

British Columbia Provincial Master Records

Short Course (25m)

Updated 18 May 2025

Men, 50m Freestyle

FRY, Darian	97	WRW	24.01	North Vancouver
THORMEYER, Markus	97	EBMSC	22.66	Nanaimo
BEST, Adam	91	ROYAL	23.13	Nanaimo
MARÉCHAL-MCCOY, Maxime	88	DOGW	23.77	Calgary
LAURIN, Ryan	76	TAS	24.40	North Vancouver
MCINTRYE, Mike	53	DOGW	25.26	Vancouver
MCINTRYE, Mike	53	VDMSC	25.42	New Westminster
HIGGINS, David	70	DOGW	25.95	Nanaimo
HARTFORD, Doug	63	VMSC	27.68	Vancouver
STAMHUIS, Michael	53	VERN	28.00	Calgary
SMITH, Ian	41	NEBB	28.31	Pointe-Claire
KELSO, Jack	39	UBCM	31.15	Kelowna
KELSO, Jack	39	UBCM	33.50	???
DONOGHUE, Karl	40	DOGW	40.16	Chilliwack
MCGREGOR, Hugh	19	VCSS	1:01.81	Kelowna
MCGREGOR, Hugh	19	VCSS	1:08.48	Nanaimo

Men, 100m Freestyle

BOLL, Ryan	00	KCS	53.66	Kamloops
THORMEYER, Markus	97	EBMSC	48.85	Nanaimo
BEST, Adam	91	ROYAL	51.68	Nanaimo
MARÉCHAL-MCCOY, Maxime	88	DOGW	52.60	Calgary
TISDALL, Justin	81	NSM	53.42	Surrey
WELBOURN, Graham	61	UBCM	55.03	Calgary
VAN BUUREN, John	54	NSM	55.95	Coquitlam
COSPER, Scott	69	VICM	58.06	Windsor
STAMHUIS, Michael	53	VERN	1:02.29	Kelowna
STAMHUIS, Michael	53	VERN	1:01.93	Calgary
WATERER, Carl	50	LOCO	1:05.09	Coeur d'Alene (USA)
KELSO, Jack	39	UBCM	1:09.15	Kelowna
KELSO, Jack	39	UBCM	1:14.48	Victoria
DONOGHUE, Karl	40	DOGW	1:33.85	Chilliwack
MCGREGOR, Hugh	19	VCSS	2:11.09	Toronto
MCGREGOR, Hugh	19	VCSS	2:31.83	Nanaimo

Women, 50m Freestyle

MACDONALD, Grace	02	PCS	26.65	Vancouver	11 Feb 2024
MABEE-HALL, Sarah	97	VICM	26.69	Saskatoon	18 May 2025
DOUGHTY, Nicole	85	WIN	27.01	Calgary	21 May 2018
HINDMARCH, Sofi	81	SEMI	27.84	North Vancouver	22 Apr 2016
MACDONALD, Sarah	60	VICM	27.18	???	1 Jan 2004
MACDONALD, Sarah	60	VICM	27.31	???	1 Jan 2005
MACDONALD, Sarah	60	VICM	27.81	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	27.91	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	29.21	Vancouver	1 Mar 2020
MACDONALD, Sarah	60	VICM	29.10	Nanaimo	26 Apr 2025
LOPEZ, Georgina	44	NSM	36.14	Kelowna	22 Apr 2017
LOPEZ, Georgina	44	NSM	36.18	Victoria	12 Apr 2019
LOPEZ, Georgina	44	NSM	39.05	Surrey	20 Apr 2024
MACPHERSON, Linda	38	RAVE	45.14	Calgary	28 May 2023
DELEEUEW, Elsa	24	WRW	59.20	Vancouver	9 Feb 2014
BRUSSEL, Betty	24	WRW	1:06.82	Victoria	12 Apr 2019
BRUSSEL, Betty	24	WRW	1:13.16	Chilliwack	2 Mar 2024

Women, 100m Freestyle

RUSO, Christina	95	OKAN	1:01.08	Kelowna	25 Oct 2015
MABEE-HALL, Sarah	97	VICM	59.04	Saskatoon	17 May 2025
NAESS, Victoria	76	EBMSC	59.24	Sainte-Foy	17 May 2008
DORRINGTON, Lauren	85	VMSC	1:01.19	Vancouver	26 Mar 2023
MACDONALD, Sarah	60	VICM	59.77	Montreal	23 May 2003
MACDONALD, Sarah	60	VICM	59.58	???	20 May 2005
MACDONALD, Sarah	60	VICM	1:01.81	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	1:01.84	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	1:06.05	Nanaimo	23 Nov 2024
MACDONALD, Sarah	60	VICM	1:05.61	Nanaimo	25 Apr 2025
VERSFELD, Hella	50	DOGW	1:18.12	Surrey	23 Apr 2022
LOPEZ, Georgina	44	NSM	1:25.92	Victoria	12 Apr 2019
LOPEZ, Georgina	44	NSM	1:32.66	Nanaimo	26 Apr 2025
MACPHERSON, Linda	38	RAVE	1:39.09	Calgary	27 May 2023
DELEEUEW, Elsa	24	WRW	2:10.77	Vancouver	9 Feb 2014
BRUSSEL, Betty	24	WRW	2:25.65	Victoria	12 Apr 2019
BRUSSEL, Betty	24	WRW	2:47.07	Chilliwack	2 Mar 2024

British Columbia Provincial Master Records

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Men, 200m Freestyle

CUTLER, Duffv	UBCM	2:02.67	Vancouver
THORMEYER, Markus	97 EBMSC	1:48.51	Nanaimo
OLDHAM, Mark	69 EBMSC	1:56.54	Toronto
CHARLAND, Rob	75 HANEY	1:59.76	Kelowna
CHARLAND, Rob	75 HANEY	1:57.93	Nanaimo
WELBOURN, Graham	61 GYTBS	2:01.98	Sainte-Foy
WELBOURN, Graham	61 HYACK	2:04.12	Kelowna
CRAIG, Rod	60 NSM	2:09.63	Nanaimo
CRAIG, Rod	60 CDSC	2:15.55	Surrey
STAMHUIS, Michael	53 VERN	2:18.90	Calgary
WATERER, Carl	50 LOCO	2:29.11	Vernon
WATERER, Carl	50 DOGW	2:44.81	Saskatoon
DONOGHUE, Karl	40 DOGW	3:14.18	Chilliwack
DONOGHUE, Karl	40 DOGW	3:20.84	Nanaimo
MCGREGOR, Hugh	19 VCSS	4:46.74	???
MCGREGOR, Hugh	19 VCSS	5:46.73	Nanaimo

Men, 400m Freestyle

RUSHTON, Tom	79 WRW	4:13.83	???
WELBOURN, Graham	61 UBCM	4:04.50	???
RUSHTON, Tom	79 WIN	4:10.25	Vancouver
CHARLAND, Rob	75 HANEY	4:24.49	Kelowna
WELBOURN, Graham	61 UBCM	4:11.94	???
WELBOURN, Graham	61 GYTBS	4:20.74	Belview (USA)
WELBOURN, Graham	61 HYACK	4:23.19	Kelowna
CRAIG, Rod	60 NSM	4:38.56	North Vancouver
CARLSEN, Glenn	57 KISU	4:44.49	Québec
CARLSEN, Glenn	57 DOGW	4:56.48	Québec
STAMHUIS, Michael	53 VERN	5:33.76	Penticton
DONOGHUE, Karl	40 DOGW	6:13.13	Montreal
DONOGHUE, Karl	40 PENT	6:30.32	Vernon
PEASE, Tony	39 DRM	8:36.69	Chilliwack
MCGREGOR, Hugh	19 VCSS	10:05.85	Toronto
MCGREGOR, Hugh	19 VCSS	12:08.80	Nanaimo

Women, 200m Freestyle

1 Apr 1987	18 - 24	BERGMAN, Tuesday Astrid	05 VICM	2:11.78	Nanaimo	27 Apr 2025
27 Apr 2025	25 - 29	MELODY, Suzanne	62 SFAM	2:08.91	???	1 Jan 1988
1 Jan 2001	30 - 34	NAESS, Victoria	76 EBMSC	2:09.49	Sainte-Foy	19 Mar 2008
25 Apr 2014	35 - 39	HINDMARCH, Sofi	81 SEMI	2:14.20	Chilliwack	5 Mar 2016
24 Apr 2015	40 - 44	MACDONALD, Sarah	60 VICM	2:13.05	Montreal	23 Mar 2003
19 Mar 2008	45 - 49	MABEE, Cindy	69 VICM	2:14.63	Toronto	21 Mar 2016
25 Apr 2014	50 - 54	MACDONALD, Sarah	60 VICM	2:19.78	Anacortes (USA)	22 Jan 2012
24 Apr 2015	55 - 59	MACDONALD, Sarah	60 VICM	2:19.65	Vancouver	15 Feb 2015
24 Apr 2022	60 - 64	RHODES, Avila	56 VICM	2:37.76	Calgary	19 Mar 2018
19 Mar 2018	65 - 69	VERSFELD, Hella	50 VERN	2:41.00	Vancouver	27 Apr 2018
26 Jan 2020	70 - 74	VERSFELD, Hella	50 VERN	2:57.11	Vernon	26 Jan 2020
16 Mar 2025	75 - 79	MACPHERSON, Linda	38 RAVEM	3:08.94	Nanaimo	24 Jan 2014
2 Apr 2022	80 - 84	MACPHERSON, Linda	38 NEBB	3:22.05	Vancouver	27 Apr 2018
27 Apr 2025	85 - 89	MACPHERSON, Linda	38 RAVE	3:37.10	Calgary	26 Mar 2023
25 Jan 2009	90 - 94	DELEEUW, Elsa	24 WRW	4:52.63	???	1 Feb 2002
24 Jan 2014	95 - 99	BRUSSEL, Betty	24 WRW	5:09.24	Victoria	12 Apr 2019
100 - 104		BRUSSEL, Betty	24 WRW	6:01.04	Chilliwack	2 Mar 2024

Women, 400m Freestyle

1 Jan 2003	18 - 24	BERGMAN, Tuesday Astrid	05 VICM	4:36.90	Nanaimo	26 Apr 2025
1 Jan 1987	25 - 29	MELODY, Suzanne	62 SFAM	4:34.19	???	1 Jan 1988
17 Apr 2009	30 - 34	NAESS, Victoria	76 EBMSC	4:40.32	Sainte-Foy	18 Mar 2008
25 Apr 2014	35 - 39	RODRIGUEZ DIMITRESCU, A.	85 WIN	4:39.72	Surrey	20 Apr 2024
18 Apr 2003	40 - 44	MALAR, Joanne	75 SOSCM	4:44.76	Kelowna	25 Oct 2015
17 Feb 2008	45 - 49	MABEE, Cindy	69 VICM	4:47.16	North Vancouver	22 Apr 2016
18 Mar 2012	50 - 54	FOSTER, Debbie	TYEE	5:02.03	Duncan	1 Jan 1999
22 Apr 2016	55 - 59	MACDONALD, Sarah	60 VICM	4:57.59	Vancouver	15 Feb 2015
13 Mar 2017	60 - 64	BROWN, Janis	61 OKAN	5:30.38	Québec	21 Mar 2022
21 Mar 2022	65 - 69	VERSFELD, Hella	50 VERN	5:50.28	Nanaimo	24 Apr 2015
8 Dec 2024	70 - 74	VERSFELD, Hella	50 DOGW	6:07.95	Surrey	23 Apr 2022
17 Mar 2015	75 - 79	MACPHERSON, Linda	38 SAWM	6:42.00	Nanaimo	26 Apr 2013
26 Jan 2020	80 - 84	MACPHERSON, Linda	38 NEBB	7:06.88	Vancouver	27 Apr 2018
2 Mar 2024	85 - 89	MACPHERSON, Linda	38 RAVE	7:42.77	Calgary	27 Mar 2023
15 Mar 2009	90 - 94	BRUSSEL, Betty	24 DOGW	10:06.85	???	22 Nov 2015
24 Jan 2014	95 - 99	BRUSSEL, Betty	24 WRW	10:39.87	Victoria	12 Apr 2019
100 - 104		BRUSSEL, Betty	24 WRW	12:23.26	Vancouver	11 Feb 2024

British Columbia Provincial Master Records

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Men, 800m Freestyle

MONK, James	86	WIN	8:53.10	Vancouver
WELBOURN, Graham	61	UBCM	8:49.03	???
RUSHTON, Tom	79	WIN	8:40.25	Vancouver
MONK, James	86	WIN	9:13.76	Surrey
WELBOURN, Graham	61	UBCM	8:46.43	Montreal
WELBOURN, Graham	61	UBCM	9:09.29	Surrey
WELBOURN, Graham	61	HYACK	9:17.99	Montréal
CARLSEN, Glenn	57	KISU	9:44.10	North Vancouver
CARLSEN, Glenn	57	KISU	9:45.75	Québec
CARLSEN, Glenn	57	DOGW	10:05.56	Québec
STAMHUIS, Michael	53	VERN	11:36.96	Penticton
DONOGHUE, Karl	40	DOGW	12:35.73	Montreal
DONOGHUE, Karl	40	DOGW	13:43.65	Surrey
MCGREGOR, Hugh	19	VCSS	19:11.96	Delta
MCGREGOR, Hugh	19	VCSS	20:33.27	Toronto

Men, 1500m Freestyle

CATHERS, Jason	73	LCSC	17:59.00	Victoria
WELBOURN, Graham	61	UBCM	16:41.55	???
RUSHTON, Tom	79	WIN	17:16.33	Tsawwassen
HUTTON, Ralph		UBCM	17:35.29	Etobicoke
HOBBS, Brent	67	OKAN	17:38.70	Kamloops
CRAIG, Rod	60	CDM	18:00.53	Coquitlam
CRAIG, Rod	60	NSM	18:26.64	Nanaimo
CARLSEN, Glenn	57	KISU	18:29.24	Toronto
CARLSEN, Glenn	57	KISU	18:35.51	Québec
CARLSEN, Glenn	57	DOGW	19:02.50	Québec
STAMHUIS, Michael	53	VERN	22:00.23	Penticton
DONOGHUE, Karl	40	DOGW	24:12.42	North Vancouver
DONOGHUE, Karl	40	DOGW	25:57.91	Surrey
MCGREGOR, Hugh	19	VCSS	36:30.92	Delta
MCGREGOR, Hugh	19	VCSS	38:53.33	Vancouver

Women, 800m Freestyle

BERGMAN, Tuesday Astrid	05	VICM	9:29.35	Nanaimo	27 Apr 2025
SAVAGE, Jill	74	KISU	9:31.20	???	1 Jan 2002
RODRIGUEZ DIMITRESCU, A.	85	WIN	9:48.21	Montreal	26 Mar 2019
RODRIGUEZ DIMITRESCU, A.	85	WIN	9:33.29	Surrey	21 Apr 2024
HARMER, Annelle	68	EBMSC	10:04.34	Vancouver	18 Mar 2012
MACDONALD, Sarah	60	VICM	10:04.89	???	1 Jan 2005
MABEE, Cindy	69	VICM	10:15.56	Victoria	12 Apr 2019
ABDOU, Anqie	69	EVDSC	10:27.70	Windsor	24 Mar 2024
BROWN, Janis	61	OKAN	11:23.33	Calgary	28 Mar 2023
VERSFELD, Hella	50	VERN	12:13.97	Nanaimo	24 Apr 2015
VERSFELD, Hella	50	VERN	13:05.56	Penticton	18 Dec 2022
MACPHERSON, Linda	38	SAWM	14:00.66	Nanaimo	26 Apr 2013
MACPHERSON, Linda	38	NEBB	14:39.56	Vancouver	27 Apr 2018
MACPHERSON, Linda	38	RAVE	15:46.65	Calgary	28 Mar 2023
BRUSSEL, Bettv	24	WKM	20:07.33	???	8 Oct 2014
BRUSSEL, Bettv	24	WRW	21:29.68	Victoria	12 Apr 2019
BRUSSEL, Betty	24	WRW	26:17.29	Surrey	21 Apr 2024

Women, 1500m Freestyle

STOCKSTAD, Danica	92	SEMI	19:48.11	North Vancouver	22 Apr 2016
LESLIE, Amanda	83	DST	18:36.10	Victoria	30 Mar 2012
RODRIGUEZ DIMITRESCU, A.	85	WIN	18:52.20	Montreal	24 Mar 2019
RODRIGUEZ DIMITRESCU, A.	85	WIN	18:17.62	Surrey	22 Apr 2022
HARMER, Annelle	68	EBMSC	19:22.81	Vancouver	17 Apr 2009
HARMER, Annelle	68	EBMSC	19:17.37	Montreal	15 Mar 2015
ABDOU, Anqie	69	EVDSC	20:19.52	Edmonton	25 Mar 2023
ABDOU, Anqie	69	EVDSC	19:51.85	Windsor	26 Mar 2024
VERSFELD, Hella	50	VERN	22:26.18	Kelowna	15 Apr 2011
VERSFELD, Hella	50	VERN	23:15.65	Nanaimo	24 Apr 2015
MANLEY, Theo	55	SAWM	25:41.73	Nanaimo	25 Apr 2025
MACPHERSON, Linda	38	SAWM	26:20.36	Nanaimo	26 Apr 2013
MACPHERSON, Linda	38	NEBB	28:05.55	Victoria	12 Apr 2019
MACPHERSON, Linda	38	NEBB	31:32.96	Nanaimo	25 Apr 2025

British Columbia Provincial Master Records

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Men, 50m Backstroke

PEACE, Regan	00	KCS	26.08	Kamloops
THORMEYER, Markus	97	EBMSC	24.86	Nanaimo
BEST, Adam	91	ROYAL	25.56	Nanaimo
MARKEY, Jason	72	EBMSC	28.67	Kelowna
BOTSFORD, Deke	67	CRKW	27.77	Vancouver
OUCHI, Kurt	75	VERN	28.57	Surrey
OUCHI, Kurt	75	VERN	28.92	Nanaimo
MCINTRYE, Mike	53	OKAN	30.33	Kelowna
VAN DYKE, Peter	63	DOGW	33.15	North Vancouver
HAMILTON, Garv	60	LGCY	33.62	Nanaimo
STAMHUIS, Michael	53	VERN	36.37	Surrey
DONOGHUE, Karl	40	DOGW	39.26	Montreal
DONOGHUE, Karl	40	PENT	41.89	Vernon
DONOGHUE, Karl	40	DOGW	44.42	Nanaimo
SCHULHOF, Alfred	19	NVM	57.42	???
SCHULHOF, Alfred	19	NSM	1:05.82	North Vancouver

Men, 100m Backstroke

PEACE, Regan	00	KCS	56.95	Kamloops
ZAKALA, Josh	98	EBMSC	57.74	Nanaimo
BEST, Adam	91	ROYAL	55.43	Nanaimo
BATES, Kevan	71	WIN	1:01.79	Calgary
BOTSFORD, Deke	67	CRKW	59.42	Vancouver
OUCHI, Kurt	75	VERN	1:03.78	Surrey
VAN BUUREN, John	54	NSM	1:04.52	Coquitlam
MCINTRYE, Mike	53	OKAN	1:08.24	Kelowna
HAMILTON, Garv	60	LGCY	1:13.41	Nanaimo
HAMILTON, Garv	60	LGCY	1:12.80	Nanaimo
STAMHUIS, Michael	53	VERN	1:19.04	Surrey
DONOGHUE, Karl	40	DOGW	1:28.22	Montreal
DONOGHUE, Karl	40	PENT	1:30.49	Vernon
DONOGHUE, Karl	40	DOGW	1:38.95	Nanaimo
SCHULHOF, Alfred	19	NSM	2:12.11	Kelowna
SCHULHOF, Alfred	19	NSM	2:33.97	Nanaimo

Women, 50m Backstroke

17 Jun 2023	18 - 24	MACDONALD, Grace	02	UVPCS	30.89	Vancouver	26 Mar 2023
25 Apr 2025	25 - 29	LAVIGNA, Lauren	89	CDM	29.51	???	9 Nov 2014
25 Apr 2025	30 - 34	HADD, Valerie	78	EBMSC	31.67	Sainte-Foy	18 Mar 2008
15 Apr 2011	35 - 39	MABEE, Cindv	69	VICM	29.91	Duncan	27 Jan 2008
23 Apr 2010	40 - 44	MABEE, Cindv	69	VICM	30.00	Vancouver	17 Apr 2009
20 Apr 2024	45 - 49	MABEE, Cindv	69	VICM	30.25	Nanaimo	24 Jan 2014
25 Apr 2025	50 - 54	MABEE, Cindv	69	VICM	31.10	Montreal	26 Mar 2019
15 Apr 2011	55 - 59	MABEE, Cindv	69	VICM	32.00	Saskatoon	18 Mar 2025
14 Oct 2023	60 - 64	GRAHAM, Kathv	58	KISU	36.30	Calgary	19 Mar 2018
26 Apr 2025	65 - 69	GRAHAM, Kathv	58	DOGW	37.78	Kamloops	17 Jun 2023
20 Apr 2024	70 - 74	VERSFELD, Hella	50	DOGW	41.96	Surrey	24 Apr 2022
16 Mar 2015	75 - 79	PARNELL, Joan	28	VDMSC	45.28	Delta	23 Apr 2004
26 Jan 2020	80 - 84	PARNELL, Joan	28	NSM	49.07	Sainte-Foy	18 Mar 2008
25 Apr 2025	85 - 89	MORROW, Noel	18	VICM	58.02	???	1 Jan 2004
17 Sep 2009	90 - 94	MORROW, Noel	18	WRW	1:08.16	Vancouver	17 Apr 2009
18 Oct 2014	95 - 99	BRUSSEL, Betty	24	WRW	1:19.27	Vancouver	10 Feb 2019
100 - 104		BRUSSEL, Betty	24	WRW	1:21.46	Vancouver	11 Feb 2024

Women, 100m Backstroke

17 Jun 2023	18 - 24	PFEIFFER, Cynthia	92	SAWM	1:10.56	Vancouver	18 Mar 2012
27 Apr 2025	25 - 29	LAVIGNA, Lauren	89	CDM	1:02.58	North Vancouver	18 Oct 2014
26 Apr 2025	30 - 34	HADD, Valerie	78	EBMSC	1:06.59	Toronto	15 Mar 2009
19 Mar 2006	35 - 39	MABEE, Cindv	69	VICM	1:04.61	???	18 Apr 2008
23 Apr 2010	40 - 44	MABEE, Cindv	69	VICM	1:04.63	Vancouver	17 Apr 2009
20 Apr 2024	45 - 49	MABEE, Cindv	69	VICM	1:04.49	Kelowna	25 Apr 2014
20 Mar 2005	50 - 54	MABEE, Cindv	69	VICM	1:07.28	Victoria	12 Apr 2019
15 Apr 2011	55 - 59	MABEE, Cindv	69	VICM	1:09.25	Nanaimo	27 Apr 2025
23 Nov 2024	60 - 64	GRAHAM, Kathv	58	PENT	1:21.41	Montreal	26 Mar 2019
27 Apr 2025	65 - 69	PRONK, Bonnie L	42	CRKW	1:25.00	Duncan	28 Jan 2007
20 Apr 2024	70 - 74	VERSFELD, Hella	50	DOGW	1:29.63	Surrey	24 Apr 2022
17 Mar 2015	75 - 79	PARNELL, Joan	28	VDMSC	1:43.73	???	1 Mar 2003
26 Jan 2020	80 - 84	PARNELL, Joan	28	NSM	1:49.83	Duncan	18 Apr 2008
27 Apr 2025	85 - 89	MORROW, Noel	18	VICM	2:13.95	???	1 Jan 2004
15 Apr 2011	90 - 94	MORROW, Noel	18	WRW	2:33.82	Vancouver	17 Apr 2009
24 Jan 2014	95 - 99	BRUSSEL, Betty	24	WRW	2:50.50	Victoria	12 Apr 2019
100 - 104		BRUSSEL, Betty	24	WRW	3:19.48	Surrey	21 Apr 2024

British Columbia Provincial Master Records

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Men, 200m Backstroke

RUSHTON, Tom	79	WIN	2:04.04	???
ZAKALA, Josh	98	EBMSC	2:05.07	Nanaimo
RUSHTON, Tom	79	WIN	2:04.76	Vancouver
HARVEY, Neil	56	ISC	2:17.27	Victoria
BOTSFORD, Deke	67	CRKW	2:09.30	Vancouver
HAMILTON, Gary	60	CDM	2:21.28	Toronto
MCINTRYE, Mike	53	VDMSC	2:22.12	Delta
MCINTRYE, Mike	53	OKAN	2:26.54	Kelowna
VAN DYKE, Peter	63	DOGW	2:31.44	North Vancouver
HAMILTON, Gary	60	LGCY	2:38.04	Nanaimo
STAMHUIS, Michael	53	VERN	2:50.66	Vernon
DONOGHUE, Karl	40	DOGW	3:04.84	Montreal
DONOGHUE, Karl	40	PENT	3:17.15	Vernon
DONOGHUE, Karl	40	DOGW	3:30.19	Chilliwack
SCHULHOF, Alfred	19	NSM	4:54.70	???
SCHULHOF, Alfred	19	NSM	5:29.49	Nanaimo

Men, 50m Breaststroke

SHIROKOV, Vlad	89	PNW	29.72	Nepean
SHIROKOV, Vlad	89	EBMSC	29.40	Kelowna
SHIROKOV, Vlad	89	PNWM	29.04	Victoria
SWEET, Andrew	82	VICM	29.98	Victoria
BREKKE, Trevor	77	DOGW	29.53	Montreal
BREKKE, Trevor	77	DOGW	29.89	Surrey
HOOPER, James	71	UBCM	31.35	Surrey
SCORE, Serge	61	OS	33.13	Victoria
SCORE, Serge	61	DOGW	33.80	Kamloops
TEMPLEMAN, Nick	31	NSM	36.33	???
KELSO, Jack	39	UBCM	38.25	Vancouver
KELSO, Jack	39	UBCM	39.84	Nanaimo
KELSO, Jack	39	UBCM	42.41	???
CARVIEL, Ross	30	VICM	52.59	Nanaimo
SCHULHOF, Alfred	19	NVM	1:01.52	???
SCHULHOF, Alfred	19	NSM	1:11.36	North Vancouver

Women, 200m Backstroke

1 Jan 2002	18 - 24	LESLIE, Amanda	83	DST	2:27.50	Surrey	20 Apr 2007
26 Apr 2025	25 - 29	LAVIGNA, Lauren	89	CDM	2:16.35	???	9 Nov 2014
17 Apr 2009	30 - 34	HADD, Valerie	78	EBMSC	2:21.41	Toronto	15 May 2009
1 May 1995	35 - 39	MABEE, Cindv	69	VICM	2:22.08	Duncan	27 Jan 2008
23 Apr 2010	40 - 44	MABEE, Cindv	69	VICM	2:22.02	Vancouver	17 Apr 2009
15 May 2009	45 - 49	MABEE, Cindv	69	VICM	2:23.92	Toronto	20 May 2016
23 Apr 2004	50 - 54	MABEE, Cindv	69	VICM	2:29.08	Montreal	25 May 2019
15 Apr 2011	55 - 59	MABEE, Cindv	69	VICM	2:35.27	Nanaimo	26 Apr 2025
14 Oct 2023	60 - 64	BROWN, Janis	61	OKAN	2:55.51	Québec	21 May 2022
26 Apr 2025	65 - 69	PRONK, Bonnie L	42	CRKW	3:01.88	Duncan	28 Jan 2007
14 Jan 2024	70 - 74	VERSFELD, Hella	50	VERN	3:13.31	Vernon	26 Jan 2020
15 May 2015	75 - 79	PARNELL, Joan	28	VDMSC	3:46.88	Toronto	18 Apr 2003
26 Jan 2020	80 - 84	PARNELL, Joan	28	NSM	4:08.87	Duncan	18 Apr 2008
1 Mar 2025	85 - 89	STAMHUIS, Connv	32	OKAN	4:42.64	Vernon	28 Jan 2018
23 Oct 2010	90 - 94	STAMHUIS, Conny	32	OKAN	5:45.16	Surrey	24 Apr 2022
24 Jan 2014	95 - 99						

Women, 50m Breaststroke

17 May 2013	18 - 24	MACDONALD, Grace	02	PCS	34.84	Vancouver	11 Feb 2024
22 Apr 2017	25 - 29	LIGHT, Selena	87	VICM	34.13	Vancouver	18 May 2012
12 Apr 2019	30 - 34	THOMPSON, Laura	91	NSM	35.00	North Vancouver	14 Oct 2023
12 Apr 2019	35 - 39	JAY, Jocelyn	72	COMOX	36.93	Vancouver	17 Apr 2009
26 May 2019	40 - 44	WOODWARD, Judv	58	VICM	36.47	???	1 Jan 1999
23 Apr 2022	45 - 49	MACDONALD, Sarah	60	VICM	35.58	Vancouver	17 Apr 2009
23 Apr 2022	50 - 54	MACDONALD, Sarah	60	VICM	35.88	Montréal	22 May 2011
12 Apr 2019	55 - 59	MACDONALD, Sarah	60	VICM	37.11	Vancouver	15 Feb 2015
17 Jun 2023	60 - 64	RHODES, Avila	56	VICM	38.63	Toronto	22 May 2016
1 Jan 1996	65 - 69	MACDONALD, Sarah	60	VICM	39.31	Nanaimo	26 Apr 2025
23 Apr 2010	70 - 74	PRONK, Bonnie L	42	CRKW	45.95	Kelowna	18 May 2012
24 Apr 2015	75 - 79	LOPEZ, Georgina	44	NSM	49.43	Victoria	12 Apr 2019
26 Jan 2019	80 - 84	PARNELL, Joan	28	NSM	54.63	Duncan	18 Apr 2008
24 Apr 2015	85 - 89	STAMHUIS, Connv	32	OKAN	1:03.56	Kelowna	22 Apr 2017
17 Sep 2009	90 - 94	STAMHUIS, Conny	32	OKAN	1:22.53	Surrey	23 Apr 2022
18 Oct 2014	95 - 99	BRUSSEL, Betty	24	WRW	1:35.66	Vancouver	7 May 2022
100 - 104		BRUSSEL, Betty	24	WRW	1:56.99	Surrey	21 Apr 2024

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RUSHTON, Tom	79	WIN	1:08.78	Tsawwassen
SHIROKOV, Vlad	89	EBMSC	1:04.41	Nanaimo
SHIROKOV, Vlad	89	PNWM	1:03.24	Victoria
SWEET, Andrew	82	VICM	1:05.34	Victoria
CHARLAND, Rob	75	HANEY	1:06.21	Nanaimo
BREKKE, Trevor	77	DOGW	1:06.78	Surrey
HOOPER, James	71	UBCM	1:10.26	Surrey
SCORE, Serqe	61	OS	1:14.09	Kelowna
SCORE, Serqe	61	DOGW	1:13.49	Kamloops
TEMPLEMAN, Nick	31	NSM	1:21.34	???
KELSO, Jack	39	UBCM	1:24.85	Vancouver
KELSO, Jack	39	UBCM	1:28.22	Nanaimo
BELL, Peter	35	NSM	1:38.22	Nanaimo
SCHULHOF, Alfred	19	NVM	2:07.15	Delta
SCHULHOF, Alfred	19	NVM	2:33.67	???
SCHULHOF, Alfred	19	NSM	3:01.83	North Vancouver

Men, 200m Breaststroke

TRAJAN, Bvron	81	NEBB	2:33.43	Nanaimo
ZAKALA, Josh	98	EBMSC	2:22.28	Nanaimo
SCORE, Serqe	61	OS	2:24.52	Victoria
SCORE, Serqe	61	LOMSC	2:22.64	Burnaby
CHARLAND, Rob	75	HANEY	2:26.36	Nanaimo
CHARLAND, Rob	75	DOGW	2:31.29	Surrey
DOYLEY, Doug	58	EBMSC	2:44.47	Vancouver
SCORE, Serqe	61	OS	2:36.61	Victoria
SCORE, Serge	61	DOGW	2:40.34	Vancouver
BELL, Peter	35	NSM	3:05.24	???
BELL, Peter	35	NSM	3:09.86	Coquitlam
BELL, Peter	35	NSM	3:32.41	Montréal
BELL, Peter	35	NSM	3:45.76	Nanaimo
SCHULHOF, Alfred	19	NVM	4:49.45	???
SCHULHOF, Alfred	19	NVM	6:05.47	???

Women, 100m Breaststroke

1 Jan 2002	18 - 24	BERGMAN, Tuesday Astrid	05	VICM	1:15.31	Nanaimo	26 Apr 2025
24 Apr 2015	25 - 29	MCEVOY, Katie	92	VICM	1:14.40	Vancouver	27 Apr 2018
12 Apr 2019	30 - 34	THOMPSON, Laura	91	NSM	1:16.95	North Vancouver	14 Oct 2023
12 Apr 2019	35 - 39	JAY, Jocelyn	72	COMOX	1:19.57	Vancouver	17 Apr 2009
24 Apr 2015	40 - 44	WOODWARD, Judy	58	VICM	1:18.85	North Vancouver	1 Apr 1998
23 Apr 2022	45 - 49	PENDERGAST, Christina	77	NEBB	1:18.82	Windsor	24 May 2024
23 Apr 2022	50 - 54	MACDONALD, Sarah	60	VICM	1:19.45	Nepean	17 May 2013
23 Apr 2017	55 - 59	MACDONALD, Sarah	60	VICM	1:21.15	Nanaimo	24 Apr 2015
17 Jun 2023	60 - 64	MACDONALD, Sarah	60	VICM	1:25.09	Vancouver	1 Mar 2020
1 Jan 1996	65 - 69	MACDONALD, Sarah	60	VICM	1:26.34	Nanaimo	26 Apr 2025
23 Apr 2010	70 - 74	PRONK, Bonnie L	42	CRKW	1:43.55	Kelowna	18 May 2012
24 Apr 2015	75 - 79	CATTRALL, Yvonne	48	VICM	2:00.13	Nanaimo	23 Nov 2024
24 Apr 2015	80 - 84	PARNELL, Joan	28	NSM	2:12.79	Vernon	9 Mar 2013
23 Apr 2004	85 - 89	DELEEUEW, Elsa	24	WRW	2:35.43	???	1 Jan 2009
1 Jan 2010	90 - 94	BRUSSEL, Betty	24	WRW	3:16.10	Grande Prairie	25 Apr 2015
18 Oct 2014	95 - 99	BRUSSEL, Betty	24	WRW	3:52.50	Victoria	12 Apr 2019

Women, 200m Breaststroke

3 Dec 2005	18 - 24	FLYNN, Stephanie	86	UBCM	2:56.55	Vancouver	14 Nov 2010
27 Apr 2025	25 - 29	ADAMCZYK, Emilv	91	EBMSC	2:41.74	North Vancouver	22 Apr 2016
1 May 1995	30 - 34	VON BECKMANN, Ingrid	82	EBMSC	2:49.33	Victoria	30 Mar 2012
1 Jan 1996	35 - 39	JAY, Jocelyn	72	COMOX	2:51.05	Vancouver	17 Apr 2009
24 Apr 2015	40 - 44	UUNILA, Kathrynn	85	HYACK	2:56.60	Saskatoon	16 May 2025
24 Apr 2022	45 - 49	PENDERGAST, Christina	77	NEBB	2:51.53	Surrey	19 Apr 2024
15 Feb 2009	50 - 54	RHODES, Avila	56	VICM	3:02.41	Surrey	20 Apr 2007
12 Apr 2019	55 - 59	RHODES, Avila	56	VICM	3:06.14	Kelowna	25 Apr 2014
7 May 2022	60 - 64	PRONK, Bonnie L	42	CRKW	3:06.48	???	1 Jan 2002
1 Jan 2000	65 - 69	PRONK, Bonnie L	42	CRKW	3:23.72	Duncan	28 Jan 2007
20 May 2005	70 - 74	PRONK, Bonnie L	42	CRKW	3:53.73	Kelowna	25 Apr 2014
20 May 2011	75 - 79	VARTY, Eulah	34	DST	4:22.90	Toronto	15 May 2009
24 Apr 2015	80 - 84	BRICHON, Alida	41	WRW	4:49.12	Surrey	19 Apr 2024
1 Dec 2004	85 - 89	DELEEUEW, Elsa	24	WRW	5:29.71	Vancouver	15 Feb 2009
28 Nov 2009	90 - 94	BRUSSEL, Betty	24	WRW	6:59.08	Chilliwack	5 Mar 2016
	95 - 99	BRUSSEL, Betty	24	WRW	8:27.91	Victoria	12 Apr 2019

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FRY, Darian	97	WRW	25.41	Nanaimo
FRY, Darian	97	WRW	24.60	Vancouver
MARÉCHAL-MCCOY, Maxime	88	DOGW	25.46	Surrey
MARÉCHAL-MCCOY, Maxime	88	DOGW	25.45	Calgary
OUCHI, Kurt	75	VERN	26.83	Victoria
BOTSFORD, Deke	67	CRKW	26.45	Kelowna
OUCHI, Kurt	75	VERN	27.08	Nanaimo
COSPER, Scott	69	VICM	29.08	Surrey
MARSH, Ian	62	DRM	30.82	Surrey
CRAIG, Rod	60	CDSC	32.52	Chilliwack
SMITH, Ian	41	NEBB	32.62	Montréal
KELSO, Jack	39	UBCM	35.74	Kelowna
KELSO, Jack	39	UBCM	41.99	???

Men, 100m Butterfly

JENSEN, Ethan	99	KCS	59.47	Kamloops
THORMEYER, Markus	97	EBMSC	55.49	Nanaimo
TORO, Esteban	94	NSM	57.91	Surrey
MARKEY, Jason	72	EBMSC	59.42	Kelowna
OUCHI, Kurt	75	VERN	59.44	Victoria
BOTSFORD, Deke	67	CRKW	56.78	Kelowna
VAN BUUREN, John	54	NSM	1:00.82	Coquitlam
CRAIG, Rod	60	CDM	1:08.43	Kelowna
MARSH, Ian	62	DRM	1:08.88	Surrey
STAMHUIS, Michael	53	VERN	1:20.01	Penticton
KELSO, Jack	39	UBCM	1:22.54	Vancouver
SZASZ, Ivan	36	UBCM	1:50.45	Vancouver
SZASZ, Ivan	36	UBCM	2:23.73	North Vancouver

Men, 200m Butterfly

RUSHTON, Tom	79	WIN	2:08.59	Tsawwassen
COOTE, Brian	74	WIN	2:13.10	Calgary
RUSHTON, Tom	79	WIN	2:08.23	Vancouver
MARKEY, Jason	72	EBMSC	2:18.83	Kelowna
OUCHI, Kurt	75	VERN	2:17.63	Victoria
BOTSFORD, Deke	67	CRKW	2:10.72	Kelowna
OUCHI, Kurt	75	VERN	2:23.57	Nanaimo
CRAIG, Rod	60	NSM	2:28.33	Nanaimo
READ, Dave	53	DOGW	2:45.86	Ottawa
CRAIG, Rod	60	CDSC	2:44.79	Nanaimo
BURVILL, Ian	46	NEBB	3:51.15	Nanaimo
SZASZ, Ivan	36	UBCM	4:17.72	Vancouver
DYKSTRA, Aldert	40	HYDE	5:44.66	Vancouver

Women, 50m Butterfly

MACDONALD, Grace	02	PCS	28.38	Vancouver	11 Feb 2024
DOUGLAS, Kirsten	98	EBMSC	28.19	Vancouver	11 Feb 2024
IKEHATA, Mariko	83	CDM	29.62	Nanaimo	24 Apr 2015
HINDMARCH, Sofi	81	SEMI	30.08	Kelowna	23 Apr 2017
MACDONALD, Sarah	60	VICM	30.45	Montreal	23 Mar 2003
MABEE, Cindy	69	VICM	30.26	North Vancouver	22 Apr 2016
MABEE, Cindy	69	VICM	30.73	Victoria	12 Apr 2019
MACDONALD, Sarah	60	VICM	31.23	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	33.10	Vancouver	1 Mar 2020
MACDONALD, Sarah	60	VICM	33.79	Nanaimo	27 Apr 2025
VERSFELD, Hella	50	DOGW	41.08	Surrey	24 Apr 2022
LOPEZ, Georgina	44	NSM	46.32	Victoria	12 Apr 2019
LOPEZ, Georgina	44	NSM	50.82	North Vancouver	6 Apr 2025

Women, 100m Butterfly

DOUGLAS, Kirsten	98	EBMSC	1:04.02	Vancouver	7 May 2022
DOUGLAS, Kirsten	98	EBMSC	1:02.58	Surrey	21 Apr 2024
IKEHATA, Mariko	83	CDM	1:06.10	Nanaimo	24 Apr 2015
GUIDI-SWAN, Carmelle	72	OKAN	1:07.54	Kelowna	15 Apr 2011
GUIDI-SWAN, Carmelle	72	OKAN	1:07.50	Victoria	30 Mar 2012
MABEE, Cindy	69	VICM	1:08.42	North Vancouver	22 Apr 2016
MABEE, Cindy	69	VICM	1:08.77	Montreal	24 Mar 2019
MACDONALD, Sarah	60	VICM	1:17.49	Calgary	19 Mar 2018
GRAHAM, Kathy	58	KISU	1:24.81	Calgary	19 Mar 2018
DE GROOT-HEDLIN, Catherine	60	VICM	1:28.00	Nanaimo	27 Apr 2025
FABRE, Anne	48	VICM	1:40.89	Vancouver	27 Apr 2018
VARTY, Eulah	34	DST	2:22.93	Toronto	15 May 2009

Women, 200m Butterfly

WORMWORTH, Kim	72	NAVY	2:52.16	???	1 Jan 1991
MELODY, Suzanne	62	SFAM	2:26.29	???	1 Jan 1988
IKEHATA, Mariko	83	CDM	2:35.36	Nanaimo	24 Apr 2015
GUIDI-SWAN, Carmelle	72	OKAN	2:31.59	Surrey	20 Apr 2007
GUIDI-SWAN, Carmelle	72	OKAN	2:33.01	Kelowna	25 Apr 2014
GUIDI-SWAN, Carmelle	72	OKAN	2:34.56	Kelowna	23 Apr 2017
SCHIER, Catherine	72	NSM	2:43.71	North Vancouver	6 Apr 2025
ABDOU, Angie	69	EVDSC	3:11.29	Cranbrook	12 Jan 2024
RHODES, Avila	56	VICM	3:15.14	North Vancouver	26 Oct 2016
DE GROOT-HEDLIN, Catherine	60	VICM	3:08.79	Nanaimo	26 Apr 2025
MACPHERSON, Linda	38	SAWM	3:49.52	Vancouver	23 Apr 2010
MACPHERSON, Linda	38	SAWM	3:58.98	Nanaimo	26 Apr 2013

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Men, 100m Medley

PEACE, Regan	00	KCS	59.39	Kamloops	18 Jun 2023	18 - 24
CHAMPAGNE, Montana	96	SAWM	56.32	Calgary	27 May 2023	25 - 29
SWEET, Andrew	82	VICM	58.95	Nanaimo	24 Apr 2015	30 - 34
SWEET, Andrew	82	VICM	59.75	Victoria	12 Apr 2019	35 - 39
BOTSFORD, Deke	67	CRKW	1:01.36	Vancouver	23 Apr 2010	40 - 44
BOTSFORD, Deke	67	CRKW	1:00.48	Kelowna	25 Apr 2014	45 - 49
VAN BUUREN, John	54	NSM	1:03.61	Coquitlam	20 May 2005	50 - 54
COSPER, Scott	69	VICM	1:07.33	Surrey	21 Apr 2024	55 - 59
KELSO, Jack	39	UBCM	1:09.93	???	1 Jan 1999	60 - 64
STAMHUIS, Michael	53	VERN	1:13.37	Calgary	20 May 2018	65 - 69
KELSO, Jack	39	UBCM	1:14.73	Vancouver	17 Apr 2009	70 - 74
KELSO, Jack	39	UBCM	1:20.43	Nanaimo	24 Apr 2015	75 - 79
KELSO, Jack	39	UBCM	1:26.73	Victoria	12 Apr 2019	80 - 84
GILCHRIST, Peter	25	WCMS	2:08.19	Vancouver	23 Apr 2010	85 - 89
SCHULHOF, Alfred	19	NSM	2:59.18	Kelowna	15 Apr 2011	90 - 94

Men, 200m Medley

RUSHTON, Tom	79	WIN	2:13.66	???	1 Jan 2003	18 - 24
CHAMPAGNE, Montana	96	SAWM	2:06.19	Calgary	26 May 2023	25 - 29
OLDHAM, Mark	69	EBMSC	2:13.96	Toronto	1 Jan 2001	30 - 34
BATES, Kevan	71	VICM	2:15.35	Calgary	19 May 2006	35 - 39
BOTSFORD, Deke	67	CRKW	2:11.82	Vancouver	23 Apr 2010	40 - 44
BOTSFORD, Deke	67	CRKW	2:16.45	Kelowna	25 Apr 2014	45 - 49
VAN BUUREN, John	54	NSM	2:27.09	???	1 Mar 2004	50 - 54
COSPER, Scott	69	VICM	2:33.63	Windsor	25 May 2024	55 - 59
KELSO, Jack	39	UBCM	2:35.04	???	1 Jan 1999	60 - 64
STAMHUIS, Michael	53	VERN	2:43.05	Calgary	19 May 2018	65 - 69
KELSO, Jack	39	UBCM	2:49.43	Vancouver	17 Apr 2009	70 - 74
KELSO, Jack	39	UBCM	3:03.21	Nanaimo	24 Apr 2015	75 - 79
KELSO, Jack	39	UBCM	3:16.32	Victoria	12 Apr 2019	80 - 84
DYKSTRA, Aldert	40	WRW	5:06.03	Chilliwack	1 Mar 2025	85 - 89

Men, 400m Medley

RUSHTON, Tom	79	WIN	4:35.01	???	1 Jan 2002	18 - 24
CHAMPAGNE, Montana	96	SAWM	4:34.80	Calgary	28 May 2023	25 - 29
RUSHTON, Tom	79	WIN	4:37.10	Vancouver	23 Apr 2010	30 - 34
OLDHAM, Mark	69	EBMSC	5:03.82	Delta	23 Apr 2004	35 - 39
OLDHAM, Mark	69	EBMSC	5:00.95	Montréal	23 May 2011	40 - 44
BOTSFORD, Deke	67	CRKW	4:51.51	Kelowna	25 Apr 2014	45 - 49
HAMILTON, Gary	60	CDM	5:12.76	Vancouver	23 Apr 2010	50 - 54
CARLSEN, Glenn	57	KISU	5:32.12	North Vancouver	22 Apr 2016	55 - 59
CARLSEN, Glenn	57	KISU	5:43.48	Québec	14 May 2017	60 - 64
HAMILTON, Gary	60	LGCY	6:02.93	Nanaimo	27 Apr 2025	65 - 69
KELSO, Jack	39	UBCM	6:21.47	Vancouver	17 Apr 2009	70 - 74
WILKINS, Bob	48	SAWM	8:10.61	Calgary	28 May 2023	75 - 79
DYKSTRA, Aldert	40	HYDE	10:16.19	Surrey	23 Apr 2022	80 - 84

Women, 100m Medley

MACDONALD, Grace	02	PCS	1:06.82	Vancouver	11 Feb 2024
MCEVOY, Katie	92	VICM	1:07.41	Vancouver	27 Apr 2018
THOMPSON, Laura	91	NSM	1:05.81	Chilliwack	1 Mar 2025
DORRINGTON, Lauren	85	VMSC	1:09.88	Vancouver	26 Mar 2023
MACDONALD, Sarah	60	VICM	1:08.82	Montreal	23 May 2003
MACDONALD, Sarah	60	VICM	1:08.81	Toronto	15 May 2009
MACDONALD, Sarah	60	VICM	1:09.97	Kelowna	15 Apr 2011
MACDONALD, Sarah	60	VICM	1:11.95	Nanaimo	24 Apr 2015
MACDONALD, Sarah	60	VICM	1:14.23	Vancouver	1 Mar 2020
MACDONALD, Sarah	60	VICM	1:15.78	Chilliwack	1 Mar 2025
VERSFELD, Hella	50	DOGW	1:30.56	Surrey	24 Apr 2022
PARNELL, Joan	28	NSM	1:49.54	Delta	23 Apr 2004
PARNELL, Joan	28	NSM	1:56.27	Sainte-Foy	19 May 2008
VARTY, Eulah	34	VICM	2:24.44	Montreal	25 May 2019

Women, 200m Medley

JOHN, Hlev	77	NAVY	2:37.75	Nanaimo	2 Dec 2001
HADD, Valerie	78	EBMSC	2:26.21	???	25 May 2006
HADD, Valerie	78	EBMSC	2:25.68	Sainte-Foy	16 May 2008
JAY, Jocelyn	72	COMOX	2:34.80	Nanaimo	26 Nov 2008
MALAR, Joanne	75	SOSCM	2:32.39	Kelowna	25 Oct 2015
MABEE, Cindy	69	VICM	2:30.79	Toronto	22 May 2016
MABEE, Cindy	69	VICM	2:32.32	Vancouver	27 Apr 2018
MACDONALD, Sarah	60	VICM	2:40.49	Vancouver	15 Feb 2015
BROWN, Janis	61	OKAN	2:55.13	Québec	20 May 2022
DE GROOT-HEDLIN, Catherine	60	VICM	3:05.04	Nanaimo	25 Apr 2025
VERSFELD, Hella	50	DOGW	3:25.22	Surrey	22 Apr 2022
VARTY, Eulah	34	DST	4:24.68	Toronto	15 May 2009
DELEEUEW, Elsa	24	WRW	4:44.14	???	1 Jan 2004

Women, 400m Medley

STOCKSTAD, Danica	92	SEMI	5:46.81	North Vancouver	22 Apr 2016
ADAMCZYK, Emily	91	EBMSC	5:16.67	North Vancouver	22 Apr 2016
HADD, Valerie	78	EBMSC	5:14.68	Vancouver	17 Apr 2009
JAY, Jocelyn	72	COMOX	5:30.85	Duncan	25 Jan 2009
HARMER, Annelie	68	EBMSC	5:18.89	Nanaimo	1 Dec 2011
MABEE, Cindy	69	VICM	5:30.35	North Vancouver	22 Apr 2016
SCHIER, Catherine	72	NSM	5:45.08	Nanaimo	27 Apr 2025
MACDONALD, Sarah	60	VICM	5:55.48	Calgary	21 May 2018
PRONK, Bonnie L	42	CRKW	6:25.24	???	1 Jan 2002
PRONK, Bonnie L	42	CRKW	6:49.48	Duncan	28 Jan 2007
FABRE, Anne	48	VICM	8:08.21	Vancouver	27 Apr 2018
VARTY, Eulah	34	DST	9:17.54	Toronto	15 May 2009
VARTY, Eulah	34	VICM	10:39.41	North Vancouver	22 Apr 2016