

## NOVA SCOTIA SHORT COURSE PROVINCIAL RECORDS as of November 23, 2020

Sex	Age	Stroke	Distance	NS Record	Name	Club	Date (Y-M-D)
F	18-24	FREE	50	00:27.72	Audrey Prayal-Brown	DALM	05-24-11
F	18-24	FREE	100	01:02.22	Audrey Prayal-Brown	DALM	05-24-11
F	18-24	FREE	200	02:19.50	Audrey Prayal-Brown	DALM	05-24-11
F	18-24	FREE	400	04:57.15	Jeanne Tremblay	HCGC	11-05-11
F	18-24	FREE	800	10:17.70	Jeanne Tremblay	HCGC	2013-01-19
F	18-24	FREE	1500	22:01.81	Jill Vickers	Antigonish	02-06-06
F	18-24	BACK	50	00:33.68	Jeanne Tremblay	HCGC	11-05-11
F	18-24	BACK	100	01:12.08	Jeanne Tremblay	HCGC	11-05-11
F	18-24	BACK	200	02:32.38	Jeanne Tremblay	HCGC	11-05-11
F	18-24	BREAST	50	00:35.81	Audrey Prayal-Brown	DALM	05-24-11
F	18-24	BREAST	100	01:13.99	Erin Carrigan	AM	03-01-01
F	18-24	BREAST	200	03:08.00	Kate Callaghan	STFX	03-01-86
F	18-24	FLY	50	00:31.35	Laura MacMillan	DALM	04-24-16
F	18-24	FLY	100	01:09.30	Laura MacMillan	DALM	04-24-16
F	18-24	FLY	200	02:45.86	Jeanne Tremblay	HCGC	20-04-2013
F	18-24	IM	100	01:11.39	Audrey Prayal-Brown	DALM	05-24-11
F	18-24	IM	200	02:40.43	Adrianna Pilgrim	HCGC	04-29-17
F	18-24	IM	400	05:52.87	Bonnie Antcliffe	DALM	03-01-88
F	25-29	FREE	50	27.92	Cassandra Jones	HALT	05-26-19
F	25-29	FREE	100	01:00.88	Cassandra Jones	HALT	05-26-19
F	25-29	FREE	200	02:13.41	Cassandra Jones	HALT	05-26-19
F	25-29	FREE	400	04:47.25	Melissa Thomas	DALM	03-04-04
F	25-29	FREE	800	10:02.69	Amy Woodworth	HALT	04-05-05
F	25-29	FREE	1500	19:27.10	Elizabeth Weis	Unatt	03-24-07
F	25-29	BACK	50	32.17	Cassandra Jones	HALT	05-26-19
F	25-29	BACK	100	1:08.20	Cassandra Jones	HALT	05-26-19
F	25-29	BACK	200	2:26.53	Cassandra Jones	HALT	05-26-19
F	25-29	BREAST	50	00:36.87	Barbara Sochanski	Unatt	03-06-06
F	25-29	BREAST	100	01:20.56	Barbara Sochanski	Unatt	03-06-06
F	25-29	BREAST	200	02:58.40	Johanna Profit	HALT	11-08-14
F	25-29	FLY	50	30.26	Adrianna Pilgrim	HALT	04-27-19
F	25-29	FLY	100	01:08.43	Adrianna Pilgrim	CGCSA	12-17-18
F	25-29	FLY	200	02:40.96	Melissa Hilchey	SACK	05-20-16
F	25-29	IM	100	01:12.80	Amy Woodworth	HALT	03-04-04
F	25-29	IM	200	02:32.79	Amy Woodworth	HALT	04-05-05
F	25-29	IM	400	05:41.13	Elizabeth Weis	Unatt	03-24-07
F	30-34	FREE	50	00:29.50	Kim Hubbard	HALT	04-01-03
F	30-34	FREE	100	01:05.05	Jennifer Tummonds	HALT	05-15-09
F	30-34	FREE	200	02:21.14	Amy Woodworth	HALT	10-06-06
F	30-34	FREE	400	04:36.18	Maude Charest	HALT	05-20-16
F	30-34	FREE	800	10:14.17	Amy Woodworth	HALT	03-06-06
F	30-34	FREE	1500	20:07.09	Susan Hall	DALM	03-01-98
F	30-34	BACK	50	34.18	Rebecca Harrison	HALT	10-28-17
F	30-34	BACK	100	01:13.41	Amy Woodworth	HALT	2007-04-21
F	30-34	BACK	200	02:37.51	Amy Woodworth	HALT	03-06-06
F	30-34	BREAST	50	00:34.10	Maude Charest	HALT	05-20-16
F	30-34	BREAST	100	01:15.49	Maude Charest	HALT	05-20-16
F	30-34	BREAST	200	03:19.68	Sarah Waugh	HALT	11-03-12
F	30-34	FLY	50	32.92	Rebecca Harrison	HALT	05-05-18
F	30-34	FLY	100	01:13.87	Melissa Hilchey	SACK	05-26-19
F	30-34	FLY	200	02:44.49	Melissa Hilchey	SACK	05-26-19
F	30-34	IM	100	01:13.24	Amy Woodworth	HALT	03-24-07
F	30-34	IM	200	02:36.14	Amy Woodworth	HALT	03-06-06
F	30-34	IM	400	05:57.31	Melissa Hilchey	SACK	05-26-19
F	35-39	FREE	50	30.01	Sienna Quirk	UNATT	05-05-18
F	35-39	FREE	100	1:05.85	Sienna Quirk	UNATT	05-05-18
F	35-39	FREE	200	02:29.53	Lynne Patterson	DALM	11-01-08
F	35-39	FREE	400	05:15.16	Elaine Mattatall	DWMSC	03-01-94
F	35-39	FREE	800	09:41.49	Maude Charest	HALT	05-14-17
F	35-39	FREE	1500	20:33.38	Andrea Burris	HALT	05-26-19
F	35-39	BACK	50	35.87	Maude Charest	HALT	12-17-18
F	35-39	BACK	100	01:13.52	Maude Charest	HALT	04-29-17
F	35-39	BACK	200	02:43.96	Andrea Burris	TRU	04-27-19
F	35-39	BREAST	50	00:34.65	Maude Charest	HALT	05-14-17
F	35-39	BREAST	100	01:15.06	Maude Charest	HALT	05-12-17
F	35-39	BREAST	200	02:44.03	Maude Charest	HALT	05-13-17
F	35-39	FLY	50	00:33.86	Lisa Daniel	HALT	03-27-10

F	35-39	FLY	100	01:17.90	Lynne Patterson	DALM	11-01-08
F	35-39	FLY	200	03:07.10	Josee Bourgeois	HALT	05-26-19
F	35-39	IM	100	01:10.42	Maude Charest	HALT	05-13-17
F	35-39	IM	200	02:47.06	Sharon Floyd	SMSC	03-04-04
F	35-39	IM	400	06:21.82	Elaine Mattatall	DWMSC	03-01-95
F	40-44	FREE	50	00:30.65	Brenda Perks	WT	03-01-03
F	40-44	FREE	100	01:08.69	Sharon Floyd	SMSC	03-24-07
F	40-44	FREE	200	02:31.55	Heidi Miller	SMSC	04-01-03
F	40-44	FREE	400	05:30.39	Elaine Mattatall	DWMSC	02-01-98
F	40-44	FREE	800	11:32.90	Heidi Miller	SMSC	03-04-04
F	40-44	FREE	1500	21:38.50	Heidi Miller	SMSC	03-01-02
F	40-44	BACK	50	00:37.07	Bobby Lou Reardon	YARM	03-04-04
F	40-44	BACK	100	01:16.85	Bobby Lou Reardon	YARM	03-04-04
F	40-44	BACK	200	02:48.83	Bobby Lou Reardon	YARM	04-05-05
F	40-44	BREAST	50	00:38.89	Brenda Perks	WT	03-01-03
F	40-44	BREAST	100	01:25.43	Brenda Perks	WT	03-01-03
F	40-44	BREAST	200	03:23.29	Theresa Halliday	HHC GC	04-12-14
F	40-44	FLY	50	00:34.17	Nancy McConnery	Unattach	05-18-07
F	40-44	FLY	100	01:14.66	Bobby Lou Reardon	YARM	04-05-05
F	40-44	FLY	200	03:14.25	Patricia Grant	HALT	2008-04-13
F	40-44	IM	100	01:18.63	Bobby Lou Reardon	YARM	03-04-04
F	40-44	IM	200	02:46.50	Bobby Lou Reardon	YARM	08-04-04
F	40-44	IM	400	05:54.74	Bobby Lou Reardon	YARM	08-04-04
F	45-49	FREE	50	00:30.81	Brenda Perks	SMSC	03-04-04
F	<b>45-49</b>	<b>FREE</b>	<b>100</b>	<b>01:07.57</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-02-19</b>
F	45-49	FREE	200	02:27.99	Sue Macleod	DALM	03-24-07
F	<b>45-49</b>	<b>FREE</b>	<b>400</b>	<b>05:22.45</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-09-19</b>
F	<b>45-49</b>	<b>FREE</b>	<b>800</b>	<b>10:55.70</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-09-19</b>
F	<b>45-49</b>	<b>FREE</b>	<b>1500</b>	<b>20:39.32</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-09-19</b>
F	<b>45-49</b>	<b>BACK</b>	<b>50</b>	<b>36.35</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-02-19</b>
F	<b>45-49</b>	<b>BACK</b>	<b>100</b>	<b>01:17.15</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-09-19</b>
F	45-49	BACK	200	02:46.89	Bobby Lou Reardon	YARM	03-28-09
F	45-49	BREAST	50	00:38.98	Brenda Perks	SMSC	01-01-04
F	45-49	BREAST	100	01:25.03	Brenda Perks	SMSC	03-04-04
F	45-49	BREAST	200	03:20.27	Julie Curwin	CBCC	01-31-10
F	45-49	FLY	50	00:33.62	Nancy McConnery	Shearwater	2008-05-19
F	45-49	FLY	100	01:16.62	Nancy McConnery	Shearwater	2008-05-18
F	45-49	FLY	200	03:15.47	Patricia Grant	HALT	03-27-10
F	45-49	IM	100	01:18.65	Bobby Lou Reardon	YARM	03-28-09
F	<b>45-49</b>	<b>IM</b>	<b>200</b>	<b>02:49.89</b>	<b>Keitha Robert</b>	<b>HALT</b>	<b>11-02-19</b>
F	45-49	IM	400	06:31.82	Patricia Grant	HALT	01-31-10
F	50-54	FREE	50	00:32.39	Jennifer Nearing	DWMSC	05-04-08
F	50-54	FREE	100	01:11.65	Susan MacLeod	DALM	03-27-10
F	50-54	FREE	200	02:38.86	Elaine Mattatall	DWMSC	05-19-08
F	50-54	FREE	400	05:27.29	Linda Rodie	HCGC	05-20-16
F	50-54	FREE	800	11:06.79	Linda Rodie	HCGC	05-20-16
F	50-54	FREE	1500	21:02.92	Linda Rodie	HCGC	05-20-16
F	50-54	BACK	50	00:37.18	Linda Hunt	HALT	05-20-05
F	50-54	BACK	100	01:20.53	Linda Hunt	HALT	03-20-04
F	50-54	BACK	200	02:52.58	Bobby Lou Reardon	YARM	04-20-13
F	50-54	BREAST	50	00:41.18	Jennifer Nearing	DWMSC	03-27-10
F	50-54	BREAST	100	01:32.13	Linda Rodie	HCGC	04-24-16
F	50-54	BREAST	200	03:34.34	Linda Hunt	HALT	03-24-07
F	50-54	FLY	50	00:35.11	Bobby Lou Reardon	YARM	04-20-13
F	50-54	FLY	100	01:32.57	Linda Hunt	HALT	04-05-05
F	50-54	FLY	200	03:16.34	Patricia Grant	HCMSC	04-02-16
F	50-54	IM	100	01:22.05	Bobby Lou Reardon	YARM	04-20-13
F	50-54	IM	200	02:56.21	Linda Rodie	HCGC	05-20-16
F	50-54	IM	400	06:28.67	Elaine Mattatall	HALT	05-17-08
F	55-59	FREE	50	00:32.72	Linda Hunt	HALT	05-15-09
F	55-59	FREE	100	01:12.82	Cara Fraser	UNMNS	04-27-19
F	55-59	FREE	200	02:46.94	Louise Stirrett	HALT	05-26-19
F	55-59	FREE	400	05:41.76	Louise Stirrett	HALT	04-27-19
F	55-59	FREE	800	11:52.50	Louise Stirrett	HALT	05-26-19
F	55-59	FREE	1500	22:25.14	Louise Stirrett	HALT	05-26-19
F	55-59	BACK	50	00:36.73	Linda Hunt	HALT	05-15-09
F	55-59	BACK	100	01:20.07	Linda Hunt	HALT	05-15-09
F	55-59	BACK	200	02:52.72	Linda Hunt	HALT	05-15-09
F	55-59	BREAST	50	00:43.80	Cara Fraser	UNMNS	04-27-19

F	55-59	BREAST	100	01:35.85	Cara Fraser	UNMNS	04-27-19
F	55-59	BREAST	200	03:45.90	Linda Hunt	HALT	11-13-10
F	55-59	FLY	50	00:38.08	Jennifer Nearing	DWMSC	04-24-16
F	55-59	FLY	100	01:32.42	Linda Hunt	HALT	03-01-10
F	55-59	FLY	200	03:37.08	Linda Hunt	HALT	03-27-10
F	55-59	IM	100	01:25.09	Linda Hunt	HALT	05-15-09
F	55-59	IM	200	03:08.17	Linda Hunt	HALT	05-15-09
F	55-59	IM	400	06:44.96	Linda Hunt	HALT	03-01-10
F	60-64	FREE	50	00:33.77	Linda Hunt	HALT	04-24-16
F	60-64	FREE	100	01:09.55	Elaine Mattatall	DW	05-26-19
F	60-64	FREE	200	02:36.00	Elaine Mattatall	DW	05-26-19
F	60-64	FREE	400	05:35.26	Elaine Mattatall	DW	05-26-19
F	60-64	FREE	800	11:47.82	Linda Hunt	HALT	01-21-17
F	60-64	FREE	1500	22:16.19	Linda Hunt	HALT	11-08-14
F	60-64	BACK	50	00:37.58	Linda Hunt	HALT	01-18-14
F	60-64	BACK	100	01:21.03	Linda Hunt	HALT	01-18-14
F	60-64	BACK	200	02:53.87	Linda Hunt	HALT	05-16-14
F	60-64	BREAST	50	00:45.45	Sabina Machum	HALT	04-29-17
F	60-64	BREAST	100	01:37.30	Linda Hunt	HALT	04-12-14
F	60-64	BREAST	200	03:37.34	Linda Hunt	HALT	11-08-14
F	60-64	FLY	50	00:39.96	Linda Hunt	HALT	04-24-16
F	60-64	FLY	100	01:33.04	Linda Hunt	HALT	05-16-14
F	60-64	FLY	200	03:28.18	Linda Hunt	HALT	04-12-14
F	60-64	IM	100	01:22.17	Linda Hunt	HALT	05-16-14
F	60-64	IM	200	03:02.17	Elaine Mattatall	DW	05-26-19
F	60-64	IM	400	06:31.54	Linda Hunt	HALT	05-16-14
F	65-69	FREE	50	34.72	Linda Hunt	HALT	04-27-19
F	65-69	FREE	100	01:17.64	Linda Hunt	HALT	04-27-19
F	65-69	FREE	200	02:50.29	Linda Hunt	HALT	04-27-19
<b>F</b>	<b>65-69</b>	<b>FREE</b>	<b>400</b>	<b>06:08.19</b>	<b>Linda Hunt</b>	<b>HALT</b>	<b>11-09-19</b>
<b>F</b>	<b>65-69</b>	<b>FREE</b>	<b>800</b>	<b>12:33.77</b>	<b>Linda Hunt</b>	<b>HALT</b>	<b>11-09-19</b>
F	65-69	FREE	1500				
F	65-69	BACK	50	00:38.75	Linda Hunt	HALT	02-10-19
F	65-69	BACK	100	01:25.26	Linda Hunt	HALT	05-26-19
F	65-69	BACK	200	03:03.46	Linda Hunt	HALT	02-10-19
F	65-69	BREAST	50	00:47.62	Sabina Machum	HALT	04-27-19
F	65-69	BREAST	100	01:44.58	Sabina Machum	HALT	04-27-19
<b>F</b>	<b>65-69</b>	<b>BREAST</b>	<b>200</b>	<b>04:11.64</b>	<b>Sabina Machum</b>	<b>HALT</b>	<b>11-09-19</b>
F	65-69	FLY	50	00:39.41	Linda Hunt	HALT	05-26-19
F	65-69	FLY	100	01:35.47	Linda Hunt	HALT	05-26-19
F	65-69	FLY	200	04:01.40	Ewa Gawlik	HCGC	05-09-15
F	65-69	IM	100	01:27.72	Linda Hunt	HALT	04-27-19
F	65-69	IM	200	03:14.18	Linda Hunt	HALT	04-27-19
F	65-69	IM	400				
F	70-74	FREE	50	41.61	Ewa Gawlik	CGCSA	05-19-18
F	70-74	FREE	100	1:33.57	Ewa Gawlik	CGCSA	05-05-18
F	70-74	FREE	200	3:29.62	Ewa Gawlik	CGCSA	10-28-17
F	70-74	FREE	400	7:13.61	Ewa Gawlik	CGCSA	05-19-18
F	70-74	FREE	800	14:53.21	Ewa Gawlik	HCGC	04-29-17
F	70-74	FREE	1500				
F	70-74	BACK	50	56.35	Ewa Gawlik	CGCSA	05-05-18
F	70-74	BACK	100				
F	70-74	BACK	200				
F	70-74	BREAST	50	58.49	Ewa Gawlik	CGCSA	05-05-18
F	70-74	BREAST	100	02:12.73	Ewa Gawlik	HCGC	04-29-17
F	70-74	BREAST	200				
F	70-74	FLY	50	48.90	Ewa Gawlik	CGCSA	05-19-18
F	70-74	FLY	100	1:53.22	Ewa Gawlik	CGCSA	05-19-18
F	70-74	FLY	200	04:08.26	Ewa Gawlik	HCGC	04-29-17
F	70-74	IM	100	01:50.85	Ewa Gawlik	HCGC	10-27-18
F	70-74	IM	200	4:01.41	Ewa Gawlik	CGCSA	05-19-18
F	70-74	IM	400	8:23.89	Ewa Gawlik	CGCSA	05-19-18
M	18-24	FREE	50	00:24.73	Colin Liebold	DWMSC	05-09-15
M	18-24	FREE	100	00:56.02	Colin Liebold	DWMSC	04-12-14
M	18-24	FREE	200	02:07.32	Simon Melldoon	SMSC	03-01-03
M	18-24	FREE	400	04:36.02	Rob Coleman	HALT	03-01-99
M	18-24	FREE	800	09:57.71	Richard Isnor	DALM	02-01-92
M	18-24	FREE	1500	19:35.84	Adam TeasDALMe	StFX	01-01-03
M	18-24	BACK	50	00:30.59	Dexter Rubio	Acadia	01-27-07

M	18-24	BACK	100	01:07.89	Shaun Hudson	Unatt	03-24-07
M	18-24	BACK	200	02:29.00	Shaun Hudson	Unatt	03-24-07
M	18-24	BREAST	50	00:31.67	Colin Liebold	DWMSC	04-29-17
M	18-24	BREAST	100	01:12.74	James Ng	Wolfville	04-05-05
M	18-24	BREAST	200	02:41.26	G. Luke	Unatt	02-01-83
M	18-24	FLY	50	26.84	Colin Liebold	DWMSC	04-11-15
M	18-24	FLY	100	01:05.07	Derek Sonnichsen	DALM	05-09-15
M	18-24	FLY	200	02:53.58	Pat Clancy	AA	03-01-02
M	18-24	IM	100	01:06.24	Derek Sonnichsen	DALM	05-09-15
M	18-24	IM	200	02:21.80	Derek Sonnichsen	DALM	05-09-15
M	18-24	IM	400	05:29.70	Adam TeasDALMe	AM	03-01-03
M	25-29	FREE	50	00:24.17	Aaron Maszko	DALM	03-06-06
M	25-29	FREE	100	00:54.63	Chris Stewart	DALM	10-05-05
M	25-29	FREE	200	01:58.50	Mike Fitzgerald	DALM	05-01-86
M	25-29	FREE	400	04:20.83	Mike Fitzgerald	DALM	05-01-86
M	25-29	FREE	800	09:44.80	Mike Fitzgerald	DALM	02-01-87
M	25-29	FREE	1500	19:03.54	Mel Cameron	HALT	03-01-92
M	25-29	BACK	50	00:28.84	Josh Ballem	DALM	10-05-05
M	25-29	BACK	100	01:00.41	Aaron Maszko	DALM	03-06-06
M	25-29	BACK	200	02:17.64	Jamie Wildsmith	DALM	03-06-06
M	25-29	BREAST	50	00:30.90	Chris Stewart	DALM	10-05-05
M	25-29	BREAST	100	01:09.00	Mark Ritcey	DALM	03-04-04
M	25-29	BREAST	200	02:43.40	P Webster	DALM	03-01-84
M	25-29	FLY	50	00:25.54	Josh Ballem	DALM	03-06-06
M	25-29	FLY	100	01:01.60	Mike Fitzgerald	DALM	05-01-86
M	25-29	FLY	200	02:33.63	Tom Reynolds	DALM	05-01-87
M	25-29	IM	100	01:02.74	Aaron Maszko	DALM	10-06-06
M	25-29	IM	200	02:18.00	Mike Fitzgerald	DALM	05-01-86
M	25-29	IM	400	04:48.63	Warren SMCith	HALT	11-01-94
M	30-34	FREE	50	00:24.50	Gary Macdonald	UNAT	05-01-86
M	30-34	FREE	100	00:56.06	Brett MacNeil	Antigonish	05-05-05
M	30-34	FREE	200	02:06.53	Brett MacNeil	AA	03-01-03
M	30-34	FREE	400	04:35.18	Brett MacNeil	Antigonish	05-05-05
M	30-34	FREE	800	09:53.95	Luis Inoeu	HALT	01-01-04
M	30-34	FREE	1500	18:48.20	P Guildford	DALM	03-01-83
M	30-34	BACK	50	00:28.70	Josh Ballem	DALM	03-24-07
M	30-34	BACK	100	01:04.50	Brett MacNeil	Antigonish	05-05-05
M	30-34	BACK	200	02:21.05	James Wildsmith	DALM	05-24-11
M	30-34	BREAST	50	00:32.25	Brett MacNeil	ANT	02-06-06
M	30-34	BREAST	100	01:10.36	Brett MacNeil	ANT	04-01-03
M	30-34	BREAST	200	02:35.51	Mike Ritcey	DALM	03-24-07
M	30-34	FLY	50	00:25.43	Josh Ballem	DALM	03-24-07
M	30-34	FLY	100	01:01.82	Duane Flowers	HALT	05-05-05
M	30-34	FLY	200	02:23.68	James Wildsmith	DALM	05-24-11
M	30-34	IM	100	01:02.97	Gary Macdonald	UNAT	05-01-86
M	30-34	IM	200	02:21.93	Brett MacNeil	AA	03-01-03
M	30-34	IM	400	05:04.52	James Wildsmith	DALM	05-24-11
M	35-39	FREE	50	00:25.24	David Pain	CFA	03-27-10
M	35-39	FREE	100	00:56.37	Brett MacNeil	Unatt	03-06-06
M	35-39	FREE	200	02:05.63	Duane Flowers	HALT	05-15-09
M	35-39	FREE	400	04:41.16	Duane Flowers	HALT	01-24-09
M	35-39	FREE	800	09:49.74	Michael Brown	TRU	05-01-92
M	35-39	FREE	1500	19:01.55	Matt Fraser	TRU	01-29-11
M	35-39	BACK	50	00:31.04	Duane Flowers	HALT	05-15-09
M	35-39	BACK	100	01:06.01	Brett MacNeil	UNAT	03-06-06
M	35-39	BACK	200	02:25.14	Mike Murray	HALT	11-30-13
M	35-39	BREAST	50	32.27	Andrew White	WTSC	05-05-18
M	35-39	BREAST	100	1:10.38	Andrew White	WTSC	05-05-18
M	35-39	BREAST	200	02:44.46	Jack SMCith	DALM	02-01-83
M	35-39	FLY	50	00:27.32	Duane Flowers	HALT	05-19-08
M	35-39	FLY	100	01:00.77	Duane Flowers	HALT	05-15-09
M	35-39	FLY	200	02:23.56	Duane Flowers	HALT	05-15-09
M	35-39	IM	100	1:05.27	Andrew White	WTSC	05-05-18
M	35-39	IM	200	02:24.63	Mike Murray	HALT	05-09-15
M	35-39	IM	400	05:23.08	Michael Brown	TRU	05-01-92
M	40-44	FREE	50	00:25.28	Josh Ballem	HALT	04-29-17
M	40-44	FREE	100	00:58.57	Michael Murray	HALT	04-29-17
M	40-44	FREE	200	02:05.58	Michael Murray	HALT	05-20-16
M	40-44	FREE	400	4:34.27	Michael Murray	HALT	05-26-19

M	40-44	FREE	800	09:41.69	Michael Murray	HALT	05-26-19
M	40-44	FREE	1500	18:22.44	Michael Murray	HALT	05-26-19
M	40-44	BACK	50	00:30.45	Michael Murray	HALT	05-20-16
M	40-44	BACK	100	01:05.06	Michael Murray	HALT	05-20-16
M	40-44	BACK	200	02:19.72	Michael Murray	HALT	05-20-16
M	40-44	BREAST	50	00:34.01	Peter Webster	UNAT	03-01-99
M	40-44	BREAST	100	01:17.88	Jack SMCith	UNAT	03-01-90
M	40-44	BREAST	200	02:55.70	Michael Murray	HALT	01-21-17
M	40-44	FLY	50	00:26.78	Josh Ballem	HALT	04-29-17
M	40-44	FLY	100	01:04.29	Jason Krupp	HALT	11-08-14
M	40-44	FLY	200	02:33.53	Michael Murray	HALT	05-26-19
M	40-44	IM	100	01:03.51	Josh Ballem	HALT	04-29-17
M	40-44	IM	200	02:21.67	Michael Murray	HALT	05-20-16
M	40-44	IM	400	05:08.53	Michael Murray	HALT	05-20-16
M	45-49	FREE	50	00:25.91	Jason Krupp	HALT	05-20-16
M	45-49	FREE	100	00:57.53	Jason Krupp	HALT	05-20-16
M	45-49	FREE	200	02:04.16	Jason Krupp	HALT	05-20-16
M	45-49	FREE	400	04:32.27	Jason Krupp	HALT	05-20-16
M	45-49	FREE	800	09:34.03	Jason Krupp	HALT	05-17-15
<b>M</b>	<b>45-49</b>	<b>FREE</b>	<b>1500</b>	<b>19:12.76</b>	<b>Jason Krupp</b>	<b>HALT</b>	<b>11-09-19</b>
M	45-49	BACK	50	00:34.41	Jason Krupp	HALT	05-09-15
M	45-49	BACK	100	01:09.57	Jason Krupp	HALT	04-02-16
M	45-49	BACK	200	02:43.93	Jason Krupp	HALT	04-24-16
M	45-49	BREAST	50	00:34.30	Wade James	HALT	03-26-11
M	45-49	BREAST	100	01:13.74	Wade James	HALT	05-01-11
M	45-49	BREAST	200	02:45.35	Wade James	HALT	04-28-12
M	45-49	FLY	50	00:27.80	Jason Krupp	HALT	05-20-16
M	45-49	FLY	100	01:00.86	Jason Krupp	HALT	05-15-15
M	45-49	FLY	200	02:23.22	Jason Krupp	HALT	05-20-16
M	45-49	IM	100	01:07.73	Jason Krupp	HALT	05-09-15
M	45-49	IM	200	02:26.05	Wade James	HALT	05-01-11
M	45-49	IM	400	05:24.04	Wade James	HALT	05-01-11
M	50-54	FREE	50	00:27.62	Peter Webster	Unatt	03-06-06
M	50-54	FREE	100	01:01.26	Peter Webster	Unatt	03-06-06
M	50-54	FREE	200	02:16.21	Wade James	HALT	01-13-13
M	50-54	FREE	400	05:01.16	Wade James	HALT	11-30-13
M	50-54	FREE	800	10:30.49	Wade James	HALT	11-30-13
M	50-54	FREE	1500	20:01.51	Sandor Mathe	HALT	03-27-10
M	50-54	BACK	50	00:35.62	Don MacLeod	DALM	03-27-10
M	50-54	BACK	100	01:18.31	Don MacLeod	DalM	03-27-10
M	50-54	BACK	200	02:51.45	Don MacLeod	DalM	03-27-10
M	50-54	BREAST	50	00:34.27	Peter Webster	Unatt	03-06-06
M	50-54	BREAST	100	01:15.18	Wade James	HALT	01-13-13
M	50-54	BREAST	200	02:55.03	Peter Poulos	CBCC	01-29-11
M	50-54	FLY	50	30.60	Wade James	HALT	02-16-13
M	50-54	FLY	100	01:12.36	Wade James	HALT	04-20-13
M	50-54	FLY	200	02:55.14	Sandor Mathe	HALT	03-27-10
M	50-54	IM	100	01:08.44	Wade James	HALT	01-13-13
M	50-54	IM	200	02:30.89	Wade James	HALT	03-16-13
M	50-54	IM	400	05:43.90	Mike Brown	TRU	03-25-06
M	55-59	FREE	50	00:29.07	Ken Smith	TRU	02-06-06
M	55-59	FREE	100	01:05.23	Peter Poulos	CBCC	01-13-13
M	55-59	FREE	200	02:21.70	Peter Poulos	CBCC	01-18-14
M	55-59	FREE	400	05:06.57	Peter Poulos	CBCC	01-13-13
M	55-59	FREE	800	10:36.28	Chuck Bezanson	HALT	05-26-19
M	55-59	FREE	1500	20:24.57	Chuck Bezanson	HALT	05-26-19
M	55-59	BACK	50	00:34.30	Dan Walmsley	Unatt	03-24-07
M	55-59	BACK	100	01:16.91	Dan Walmsley	Unatt	03-24-07
M	55-59	BACK	200	02:52.75	Dan Walmsley	Unatt	10-06-06
M	55-59	BREAST	50	00:35.94	Peter Poulos	CBCC	01-13-13
M	55-59	BREAST	100	01:19.35	Peter Poulos	CBCC	01-13-13
M	55-59	BREAST	200	02:58.45	Mike Brown	TRU	01-29-11
M	55-59	FLY	50	00:32.00	Nigel Kemp	HALT	05-01-00
M	55-59	FLY	100	01:14.47	Mike Brown	TRU	05-20-11
M	55-59	FLY	200	02:49.40	Mike Brown	TRU	05-22-11
M	55-59	IM	100	01:15.69	Mike Brown	TRU	03-26-11
M	55-59	IM	200	02:43.86	Mike Brown	TRU	05-20-11
M	55-59	IM	400	05:42.20	Mike Brown	TRU	01-29-11
M	60-64	FREE	50	00:29.56	Danny Walmsley	Shearwater	01-26-08

M	60-64	FREE	100	1:06.51	Peter Poulos	CBCC	05-05-18
M	60-64	FREE	200	2:27.73	Peter Poulos	CBCC	02-10-19
M	60-64	FREE	400	5:21.34	Peter Poulos	CBCC	02-10-19
M	60-64	FREE	800	11:01.13	Peter Poulos	CBCC	04-27-19
M	60-64	FREE	1500	21:18.08	John Whalen	HALT	05-15-09
M	60-64	BACK	50	33.84	Danny Walmsley	UNAT	05-01-09
M	60-64	BACK	100	01:14.92	Danny Walmsley	UNAT	05-01-09
M	60-64	BACK	200	02:43.07	Danny Walmsley	UNAT	05-01-09
M	60-64	BREAST	50	36.67	Peter Poulos	CBCC	05-05-18
M	60-64	BREAST	100	1:20.98	Peter Poulos	CBCC	05-05-18
M	60-64	BREAST	200	3:05.89	Peter Poulos	CBCC	02-10-18
M	60-64	FLY	50	00:32.55	Nigel Kemp	HALT	05-05-05
M	60-64	FLY	100	01:17.59	Nigel Kemp	HALT	05-05-05
M	60-64	FLY	200	03:15.10	Freeman Churchill	HALT	05-15-15
M	60-64	IM	100	01:15.92	Danny Walmsley	UNAT	10-31-09
M	60-64	IM	200	02:49.23	Danny Walmsley	UNAT	05-01-09
M	60-64	IM	400	06:21.53	Freeman Churchill	HALT	05-15-15
M	65-69	FREE	50	30.25	John March	DALM	10-27-18
M	65-69	FREE	100	01:08.83	Danny Walmsley	UNAT	04-12-14
M	65-69	FREE	200	02:32.39	Danny Walmsley	UNAT	04-28-14
M	65-69	FREE	400	05:41.31	Nigel Kemp	HALT	05-15-09
M	65-69	FREE	800	11:33.65	Freeman Churchill	HALT	05-05-18
M	65-69	FREE	1500	21:58.33	Freeman Churchill	HALT	05-26-19
M	65-69	BACK	50	00:35.65	Danny Walmsley	UNAT	11-08-14
M	65-69	BACK	100	01:19.28	Danny Walmsley	UNAT	01-13-13
M	65-69	BACK	200	02:41.39	John March	DALM	10-27-18
M	65-69	BREAST	50	00:41.43	Danny Walmsley	UNAT	04-12-14
M	65-69	BREAST	100	01:30.92	Danny Walmsley	UNAT	01-19-13
M	65-69	BREAST	200	03:21.95	Mike Desy	HALT	04-12-14
M	65-69	FLY	50	31.86	John March	DALM	10-27-18
M	65-69	FLY	100	01:23.23	Nigel Kemp	HALT	03-28-09
M	65-69	FLY	200	03:22.61	Nigel Kemp	HALT	03-28-09
M	65-69	IM	100	01:21.65	Danny Walmsley	UNAT	04-01-14
M	65-69	IM	200	03:00.04	Danny Walmsley	UNAT	04-01-14
M	65-69	IM	400	6:28.96	Freeman Churchill	HALT	05-05-18
M	70-74	FREE	50	00:33.46	Graham Reynolds	CBCC	04-12-14
M	70-74	FREE	100	01:20.50	Graham Reynolds	CBCC	04-12-14
M	70-74	FREE	200	02:52.78	Nigel Kemp	HALT	05-16-14
M	70-74	FREE	400	06:04.26	Nigel Kemp	HALT	05-16-14
M	70-74	FREE	800	12:37.20	Nigel Kemp	HALT	05-16-14
M	70-74	FREE	1500	24:20.75	Nigel Kemp	HALT	05-16-14
M	70-74	BACK	50	00:41.85	Nigel Kemp	HALT	01-24-15
M	70-74	BACK	100	01:35.62	Graham Reynolds	CBCC	04-12-14
M	70-74	BACK	200	03:23.86	Nigel Kemp	HALT	05-16-14
M	70-74	BREAST	50	00:44.23	John Farley	HV	05-01-06
M	70-74	BREAST	100	01:39.94	John Farley	HV	05-01-06
M	70-74	BREAST	200	03:41.79	John Farley	HV	03-06-06
M	70-74	FLY	50	00:41.49	Nigel Kemp	HALT	04-24-16
M	70-74	FLY	100	01:45.46	Nigel Kemp	HALT	01-24-15
M	70-74	FLY	200	03:45.28	Nigel Kemp	HALT	05-16-14
M	70-74	IM	100	01:32.15	Graham Reynolds	CBCC	04-12-14
M	70-74	IM	200	03:28.24	Nigel Kemp	HALT	01-24-15
M	70-74	IM	400	07:33.40	Nigel Kemp	HALT	11-08-14
M	75-79	FREE	50	36.65	Nigel Kemp	HALT	04-27-19
M	75-79	FREE	100	01:24.89	Nigel Kemp	HALT	04-27-19
M	75-79	FREE	200	03:03.03	Nigel Kemp	HALT	04-27-19
M	75-79	FREE	400	06:33.46	Nigel Kemp	HALT	05-26-19
M	75-79	FREE	800	13:54.01	Nigel Kemp	HALT	05-26-19
M	75-79	FREE	1500	26:20.46	Nigel Kemp	HALT	05-26-19
M	75-79	BACK	50	00:46.10	Nigel Kemp	HALT	02-10-19
M	75-79	BACK	100	01:56.21	Ralph Davis	HALT	05-09-15
M	75-79	BACK	200	03:48.29	Nigel Kemp	HALT	05-26-19
<b>M</b>	<b>75-79</b>	<b>BREAST</b>	<b>50</b>	<b>51.64</b>	<b>Nigel Kemp</b>	<b>HALT</b>	<b>11-09-19</b>
M	75-79	BREAST	100	02:01.55	John Tramble	Antigonish	01-29-11
M	75-79	BREAST	200	04:21.49	John Tramble	Antigonish	01-29-11
M	75-79	FLY	50	00:47.71	Nigel Kemp	HALT	02-10-19
<b>M</b>	<b>75-79</b>	<b>FLY</b>	<b>100</b>	<b>01:57.19</b>	<b>Nigel Kemp</b>	<b>HALT</b>	<b>11-09-19</b>
M	75-79	FLY	200	04:04.18	Nigel Kemp	HALT	05-26-19
M	75-79	IM	100	01:41.61	Nigel Kemp	HALT	04-27-19

M	75-79	IM	200	3:45.47	Nigel Kemp	HALT	04-27-19
M	75-79	IM	400	07:50.09	Nigel Kemp	HALT	05-26-19
M	80-84	FREE	50	00:45.05	Walter Macpherson	NG	11-01-98
M	80-84	FREE	100	01:47.88	Walter Macpherson	NG	11-01-98
M	80-84	FREE	200	4:29.26	Peter Grant	TRU	05-05-18
M	80-84	FREE	400	08:56.05	Peter Grant	TRU	02-06-16
M	80-84	FREE	800	18:20.84	Peter Grant	TRU	04-11-15
M	80-84	FREE	1500	35:27.26	Peter Grant	TRU	01-24-15
M	80-84	BACK	50	01:00.17	Walter Macpherson	NG	11-01-98
M	80-84	BACK	100	02:19.50	Peter Grant	TRU	04-11-15
M	80-84	BACK	200	05:00.57	Peter Grant	TRU	01-21-17
M	80-84	BREAST	50	01:08.14	Peter Grant	TRU	04-27-19
M	80-84	BREAST	100	2:34.17	Peter Grant	TRU	05-05-18
M	80-84	BREAST	200	5:31.52	Peter Grant	TRU	05-05-18
M	80-84	FLY	50	01:14.08	Peter Grant	TRU	04-29-17
M	80-84	FLY	100	03:10.18	Peter Grant	TRU	04-02-16
M	80-84	FLY	200	06:57.13	Peter Grant	TRU	02-06-16
M	80-84	IM	100	02:24.21	Peter Grant	TRU	04-29-17
M	80-84	IM	200	05:09.99	Peter Grant	TRU	04-02-16
M	80-84	IM	400	10:53.32	Peter Grant	TRU	05-09-15
M	85-89	FREE	50	00:40.18	Mike Bidnock	DWMSC	03-24-07