28.24	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	200 Breast	3:13.55	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	50 Fly	32.88	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	100 Fly	1:18.48	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	200 Fly	3:07.18	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	200 IM	2:50.40	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
	400 IM	6:04.94	<b>21-May-10</b>	AURO	KATHY MCKNIGHT at 2010 Nationals
50-54	50 Free	32.91	<b>4-Aug-06</b>	AURO	Judy Iannucci at 2006 World Masters Swimming
	100 Free	1:16.41	<b>4-Aug-06</b>	AURO	Judy Iannucci at 2006 World Masters Swimming

**RECORDS Long course rec**

50-54	200 Free	2:48.09	<b>16-Apr-11</b>	AURO	JANET MITCHELL at All OUT Swim 2011	
	400 Free	6:04.98	<b>21-May-04</b>	AURO	Wendy Cimarno at Canadian Masters Swimming Championships 2004	
	800 Free	16:31.18	<b>15-May-02</b>	AURO	Christina Templeton at Nationals Saskatoon 2002	
	1500 Free	23:05.40	<b>10-Aug-03</b>	AURO	Wendy Cimarno at US 2003 LC Nationals	
	50 Back	37.95	<b>17-Apr-10</b>	AURO	JANET MITCHELL at All Out Swim 2010	
	100 Back	1:23.67	<b>21-May-10</b>	AURO	JANET MITCHELL at 2010 Nationals	
	200 Back	3:11.98	<b>17-Apr-10</b>	AURO	JANET MITCHELL at All Out Swim 2010	
	50 Breast	45.28	<b>21-May-04</b>	AURO	Wendy Cimarno at Canadian Masters Swimming Championships 2004	
	100 Breast	1:43.68	<b>27-Feb-05</b>	AURO	Wendy Cimarno at London Long Course 2005	
	200 Breast	3:46.30	<b>21-May-10</b>	AURO	TAINA SODONIS at 2010 Nationals	
	50 Fly	34.81	<b>21-May-10</b>	AURO	JANET MITCHELL at 2010 Nationals	
	100 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Fly	3:40.34	<b>4-Aug-06</b>	AURO	Wendy Cimarno at 2006 World Masters Swimming	
	200 IM	3:17.51	<b>21-May-04</b>	AURO	Wendy Cimarno at Canadian Masters Swimming Championships 2004	
	400 IM	6:54.19	<b>10-Aug-03</b>	AURO	Wendy Cimarno at US 2003 LC Nationals	
	55-59	50 Free	35.00	<b>16-Apr-11</b>	AURO	JUDY IANNUCCI at All OUT Swim 2011
		100 Free	1:20.20	<b>16-Apr-11</b>	AURO	JUDY IANNUCCI at All OUT Swim 2011
200 Free		3:18.13	<b>15-May-02</b>	AURO	WENDY DUCK at Nationals Saskatoon 2002	
400 Free		7:04.49	<b>14-Feb-02</b>	AURO	Wendy Duck at London 2002	
800 Free		59:59.59	<b>1-Jan-90</b>		Empty	
1500 Free		59:59.59	<b>1-Jan-90</b>		Empty	
50 Back		47.20	<b>15-May-02</b>	AURO	Wendy Duck at Nationals Saskatoon 2002	
100 Back		1:34.92	<b>16-Apr-11</b>	AURO	JUDY IANNUCCI at All OUT Swim 2011	
200 Back		3:43.73	<b>15-May-02</b>	AURO	Wendy Duck at Nationals Saskatoon 2002	
50 Breast		56.34	<b>21-May-10</b>	AURO	CAROL CHAPPELL at 2010 Nationals	
100 Breast		1:51.28	<b>16-Apr-11</b>	AURO	JUDY IANNUCCI at All OUT Swim 2011	
200 Breast		4:29.68	<b>21-May-10</b>	AURO	CAROL CHAPPELL at 2010 Nationals	
50 Fly		49.81	<b>14-Feb-02</b>	AURO	Wendy Duck at London 2002	
100 Fly		2:40.42	<b>27-Feb-05</b>	AURO	Christina Templeton at London Long Course 2005	
200 Fly		59:59.59	<b>1-Jan-90</b>		Empty	
200 IM		3:45.12	<b>15-May-02</b>	AURO	Wendy Duck at Nationals Saskatoon 2002	
400 IM		59:59.59	<b>1-Jan-90</b>		Empty	
60-64	50 Free	40.44	<b>29-Feb-04</b>	AURO	Wendy Duck at London 2004 Long Course	
	100 Free	2:09.37	<b>21-May-10</b>	AURO	MARNIE KOWALEWSKI at 2010 Nationals	
	200 Free	4:17.26	<b>16-Apr-11</b>	AURO	CAROL CHAPPELL at All OUT Swim 2011	
	400 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	800 Free	16:41.40	<b>21-May-10</b>	AURO	CHRISTINA TEMPLETON at 2010 Nationals	
	1500 Free	28:08.24	<b>21-May-04</b>	AURO	Wendy Duck at Canadian Masters Swimming Championships 2004	
	50 Back	47.02	<b>29-Feb-04</b>	AURO	Wendy Duck at London 2004 Long Course	
	100 Back	1:41.09	<b>21-May-04</b>	AURO	Wendy Duck at Canadian Masters Swimming Championships 2004	
	200 Back	3:39.22	<b>21-May-04</b>	AURO	Wendy Duck at Canadian Masters Swimming Championships 2004	
	50 Breast	55.73	<b>16-Apr-11</b>	AURO	CAROL CHAPPELL at All OUT Swim 2011	
	100 Breast	2:07.80	<b>16-Apr-11</b>	AURO	CAROL CHAPPELL at All OUT Swim 2011	
	200 Breast	4:33.75	<b>16-Apr-11</b>	AURO	CAROL CHAPPELL at All OUT Swim 2011	
	50 Fly	46.63	<b>21-May-04</b>	AURO	Wendy Duck at Canadian Masters Swimming Championships 2004	
	100 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 IM	3:50.86	<b>21-May-04</b>	AURO	Wendy Duck at Canadian Masters Swimming Championships 2004	
	400 IM	59:59.59	<b>1-Jan-90</b>		Empty	
65-69	50 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	100 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	400 Free	59:59.59	<b>1-Jan-90</b>		Empty	

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**RECORDS Long course rec**

65-69	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 IM	59:59.59	<b>1-Jan-90</b>	Empty
	400 IM	59:59.59	<b>1-Jan-90</b>	Empty
70-74	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
200 IM	59:59.59	<b>1-Jan-90</b>	Empty	
400 IM	59:59.59	<b>1-Jan-90</b>	Empty	
75-79	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
200 IM	59:59.59	<b>1-Jan-90</b>	Empty	
400 IM	59:59.59	<b>1-Jan-90</b>	Empty	
80-84	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty

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**RECORDS Long course rec**

80-84	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 IM	59:59.59	<b>1-Jan-90</b>	Empty
	400 IM	59:59.59	<b>1-Jan-90</b>	Empty

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**RECORDS Long course rec**
**LC Meters-Male**

18-24	50 Free	27.97	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	100 Free	1:05.07	<b>18-Feb-07</b>	AURO	TRISTAN LEHARI at London 2007	
	200 Free	2:26.27	<b>18-Feb-07</b>	AURO	TRISTAN LEHARI at London 2007	
	400 Free	5:26.90	<b>18-Feb-07</b>	AURO	TRISTAN LEHARI at London 2007	
	800 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	1500 Free	19:12.27	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	50 Back	31.68	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	100 Back	1:10.11	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	200 Back	2:32.05	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	50 Breast	38.17	<b>18-Feb-07</b>	AURO	TRISTAN LEHARI at London 2007	
	100 Breast	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Breast	59:59.59	<b>1-Jan-90</b>		Empty	
	50 Fly	29.50	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	100 Fly	1:04.30	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	200 Fly	2:24.63	<b>21-May-10</b>	AURO	RANDAL BONHAM at 2010 Nationals	
	200 IM	59:59.59	<b>1-Jan-90</b>		Empty	
	400 IM	59:59.59	<b>1-Jan-90</b>		Empty	
	25-29	50 Free	26.86	<b>24-Feb-08</b>	AURO	Daniel Milliard at Nepean Masters Long Course Swim Meet
		100 Free	1:09.03	<b>27-Feb-05</b>	AURO	Mark McCann at London Long Course 2005
		200 Free	59:59.59	<b>1-Jan-90</b>		Empty
400 Free		59:59.59	<b>1-Jan-90</b>		Empty	
800 Free		59:59.59	<b>1-Jan-90</b>		Empty	
1500 Free		59:59.59	<b>1-Jan-90</b>		Empty	
50 Back		59:59.59	<b>1-Jan-90</b>		Empty	
100 Back		59:59.59	<b>1-Jan-90</b>		Empty	
200 Back		59:59.59	<b>1-Jan-90</b>		Empty	
50 Breast		33.41	<b>22-Feb-09</b>	AURO	DANIEL MILLIARD at 14th Annual BMO Nesbitt Burns L.C. Invit'l.	
100 Breast		1:14.67	<b>22-Feb-09</b>	AURO	DANIEL MILLIARD at 14th Annual BMO Nesbitt Burns L.C. Invit'l.	
200 Breast		59:59.59	<b>1-Jan-90</b>		Empty	
50 Fly		28.23	<b>22-Feb-09</b>	AURO	DANIEL MILLIARD at 14th Annual BMO Nesbitt Burns L.C. Invit'l.	
100 Fly		1:04.48	<b>28-Feb-10</b>	AURO	DANIEL MILLIARD at 2010 Nepean	
200 Fly		59:59.59	<b>1-Jan-90</b>		Empty	
200 IM		59:59.59	<b>1-Jan-90</b>		Empty	
400 IM		59:59.59	<b>1-Jan-90</b>		Empty	
30-34		50 Free	27.75	<b>27-Feb-05</b>	AURO	CAREY AVERY at London Long Course 2005
		100 Free	1:03.35	<b>27-Feb-05</b>	AURO	CAREY AVERY at London Long Course 2005
		200 Free	2:08.87	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals
	400 Free	4:28.31	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	
	800 Free	9:29.42	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	
	1500 Free	17:58.79	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	
	50 Back	46.98	<b>27-Feb-05</b>	AURO	Tim Mclean at London Long Course 2005	
	100 Back	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Back	59:59.59	<b>1-Jan-90</b>		Empty	
	50 Breast	37.04	<b>27-Feb-05</b>	AURO	CAREY AVERY at London Long Course 2005	
	100 Breast	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Breast	2:44.41	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	
	50 Fly	29.93	<b>27-Feb-05</b>	AURO	CAREY AVERY at London Long Course 2005	
	100 Fly	1:32.30	<b>21-May-04</b>	AURO	Marcus Sandhar at Canadian Masters Swimming Championships 2004	
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 IM	2:28.73	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	
	400 IM	5:11.65	<b>21-May-10</b>	AURO	Daniel Wells at 2010 Nationals	

**RECORDS Long course rec**

35-39	50 Free	28.65	<b>27-Feb-05</b>	AURO	Tyler Clair at London Long Course 2005
	100 Free	1:05.70	<b>27-Feb-05</b>	AURO	Tyler Clair at London Long Course 2005
	200 Free	2:33.28	<b>27-Feb-05</b>	AURO	Joe Rizzi at London Long Course 2005
	400 Free	5:39.94	<b>27-Feb-05</b>	AURO	Joe Rizzi at London Long Course 2005
	800 Free	59:59.59	<b>1-Jan-90</b>		Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty
	50 Back	32.78	<b>27-Feb-05</b>	AURO	Tyler Clair at London Long Course 2005
	100 Back	1:15.41	<b>27-Feb-05</b>	AURO	Tyler Clair at London Long Course 2005
	200 Back	2:46.91	<b>27-Feb-05</b>	AURO	Tyler Clair at London Long Course 2005
	50 Breast	39.80	<b>4-Aug-06</b>	AURO	Eric Gordon at 2006 World Masters Swimming
	100 Breast	1:27.32	<b>5-Feb-06</b>	AURO	Phil Dodgson at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	200 Breast	3:14.66	<b>5-Feb-06</b>	AURO	Phil Dodgson at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	50 Fly	34.76	<b>5-Feb-06</b>	AURO	Joe Rizzi at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	100 Fly	1:35.84	<b>5-Feb-06</b>	AURO	Marcus Sandhar at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	3:12.63	<b>5-Feb-06</b>	AURO	Marcus Sandhar at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	400 IM	59:59.59	<b>1-Jan-90</b>		Empty
40-44	50 Free	30.02	<b>24-Feb-08</b>	AURO	Phil Dodgson at Nepean Masters Long Course Swim Meet
	100 Free	1:07.59	<b>21-May-10</b>	AURO	PHIL DODGSON at 2010 Nationals
	200 Free	2:30.48	<b>21-May-04</b>	AURO	Lloyd Brown at Canadian Masters Swimming Championships 2004
	400 Free	5:27.70	<b>4-Aug-06</b>	AURO	Todd Childerhose at 2006 World Masters Swimming
	800 Free	11:56.40	<b>4-Aug-06</b>	AURO	Todd Childerhose at 2006 World Masters Swimming
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty
	50 Back	36.51	<b>29-Feb-04</b>	AURO	STU BALLANTYNE at London 2004 Long Course
	100 Back	1:25.46	<b>29-Feb-04</b>	AURO	STU BALLANTYNE at London 2004 Long Course
	200 Back	3:50.06	<b>27-Feb-05</b>	AURO	Andy Mitchell at London Long Course 2005
	50 Breast	37.38	<b>21-May-10</b>	AURO	PHIL DODGSON at 2010 Nationals
	100 Breast	1:24.20	<b>28-Feb-10</b>	AURO	PHIL DODGSON at 2010 Nepean
	200 Breast	3:03.00	<b>21-May-10</b>	AURO	PHIL DODGSON at 2010 Nationals
	50 Fly	32.39	<b>21-May-04</b>	AURO	Lloyd Brown at Canadian Masters Swimming Championships 2004
	100 Fly	1:16.75	<b>18-Feb-07</b>	AURO	Kevin Minkhorst at London 2007
	200 Fly	3:22.37	<b>21-May-04</b>	AURO	Lloyd Brown at Canadian Masters Swimming Championships 2004
	200 IM	2:58.35	<b>18-Feb-07</b>	AURO	Lloyd Brown at London 2007
	400 IM	6:29.90	<b>21-May-04</b>	AURO	Lloyd Brown at Canadian Masters Swimming Championships 2004
45-49	50 Free	27.35	<b>5-Feb-06</b>	AURO	Dave Freeman at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	100 Free	1:04.65	<b>29-Feb-04</b>	AURO	Frank Sodonis at London 2004 Long Course
	200 Free	2:29.68	<b>27-Feb-05</b>	AURO	Simon Meredith at London Long Course 2005
	400 Free	5:23.81	<b>27-Feb-05</b>	AURO	Simon Meredith at London Long Course 2005
	800 Free	12:25.96	<b>21-May-10</b>	AURO	Doug LeGallais at 2010 Nationals
	1500 Free	23:32.94	<b>21-May-10</b>	AURO	Doug LeGallais at 2010 Nationals
	50 Back	34.14	<b>21-May-10</b>	AURO	LLOYD BROWN at 2010 Nationals
	100 Back	1:18.74	<b>21-May-10</b>	AURO	LLOYD BROWN at 2010 Nationals
	200 Back	2:58.20	<b>21-May-10</b>	AURO	LLOYD BROWN at 2010 Nationals
	50 Breast	35.82	<b>5-Feb-06</b>	AURO	Dave Freeman at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	100 Breast	1:17.66	<b>5-Feb-06</b>	AURO	Dave Freeman at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	200 Breast	2:59.05	<b>5-Feb-06</b>	AURO	Dave Freeman at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
	50 Fly	30.39	<b>27-Feb-05</b>	AURO	Simon Meredith at London Long Course 2005
	100 Fly	1:08.56	<b>27-Feb-05</b>	AURO	Simon Meredith at London Long Course 2005
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty
	200 IM	2:56.33	<b>21-May-04</b>	AURO	Frank Sodonis at Canadian Masters Swimming Championships 2004
	400 IM	6:05.35	<b>5-Feb-06</b>	AURO	Dave Freeman at 11th Annual BMO Nesbitt Burns L.C. Invit'l.
50-54	50 Free	26.91	<b>4-Aug-06</b>	AURO	Dave Wilkin at 2006 World Masters Swimming
	100 Free	1:01.03	<b>21-May-10</b>	AURO	Alex SZirmai at 2010 Nationals

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**RECORDS Long course rec**

50-54	200 Free	2:24.05	<b>4-Apr-02</b>	AURO	Dave Wilkin at Toronto TMU Long Course 2002	
	400 Free	5:03.11	<b>21-May-10</b>	AURO	Alex SZirmai at 2010 Nationals	
	800 Free	10:58.76	<b>15-May-02</b>	AURO	Dave Wilkin at Nationals Saskatoon 2002	
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	50 Back	32.52	<b>4-Aug-06</b>	AURO	Dave Wilkin at 2006 World Masters Swimming	
	100 Back	1:07.85	<b>21-May-10</b>	AURO	Gary Hamilton at 2010 Nationals	
	200 Back	2:32.40	<b>21-May-10</b>	AURO	Gary Hamilton at 2010 Nationals	
	50 Breast	34.42	<b>24-Feb-08</b>	AURO	Derrick Hamilton at Nepean Masters Long Course Swim Meet	
	100 Breast	1:16.45	<b>17-Apr-10</b>	AURO	DAVE FREEMAN at All Out Swim 2010	
	200 Breast	2:54.84	<b>4-Aug-06</b>	AURO	Peter Hrdlitschka at 2006 World Masters Swimming	
	50 Fly	28.29	<b>4-Aug-06</b>	AURO	Dave Wilkin at 2006 World Masters Swimming	
	100 Fly	1:11.46	<b>21-May-10</b>	AURO	Alex SZirmai at 2010 Nationals	
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 IM	2:32.91	<b>21-May-10</b>	AURO	Gary Hamilton at 2010 Nationals	
	400 IM	5:30.99	<b>21-May-10</b>	AURO	Gary Hamilton at 2010 Nationals	
	55-59	50 Free	27.50	<b>22-Apr-07</b>	AURO	Dave Wilkin at Etobicoke LC Pentathlon 2007
		100 Free	1:05.09	<b>21-May-10</b>	AURO	DAVE WILKIN at 2010 Nationals
200 Free		2:45.69	<b>21-May-04</b>	AURO	Jim Talbot at Canadian Masters Swimming Championships 2004	
400 Free		5:46.56	<b>18-Feb-07</b>	AURO	Dave Wilkin at London 2007	
800 Free		59:59.59	<b>1-Jan-90</b>		Empty	
1500 Free		59:59.59	<b>1-Jan-90</b>		Empty	
50 Back		32.83	<b>22-Feb-09</b>	AURO	DAVE WILKIN at 14th Annual BMO Nesbitt Burns L.C. Invt'l.	
100 Back		1:16.94	<b>18-Feb-07</b>	AURO	Dave Wilkin at London 2007	
200 Back		3:35.43	<b>17-Apr-10</b>	AURO	Les Lindquist at All Out Swim 2010	
50 Breast		35.03	<b>22-Apr-07</b>	AURO	Dave Wilkin at Etobicoke LC Pentathlon 2007	
100 Breast		1:21.69	<b>21-May-10</b>	AURO	Peter Hrdlitschka at 2010 Nationals	
200 Breast		3:02.28	<b>21-May-10</b>	AURO	Peter Hrdlitschka at 2010 Nationals	
50 Fly		29.49	<b>18-Feb-07</b>	AURO	Dave Wilkin at London 2007	
100 Fly		1:41.72	<b>17-Apr-10</b>	AURO	Les Lindquist at All Out Swim 2010	
200 Fly		59:59.59	<b>1-Jan-90</b>		Empty	
200 IM		2:46.76	<b>22-Apr-07</b>	AURO	Dave Wilkin at Etobicoke LC Pentathlon 2007	
400 IM		59:59.59	<b>1-Jan-90</b>		Empty	
60-64	50 Free	34.74	<b>24-Feb-08</b>	AURO	Jim Talbot at Nepean Masters Long Course Swim Meet	
	100 Free	1:21.09	<b>18-Feb-07</b>	AURO	Larry Bobbett at London 2007	
	200 Free	3:07.80	<b>18-Feb-07</b>	AURO	Larry Bobbett at London 2007	
	400 Free	7:11.19	<b>21-May-10</b>	AURO	COLIN SIMPKIN at 2010 Nationals	
	800 Free	15:19.27	<b>21-May-10</b>	AURO	COLIN SIMPKIN at 2010 Nationals	
	1500 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	50 Back	43.00	<b>21-May-10</b>	AURO	Dorian Baxter at 2010 Nationals	
	100 Back	1:32.06	<b>24-Feb-08</b>	AURO	Jim Talbot at Nepean Masters Long Course Swim Meet	
	200 Back	3:44.74	<b>21-May-10</b>	AURO	Dorian Baxter at 2010 Nationals	
	50 Breast	48.43	<b>18-Feb-07</b>	AURO	Larry Bobbett at London 2007	
	100 Breast	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Breast	59:59.59	<b>1-Jan-90</b>		Empty	
	50 Fly	40.64	<b>24-Feb-08</b>	AURO	Jim Talbot at Nepean Masters Long Course Swim Meet	
	100 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Fly	59:59.59	<b>1-Jan-90</b>		Empty	
	200 IM	59:59.59	<b>1-Jan-90</b>		Empty	
	400 IM	59:59.59	<b>1-Jan-90</b>		Empty	
65-69	50 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	100 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	200 Free	59:59.59	<b>1-Jan-90</b>		Empty	
	400 Free	59:59.59	<b>1-Jan-90</b>		Empty	

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**RECORDS Long course rec**

65-69	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 IM	59:59.59	<b>1-Jan-90</b>	Empty
	400 IM	59:59.59	<b>1-Jan-90</b>	Empty
70-74	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
200 IM	59:59.59	<b>1-Jan-90</b>	Empty	
400 IM	59:59.59	<b>1-Jan-90</b>	Empty	
75-79	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty
	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
200 IM	59:59.59	<b>1-Jan-90</b>	Empty	
400 IM	59:59.59	<b>1-Jan-90</b>	Empty	
80-84	50 Free	59:59.59	<b>1-Jan-90</b>	Empty
	100 Free	59:59.59	<b>1-Jan-90</b>	Empty
	200 Free	59:59.59	<b>1-Jan-90</b>	Empty
	400 Free	59:59.59	<b>1-Jan-90</b>	Empty
	800 Free	59:59.59	<b>1-Jan-90</b>	Empty
	1500 Free	59:59.59	<b>1-Jan-90</b>	Empty

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**RECORDS Long course rec**

80-84	50 Back	59:59.59	<b>1-Jan-90</b>	Empty
	100 Back	59:59.59	<b>1-Jan-90</b>	Empty
	200 Back	59:59.59	<b>1-Jan-90</b>	Empty
	50 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	100 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	200 Breast	59:59.59	<b>1-Jan-90</b>	Empty
	50 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	100 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 Fly	59:59.59	<b>1-Jan-90</b>	Empty
	200 IM	59:59.59	<b>1-Jan-90</b>	Empty
	400 IM	59:59.59	<b>1-Jan-90</b>	Empty