
RECORDS
SC Meters-Women

8 & U	25 Free	20.17	7-Nov-09	PENGU	Siobhan Toal at Penguin Novice Series #1
	50 Free	49.41	5-Mar-11	PENGU	Lauren Anderson at Penguin Novice Series #2
	100 Free	1:59.80	1-Feb-04	PENGU	Sandra Dusolt
	200 Free	4:25.30	18-Apr-09	PENGU	Astrid Krueger at PENGU Novice Series #3
	25 Back	25.55	13-Dec-03	PENGU	Sandra Dusolt
	50 Back	54.64	27-Nov-10	PENGU	Jayla Yez at Ponoka Pool Sharks Cookie Classic 2010
	100 Back	2:13.80	7-Dec-02	PENGU	Sandra Dusolt
	25 Breast	27.60	13-Dec-03	PENGU	Sandra Dusolt
	50 Breast	1:03.59	1-Feb-04	PENGU	Sandra Dusolt
	100 Breast	2:29.14	8-Dec-02	PENGU	Sandra Dusolt
	25 Fly	25.58	4-May-03	PENGU	Sandra Dusolt
	100 IM	2:03.27	13-Dec-03	PENGU	Sandra Dusolt
	200 IM	4:23.77	13-Dec-03	PENGU	Sandra Dusolt
	100 Free Relay	1:48.59	1-Nov-08	PENGU	S. Cooke, M. Neuman, A. Krueger, M. Dawson
	9-10	25 Free	17.50	19-Feb-05	PENGU
50 Free		36.37	25-Feb-11	PENGU	Astrid Krueger at 2011 Team Aquatics Supplies Age Group Trials
100 Free		1:28.43	27-Jan-07	PENGU	Rayn Erickson
200 Free		3:00.79	30-Apr-11	PENGU	Astrid Krueger at Penguin Novice Series #3
400 Free		6:43.15	27-Nov-10	PENGU	Mackenzie Dawson at Ponoka Pool Sharks Cookie Classic 2010
5000 Free		1:37.11	9-Mar-02	PENGU	Kasey Van Spengen
25 Back		20.51	20-Nov-10	PENGU	Astrid Krueger at Penguin Time Trial
50 Back		39.83	25-Feb-11	PENGU	Astrid Krueger at 2011 Team Aquatics Supplies Age Group Trials
100 Back		1:30.54	25-Feb-11	PENGU	Astrid Krueger at 2011 Team Aquatics Supplies Age Group Trials
25 Breast		25.01	17-Nov-07	PENGU	Gillian Spadafora
50 Breast		51.44	20-Apr-02	PENGU	Kasey Van Spengen
100 Breast		1:53.30	13-Nov-05	PENGU	Sandra Dusolt
25 Fly		21.75	19-Feb-05	PENGU	Sandra Dusolt
50 Fly		43.65	25-Feb-11	PENGU	Astrid Krueger at 2011 Team Aquatics Supplies Age Group Trials
100 IM		1:45.37	17-Nov-07	PENGU	Gillian Spadafora
200 IM		3:16.94	25-Feb-11	PENGU	Astrid Krueger at 2011 Team Aquatics Supplies Age Group Trials
100 Free Relay		1:25.98	10-Feb-07	PENGU	G. Huynh, G. Spadafora, E. Antonano-Reykdal, R. Erickson
200 Free Relay		3:11.03	14-Apr-07	PENGU	R. Erickson, G. Huynh, E. Antonano-Reykdal, G. Spadafora
50 Medley Relay		3:39.63	27-Jan-07	PENGU	E. Antonano-Reykdal, G. Spadafora, R. Erickson, G. Huynh
11-12		25 Free	15.33	3-Nov-07	PENGU
	50 Free	32.35	13-Nov-05	PENGU	Katelin Normandeau
	100 Free	1:13.79	10-Nov-07	PENGU	Isabel Ewan
	200 Free	2:38.59	29-Feb-04	PENGU	Kasey Van Spengen
	400 Free	5:31.98	28-Feb-04	PENGU	Kasey Van Spengen
	5000 Free	1:21.08	21-Mar-04	PENGU	Kasey Van Spengen
	25 Back	18.61	3-Nov-07	PENGU	Isabel Ewan
	50 Back	37.88	2-Nov-02	PENGU	Jessica Impola
	100 Back	1:26.55	1-Feb-09	PENGU	Rayn Erickson
	200 Back	3:03.86	4-Dec-08	PENGU	Rayn Erickson
	25 Breast	20.92	22-Apr-06	PENGU	Jasmine Leclair
	50 Breast	43.77	25-Feb-06	PENGU	Jasmine Leclair
	100 Breast	1:38.88	28-Jan-06	PENGU	Jasmine Leclair
	200 Breast	3:32.88	7-Dec-08	PENGU	Gillian Spadafora
	25 Fly	15.96	19-Feb-05	PENGU	Katelin Normandeau

RECORDS

11-12	50 Fly	36.68	13-Nov-05	PENGU	Katelin Normandeau	
	100 Fly	1:34.39	22-Feb-09	PENGU	Gillian Spadafora	
	100 IM	1:27.82	19-Feb-05	PENGU	Katelin Normandeau	
	200 IM	3:00.52	1-Feb-04	PENGU	Kasey Van Spengen	
	100 Free Relay	1:09.98	22-Apr-06	PENGU	J. Leclair, S. Dusolt, N. Goudie, I. Ewan	
	200 Free Relay	2:33.30	26-Feb-05	PENGU	K. Normandeau, N. Goudie, S. Dusolt, J. Leclair	
	100 Medley Relay	1:29.63	23-Apr-05	PENGU	V. Juo, J. Leclair, S. Dusolt, M. Ward	
	200 Medley Relay	2:56.42	15-Nov-08	PENGU	C. Goings, G. Spadafora, R. Erickson, S. Kompf	
13-14	25 Free	14.26	16-Feb-08	PENGU	Jasmine Leclair	
	50 Free	29.38	12-Apr-08	PENGU	Jasmine Leclair	
	100 Free	1:03.49	18-May-08	PENGU	Jasmine Leclair	
	200 Free	2:22.19	12-Apr-08	PENGU	Jasmine Leclair	
	400 Free	5:02.38	18-May-08	PENGU	Jasmine Leclair	
	800 Free	10:27.23	17-May-08	PENGU	Jasmine Leclair	
	5000 Free	1:11.37	1-Mar-08	PENGU	Jasmine Leclair	
	25 Back	17.03	15-Nov-08	PENGU	Isabel Ewan	
	50 Back	36.39	31-Jan-09	PENGU	Isabel Ewan	
	100 Back	1:20.66	7-Dec-08	PENGU	Isabel Ewan	
	200 Back	2:56.15	6-Dec-08	PENGU	Isabel Ewan	
	25 Breast	18.18	16-Feb-08	PENGU	Jasmine Leclair	
	50 Breast	37.88	16-Mar-08	PENGU	Jasmine Leclair	
	100 Breast	1:22.47	24-Feb-08	PENGU	Jasmine Leclair	
	200 Breast	3:00.19	23-Feb-08	PENGU	Jasmine Leclair	
	25 Fly	15.96	16-Feb-08	PENGU	Jasmine Leclair	
	50 Fly	35.49	12-Apr-08	PENGU	Jasmine Leclair	
	100 Fly	1:21.03	18-May-08	PENGU	Jasmine Leclair	
	100 IM	1:19.59	16-Feb-08	PENGU	Jasmine Leclair	
	200 IM	2:42.31	4-Dec-05	PENGU	Kasey Van Spengen	
	400 IM	6:05.64	15-Dec-07	PENGU	Jasmine Leclair	
	100 Free Relay	1:08.71	19-Feb-05	PENGU	D. Turnbull, V. Juo, K. Normandeau, C. Wall	
	200 Free Relay	2:14.53	17-May-08	PENGU	J. Leclair, I. Euan, A. Shirt, E. Phillipos	
	400 Free Relay	5:20.39	20-Apr-02	PENGU	K. Belanger, M. McPherson, J. Impolla, K. Ryan	
	100 Medley Relay	1:27.43	23-Apr-05	PENGU	K. McGillis, D. Turnbull, C. Wall, M. McGillis	
	200 Medley Relay	2:33.50	18-May-18	PENGU	I. Ewan, J. Leclair, A. Shirt, E. Phillipos	
	15-16	25 Free	13.17	7-Nov-09	PENGU	Jasmine Leclair at Penguin Novice Series #1
		50 Free	27.97	18-Feb-10	PENGU	Jasmine Leclair at Western Nationals 2010
		100 Free	1:02.05	18-Feb-10	PENGU	Jasmine Leclair at Western Nationals 2010
		200 Free	2:19.70	31-Jan-09	PENGU	Jasmine Leclair
400 Free		5:02.51	7-Dec-08	PENGU	Jasmine Leclair	
5000 Free		1:11.49	17-Mar-07	PENGU	Kasey Van Spengen	
25 Back		16.72	30-Jan-10	PENGU	Jasmine Leclair at Penguin Novice Series #2	
50 Back		36.21	27-Jan-07	PENGU	Kasey Van Spengen	
100 Back		1:18.47	28-Jan-07	PENGU	Kasey Van Spengen	
200 Back		3:07.43	3-Nov-02	PENGU	Misha Lariviere	
25 Breast		18.59	15-Nov-08	PENGU	Jasmine Leclair	
50 Breast		38.41	18-Apr-09	PENGU	Jasmine Leclair at PENGU Novice Series #3	
100 Breast		1:24.12	31-Jan-09	PENGU	Jasmine Leclair	
200 Breast		3:03.81	15-Jan-10	PENGU	Jasmine Leclair at Blue Bears Invitational 2010	
25 Fly		14.38	28-Nov-09	PENGU	Jasmine Leclair at Masters Cup 2009	
50 Fly		31.38	18-Feb-10	PENGU	Jasmine Leclair at Western Nationals 2010	
100 Fly		1:18.92	3-Dec-09	PENGU	Jasmine Leclair at JP Fiset Invitational 2009	

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15-16	100 IM	1:15.23	14-Feb-09	PENGU	Jasmine Leclair	
	200 IM	2:38.64	30-Jan-10	PENGU	Jasmine Leclair at Penguin Novice Series #2	
	400 IM	5:52.94	14-Jan-07	PENGU	Kasey Van Spengen	
	100 Free Relay	1:04.03	19-Feb-05	PENGU	J. Imppola, K. Plester, K. Van Spengen, R. Tarasoff	
	200 Free Relay	2:23.69	20-Apr-02	PENGU	M. Lariviere, M. McPherson, M. Dawson, É. Gervais	
	200 Medley Relay	2:44.61	2-Dec-01	PENGU	M. Dawson, M. McPherson, É. Gervais, M. Lariviere	
17-19	25 Free	13.23	19-Nov-05	PENGU	Heather Larson	
	50 Free	27.90	2-Dec-10	PENGU	Jasmine Leclair at OSC JP Fiset Invitational	
	100 Free	1:01.70	5-Feb-11	PENGU	Jasmine Leclair at Fast Eddie's Sprint Invitational	
	200 Free	2:19.43	5-Feb-11	PENGU	Jasmine Leclair at Fast Eddie's Sprint Invitational	
	400 Free	5:00.83	23-Mar-02	PENGU	Ewa Wasniewski	
	800 Free	11:55.40	7-Apr-01	PENGU	Sarah Douziech	
	5000 Free	10:09.74	15-Mar-03	PENGU	Carolyn Nowry at Swim-A-Thon 2003	
	25 Back	16.49	19-Nov-05	PENGU	Bronwyn Farr	
	50 Back	33.75	23-Nov-02	PENGU	Jessica Young	
	100 Back	1:11.70	18-Nov-06	PENGU	Braiden Beamish	
	200 Back	2:38.99	13-Mar-04	PENGU	Bronwyn Farr	
	25 Breast	17.49	29-Jan-05	PENGU	Katie Law	
	50 Breast	38.09	28-Jan-06	PENGU	Heather Larson	
	100 Breast	1:22.63	27-Jan-07	PENGU	Braiden Beamish	
	200 Breast	3:00.02	8-Apr-06	PENGU	Heather Larson	
	25 Fly	14.50	1-Feb-03	PENGU	Laura Coleman	
	50 Fly	31.00	29-Mar-03	PENGU	Laura Coleman	
	100 Fly	1:13.06	9-Apr-05	PENGU	Brittney Kremer at Masters Provincials 2005	
	100 IM	1:15.26	23-Mar-02	PENGU	Leslie Cove	
	200 IM	2:38.66	5-Feb-11	PENGU	Jasmine Leclair at Fast Eddie's Sprint Invitational	
	200 Free Relay	1:58.56	9-Apr-05	PENGU	B. Kremer, K. Law, H. Larson, B. Farr	
	200 Medley Relay	2:14.24	10-Apr-05	PENGU	B. Farr, H. Larson, B. Kremer, K. Law	
	20-29	25 Free	13.13	16-Nov-03	PENGU	Laura Coleman
		50 Free	28.33	31-Jan-04	PENGU	Laura Coleman
		100 Free	1:03.64	13-Mar-04	PENGU	Laura Coleman
		200 Free	2:20.38	1-Feb-03	PENGU	Leslie Cove
		400 Free	4:59.48	23-Nov-02	PENGU	Amber Greenwood
		800 Free	11:52.16	9-Apr-05	PENGU	Lesley Baldwin
5000 Free		14:37.46	17-Mar-07	PENGU	Heather Larson at Swim-A-Thon 2007	
25 Back		15.84	17-Nov-07	PENGU	Braiden Beamish	
50 Back		33.32	9-Apr-06	PENGU	Amber Greenwood	
100 Back		1:12.39	18-Jan-03	PENGU	Amber Greenwood	
200 Back		2:45.11	9-Apr-05	PENGU	Bronwyn Farr	
25 Breast		17.75	12-Nov-08	PENGU	Braiden Beamish	
50 Breast		38.23	5-Feb-11	PENGU	Laura Coleman at Fast Eddie's Sprint Invitational	
100 Breast		1:21.93	6-Feb-10	PENGU	Laura Coleman at Making Waves 2010	
200 Breast		2:55.91	29-Jan-05	PENGU	Laura Coleman	
25 Fly		13.83	31-Jan-04	PENGU	Laura Coleman	
50 Fly		30.39	31-Jan-04	PENGU	Laura Coleman	
100 Fly		1:11.65	9-Apr-06	PENGU	Brittney Kremer	
200 Fly		2:48.59	15-Jan-05	PENGU	Laura Coleman	
100 IM		1:12.54	31-Jan-04	PENGU	Laura Coleman	
200 IM		2:38.09	31-Jan-04	PENGU	Laura Coleman	
400 IM		6:04.65	21-May-06	PENGU	Brittney Kremer	
100 Free Relay		58.91	17-Nov-01	PENGU	L. Mills, A. Joziase, J. Spence, J. Lamb	

RECORDS

20-29	200 Free Relay	1:58.26	29-Mar-08	PENGU	L. Coleman, K. McFarlane, E. Dul, B. Beamish
	400 Free Relay	4:48.90	19-May-06	PENGU	H. Larson, A. Shapka, B. Kremer, J. Olson
	200 Medley Relay	2:12.47	9-Apr-06	PENGU	A. Greenwood, K. Law, B. Kremer, H. Larson
30-39	25 Free	16.28	18-Nov-06	PENGU	Gwyneth Cook
	50 Free	31.34	20-May-01	PENGU	Stefanie Zaklan
	100 Free	1:11.66	7-Apr-01	PENGU	Stefanie Zaklan
	200 Free	2:41.52	19-May-01	PENGU	Stefanie Zaklan
	400 Free	5:43.51	18-Jan-03	PENGU	Trena Allen
	5000 Free	19:32.86	21-Mar-04	PENGU	Kate Masters at Swim-A-Thon 2004
	25 Back	20.66	18-Nov-06	PENGU	Gwyneth Cook
	50 Back	38.97	18-Jan-03	PENGU	Trena Allen
	25 Breast	22.42	17-Nov-07	PENGU	Amy Archambault
	50 Breast	44.79	28-Nov-09	PENGU	Andreea Mohora at Masters Cup 2009
	25 Fly	16.67	31-Jan-04	PENGU	Kate Masters
	50 Fly	34.57	20-May-01	PENGU	Stefanie Zaklan
	100 Fly	1:25.00	19-May-01	PENGU	Stefanie Zaklan
	100 IM	1:23.31	7-Apr-01	PENGU	Stefanie Zaklan
	40-49	50 Free	33.49	18-Nov-06	PENGU
100 Free		1:14.99	18-Nov-06	PENGU	Pam Banser
200 Free		3:33.73	8-Apr-01	PENGU	Mary Christopher
400 Free		6:59.44	23-Mar-02	PENGU	Mary Christopher
800 Free		14:22.51	17-Nov-01	PENGU	Mary Christopher
5000 Free		32:59.95	12-Mar-05	PENGU	Patricia Rijavec at Swim-A-Thon 2005
50 Back		1:07.25	22-Jan-01	PENGU	Mary Christopher
25 Fly		18.82	19-Nov-05	PENGU	Patricia Rijavec
50 Fly		40.35	19-Nov-05	PENGU	Patricia Rijavec
100 Fly		1:54.31	23-Mar-02	PENGU	Mary Christopher
100 IM		1:27.90	18-Nov-06	PENGU	Pam Banser
Open		25 Free	13.13	16-Nov-03	PENGU
	50 Free	28.00	2-Dec-10	PENGU	Jasmine Leclair at OSC JP Fiset Invitational
	100 Free	1:02.84	31-Jan-09	PENGU	Jasmine Leclair at Fast Eddie's Sprint Invitational 2009
	200 Free	2:20.38	1-Feb-03	PENGU	Leslie Cove
	400 Free	4:59.48	23-Nov-02	PENGU	Amber Greenwood
	800 Free	10:28.26	2-Dec-05	PENGU	Kasey Van Spengen
	5000 Free	8:15.61	20-Mar-10	PENGU	Jasmine Leclair at Swim-A-Thon 2010
	25 Back	15.84	17-Nov-07	PENGU	Braiden Beamish
	50 Back	33.32	8-Apr-06	PENGU	Amber Greenwood
	100 Back	1:11.70	18-Nov-06	PENGU	Braiden Beamish
	200 Back	2:38.99	13-Mar-04	PENGU	Bronwyn Farr
	25 Breast	17.49	29-Jan-05	PENGU	Katie Law
	50 Breast	37.94	12-Apr-08	PENGU	Jasmine Leclair at Novice Series 3 - 2008
	100 Breast	1:22.35	31-Jan-04	PENGU	Laura Coleman
	200 Breast	2:55.91	29-Jan-05	PENGU	Laura Coleman
	25 Fly	13.83	31-Jan-04	PENGU	Laura Coleman
	50 Fly	30.39	31-Jan-04	PENGU	Laura Coleman
	100 Fly	1:11.65	8-Apr-06	PENGU	Brittney Kremer
	200 Fly	2:48.59	15-Jan-05	PENGU	Laura Coleman
	100 IM	1:12.54	31-Jan-04	PENGU	Laura Coleman
	200 IM	2:38.09	31-Jan-04	PENGU	Laura Coleman
	400 IM	5:52.94	14-Jan-07	PENGU	Kasey Van Spengen

RECORDS

Open	100 Free Relay	58.91	17-Nov-01	PENGU	L. Mills, A. Joziasse, J. Spence, J. Lamb
	200 Free Relay	1:58.26	29-Mar-08	PENGU	L. Coleman, K. McFarlane, E. Dul, B. Beamish
	400 Free Relay	4:48.90	19-May-06	PENGU	H. Larson, A. Shapka, B. Kremer, J. Olson
	100 Medley Relay	1:27.43	23-Apr-05	PENGU	K. McGillis, D. Turnbull, C. Wall, M. McGillis
	200 Medley Relay	2:12.47	8-Apr-06	PENGU	A. Greenwood, K. Law, B. Kremer, H. Larson

RECORDS
SC Meters-Men

8 & U	25 Free	19.95	6-Nov-10	PENGU	Antonio Martin Ozimek at Penguin Novice Series #1
	50 Free	43.95	5-Nov-05	PENGU	Marko Nikolic
	100 Free	2:00.99	28-Jan-06	PENGU	Cory Bertrand
	25 Back	23.69	5-Nov-05	PENGU	Marko Nikolic
	50 Back	54.84	22-Apr-06	PENGU	Cory Bertrand
	25 Breast	30.25	23-Apr-05	PENGU	Alexandar Nikolic
	50 Breast	58.06	5-Nov-05	PENGU	Marko Nikolic
	25 Fly	29.42	6-Nov-10	PENGU	Antonio Martin Ozimek at Penguin Novice Series #1
	50 Fly	1:10.83	22-Apr-06	PENGU	Cory Bertrand
	100 IM	2:06.99	5-Nov-05	PENGU	Marko Nikolic
9-10	25 Free	17.63	10-Feb-07	PENGU	Marko Nikolic
	50 Free	38.77	4-Oct-08	PENGU	William Chrystian at Penguins Challenge 2008
	100 Free	1:31.57	30-Jan-05	PENGU	Harry Simmonds
	200 Free	3:24.33	14-Apr-07	PENGU	Marko Nikolic
	5000 Free	1:51.06	12-Mar-05	PENGU	Harry Simmonds
	25 Back	22.20	4-Nov-06	PENGU	Marko Nikolic
	50 Back	43.68	10-Feb-07	PENGU	Marko Nikolic
	100 Back	1:37.19	28-Jan-07	PENGU	Marko Nikolic
	25 Breast	26.23	13-Oct-07	PENGU	William Chrystian at Penguins Challenge 2007
	50 Breast	49.06	4-Oct-08	PENGU	William Chrystian at Penguins Challenge 2008
	100 Breast	1:54.67	30-Jan-05	PENGU	Harry Simmonds
	25 Fly	22.18	4-Oct-08	PENGU	William Chrystian at Penguins Challenge 2008
	50 Fly	55.54	14-Dec-07	PENGU	William Chrystian
	100 IM	1:38.29	4-Oct-08	PENGU	William Chrystian at Penguins Challenge 2008
	200 IM	3:50.54	28-Jan-07	PENGU	Marko Nikolic
	100 Free Relay	1:30.56	22-Apr-06	PENGU	C. Bertrand, H. Anzinger, M. Nikolic, A. Nikolic
	11-12	25 Free	14.79	30-Jan-10	PENGU
50 Free		29.67	5-Jun-10	PENGU	William Chrystian at ASG Trials - Zones 5, 6 & 7
100 Free		1:04.73	5-Jun-10	PENGU	William Chrystian at ASG Trials - Zones 5, 6 & 7
200 Free		2:26.66	5-Mar-10	PENGU	William Chrystian at Age Group Provincials 2010
400 Free		5:33.10	3-Dec-09	PENGU	William Chrystian at JP Fiset Invitational 2009
5000 Free		1:36.16	11-Mar-06	PENGU	Harry Simmonds
25 Back		20.03	14-Feb-09	PENGU	William Chrystian
50 Back		36.48	10-Apr-10	PENGU	William Chrystian at Penguin Novice Series #3
100 Back		1:19.98	20-Mar-10	PENGU	William Chrystian at North South Dual Meet
200 Back		3:48.07	18-May-08	PENGU	Zack Parker
25 Breast		19.13	7-Nov-09	PENGU	William Chrystian at Penguin Novice Series #1
50 Breast		36.85	10-Apr-10	PENGU	William Chrystian at Penguin Novice Series #3
100 Breast		1:20.34	5-Jun-10	PENGU	William Chrystian at ASG Trials - Zones 5, 6 & 7
25 Fly		16.57	14-Feb-09	PENGU	Isaac Wurmman
50 Fly		35.53	10-Apr-10	PENGU	William Chrystian at Penguin Novice Series #3
100 Fly		1:23.43	22-Feb-09	PENGU	Isaac Wurmman
100 IM		1:16.47	10-Apr-10	PENGU	William Chrystian at Penguin Novice Series #3
200 IM		2:39.84	5-Jun-10	PENGU	William Chrystian at ASG Trials - Zones 5, 6 & 7
100 Free Relay		1:14.47	22-Apr-06	PENGU	H. Simmonds, E. Juo, K. Lambert, M. Anzinger
200 Free Relay		3:03.24	12-Apr-08	PENGU	C. Palmer, D. Krueger, I. Wurmman, Z. Parker
200 Medley Relay		2:56.44	15-Nov-08	PENGU	D. Krueger, W. Chrystian, I. Wurmman, C. Palmer

RECORDS

13-14	25 Free	13.40	5-Mar-11	PENGU	William Chrystian at Penguin Novice Series #2	
	50 Free	28.79	6-Nov-10	PENGU	William Chrystian at Penguin Novice Series #1	
	100 Free	1:03.40	11-Mar-11	PENGU	William Chrystian at 2011 Speedo AB Age Group Provincials SC	
	200 Free	2:19.94	13-Nov-10	PENGU	William Chrystian at 22nd Annual Poppy Invitational	
	400 Free	5:04.07	2-Dec-10	PENGU	William Chrystian at OSC JP Fiset Invitational	
	5000 Free	10:23.83	19-Mar-11	PENGU	William Chrystian at Swim-A-Thon 2011	
	25 Back	17.27	5-Mar-11	PENGU	William Chrystian at Penguin Novice Series #2	
	50 Back	32.68	11-Mar-11	PENGU	Isaac Wurmman at 2011 Speedo AB Age Group Provincials SC	
	100 Back	1:11.16	11-Mar-11	PENGU	Isaac Wurmman at 2011 Speedo AB Age Group Provincials SC	
	25 Breast	16.26	5-Mar-11	PENGU	William Chrystian at Penguin Novice Series #2	
	50 Breast	34.74	5-Feb-11	PENGU	William Chrystian at Fast Eddie's Sprint Invitational	
	100 Breast	1:16.10	5-Feb-11	PENGU	William Chrystian at Fast Eddie's Sprint Invitational	
	25 Fly	16.84	25-Feb-06	PENGU	Tohler van Denderen	
	50 Fly	32.39	30-Apr-11	PENGU	William Chrystian at Penguin Novice Series #3	
	100 Fly	1:16.56	5-Mar-10	PENGU	Isaac Wurmman at Age Group Provincials 2010	
	100 IM	1:14.15	20-Nov-10	PENGU	William Chrystian at Penguin Time Trial	
	200 IM	2:28.44	20-Jul-10	PENGU	William Chrystian at 2010 Alberta Summer Games	
	100 Free Relay	1:07.15	23-Apr-05	PENGU	J. Sroka, D. Ward, C. Salloum, T. van Denderen	
	100 Medley Relay	1:16.83	23-Apr-05	PENGU	I. Hill, T. van Denderen, C. Salloum, J. Sroka	
	15-16	25 Free	13.06	19-Feb-05	PENGU	Euan Ward
		50 Free	28.02	23-Apr-05	PENGU	Euan Ward
		100 Free	1:01.47	5-Dec-04	PENGU	Euan Ward
		200 Free	2:18.61	4-Dec-04	PENGU	Euan Ward
400 Free		5:18.81	28-Jan-06	PENGU	Bo van Denderen	
5000 Free		17:35.09	11-Mar-06	PENGU	Bo van Denderen	
25 Back		18.22	5-Mar-11	PENGU	Zack Parker at Penguin Novice Series #2	
50 Back		36.84	1-Nov-03	PENGU	Tom Pickrell	
100 Back		1:23.19	1-Feb-09	PENGU	Kieran Lambert	
200 Back		2:43.93	2-Nov-03	PENGU	Tom Pickrell	
25 Breast		18.29	19-Feb-05	PENGU	Euan Ward	
50 Breast		36.75	13-Dec-03	PENGU	Tom Pickrell	
100 Breast		1:21.32	2-Nov-03	PENGU	Tom Pickrell	
200 Breast		3:04.49	4-Dec-04	PENGU	Euan Ward	
25 Fly		15.27	19-Feb-05	PENGU	Euan Ward	
50 Fly		33.02	1-Feb-04	PENGU	Antoine Bock-Caron	
100 Fly		1:15.53	1-Feb-04	PENGU	Antoine Bock-Caron	
100 IM		1:14.73	19-Feb-05	PENGU	Euan Ward	
200 IM		2:41.11	23-Apr-05	PENGU	Euan Ward	
100 Free Relay		1:05.43	1-Nov-08	PENGU	O. Zioueche, I. Profiri, K. Lambert, S. Chan	
200 Free Relay		2:11.49	1-Feb-09	PENGU	A. Forbes, K. Lambert, I. Profiri, S.Chan	
17-19		25 Free	12.06	31-Jan-04	PENGU	Kellen Westman
		50 Free	26.26	20-Nov-04	PENGU	Mike Downey
	100 Free	58.00	9-Apr-05	PENGU	Mike Downey	
	200 Free	2:09.33	29-Jan-05	PENGU	Mike Downey	
	400 Free	4:27.55	31-Jan-04	PENGU	Kellen Westman	
	5000 Free	8:13.26	12-Mar-05	PENGU	Mike Downey at Swim-A-Thon 2005	
	25 Back	14.11	15-Nov-08	PENGU	Peter Quinlan	
	50 Back	29.18	31-Jan-04	PENGU	Kellen Westman	
	100 Back	1:06.75	3-Mar-07	PENGU	Derek Wardle	
	200 Back	2:19.03	31-Jan-04	PENGU	Kellen Westman	
	25 Breast	15.93	1-Feb-03	PENGU	Jeff Douziech	

RECORDS

17-19	50 Breast	34.37	30-Mar-03	PENGU	Jeff Douziech
	100 Breast	1:16.83	9-Apr-06	PENGU	Thomas Breikreutz
	200 Breast	2:48.94	2-Dec-10	PENGU	Ian Profiri at OSC JP Fiset Invitational
	25 Fly	12.61	31-Jan-04	PENGU	Kellen Westman
	50 Fly	28.60	9-Apr-05	PENGU	Mike Downey
	100 Fly	1:07.67	1-Feb-03	PENGU	Cameron McIntosh
	100 IM	1:06.98	23-Nov-02	PENGU	Cameron McIntosh
	200 IM	2:37.12	5-Feb-11	PENGU	Ian Profiri at Fast Eddie's Sprint Invitational
20-29	25 Free	11.30	28-Nov-09	PENGU	Jeff Lam at Masters Cup 2009
	50 Free	24.64	31-Jan-09	PENGU	Jeff Lam at Fast Eddie's Sprint Invitational
	100 Free	55.47	31-Jan-09	PENGU	Jeff Lam at Fast Eddie's Sprint Invitational
	200 Free	2:04.60	9-Apr-05	PENGU	Robbie Stanger
	400 Free	4:22.63	29-Mar-03	PENGU	Shawn Pinder
	800 Free	9:31.78	9-Apr-05	PENGU	Robbie Stanger
	1500 Free	18:37.20	10-Apr-05	PENGU	Robbie Stanger
	5000 Free	5:36.81	12-Mar-05	PENGU	Robbie Stanger at Swim-A-Thon 2005
	25 Back	14.12	23-Nov-02	PENGU	Mark Schmidt
	50 Back	29.53	30-Mar-03	PENGU	Kevin Mertz
	100 Back	1:04.56	9-Apr-06	PENGU	Adam Greenwood
	200 Back	2:25.73	9-Apr-05	PENGU	Adam Greenwood
	25 Breast	14.73	6-Feb-10	PENGU	Jeff Lam at Making Waves 2010
	50 Breast	30.99	31-Jan-09	PENGU	Jeff Lam at Fast Eddie's Sprint Invitational
	100 Breast	1:08.64	30-Mar-03	PENGU	Shawn Pinder
	200 Breast	2:34.67	23-Mar-02	PENGU	Shane Brewer
	25 Fly	12.40	6-Feb-10	PENGU	Jeff Lam at Making Waves 2010
	50 Fly	27.04	7-Feb-09	PENGU	Jeff Lam at Making Waves 2009 Sprint Meet
	100 Fly	1:01.17	30-Mar-03	PENGU	Shawn Pinder
	200 Fly	2:37.40	23-Mar-02	PENGU	Greg Farrants
	100 IM	1:01.67	29-Mar-03	PENGU	Shawn Pinder
	200 IM	2:20.05	29-Mar-03	PENGU	Shawn Pinder
	400 IM	5:51.69	15-Nov-08	PENGU	Jeff Lam at Masters Cup
	100 Free Relay	50.40	17-Nov-01	PENGU	F. Thériault, D. Brewin, S. van Nieuwkerk, T. Marr
	200 Free Relay	1:42.76	29-Mar-03	PENGU	S. Pinder, M. Schmidt, K. Mertz, J. Douziech
	200 Medley Relay	1:55.44	23-Nov-02	PENGU	K. Mertz, S. Pinder, C. McIntosh, J. Douziech
30-39	25 Free	12.88	20-Nov-10	PENGU	Darek Brewin at Masters Cup
	50 Free	26.06	7-Feb-09	PENGU	Shawn Nicholson at Making Waves 2009 Sprint Meet
	100 Free	57.72	28-Jan-06	PENGU	Shawn Pinder
	200 Free	2:38.28	5-Feb-11	PENGU	Mark Hoosein at Fast Eddie's Sprint Invitational
	400 Free	4:24.23	8-Apr-06	PENGU	Shawn Pinder
	800 Free	9:26.29	9-Apr-06	PENGU	Shawn Pinder
	5000 Free	5:29.31	12-Mar-05	PENGU	Shawn Pinder at Swim-A-Thon 2005
	25 Back	17.86	1-Feb-03	PENGU	Paul McCann
	50 Back	31.39	19-Nov-05	PENGU	Shawn Pinder
	100 Back	1:37.45	7-Apr-01	PENGU	Georg Rieger
	25 Breast	16.63	20-Nov-10	PENGU	Darek Brewin at Masters Cup
	50 Breast	32.27	19-Nov-05	PENGU	Shawn Pinder
	100 Breast	1:09.93	9-Apr-06	PENGU	Shawn Pinder
	200 Breast	3:03.13	13-Mar-04	PENGU	Rodrigo Bibiloni
	25 Fly	14.26	20-Nov-04	PENGU	Osmar Zaiane
	50 Fly	28.19	19-Nov-05	PENGU	Shawn Pinder
	100 Fly	1:03.97	28-Jan-06	PENGU	Shawn Pinder

RECORDS

30-39	100 IM	1:03.29	9-Apr-06	PENGU	Shawn Pinder
	200 IM	2:18.17	8-Apr-06	PENGU	Shawn Pinder
	200 Free Relay	2:02.74	16-Nov-03	PENGU	I. Castillo, M. Kennedy, P. Seeger, S. Morgovsky
	200 Medley Relay	2:21.51	16-Nov-03	PENGU	I. Castillo, P. Seeger, S. Morgovsky, M. Kennedy
40-49	25 Free	13.57	28-Nov-09	PENGU	Hisham Ali at Masters Cup 2009
	50 Free	28.49	24-Mar-07	PENGU	Osmar Zaiane
	100 Free	1:01.48	24-Mar-07	PENGU	Osmar Zaiane
	200 Free	2:54.24	8-Apr-01	PENGU	Allan McIntosh
	400 Free	6:29.63	7-Apr-01	PENGU	Allan McIntosh
	5000 Free	33:00.71	10-Mar-01	PENGU	Allan McIntosh at Swim-A-Thon 2001
	50 Back	37.22	15-Nov-08	PENGU	Osmar Zaiane
	25 Breast	17.10	20-Nov-10	PENGU	Hisham Ali at Masters Cup
	50 Breast	38.45	5-Feb-11	PENGU	Hisham Ali at Fast Eddie's Sprint Invitational
	100 Breast	1:25.03	5-Feb-11	PENGU	Hisham Ali at Fast Eddie's Sprint Invitational
	25 Fly	14.63	15-Nov-08		Osmar Zaiane
	50 Fly	30.42	3-Mar-07	PENGU	Osmar Zaiane
	100 Fly	1:11.63	24-Mar-07	PENGU	Osmar Zaiane
	100 IM	1:13.06	20-Nov-10	PENGU	Osmar Zaiane at Masters Cup
	200 IM	2:46.43	28-Jan-07	PENGU	Osmar Zaiane
	50-59	25 Free	14.90	18-Nov-06	PENGU
50 Free		33.69	18-Nov-06	PENGU	Arnold McKay
100 Free		1:13.09	18-Nov-06	PENGU	Jeff Bisanz
400 Free		8:34.48	18-Nov-06	PENGU	Rodney Pike
5000 Free		32:21.56	11-Mar-06	PENGU	Jeff Bisanz at Swim-A-Thon 2006
25 Back		21.67	18-Nov-06	PENGU	Rodney Pike
50 Back		41.72	8-Apr-06	PENGU	Jeff Bisanz
25 Fly		18.56	15-Nov-08	PENGU	Arnold McKay
50 Fly		36.38	8-Apr-06	PENGU	Jeff Bisanz
100 IM		1:25.25	18-Nov-06	PENGU	Jeff Bisanz
200 Free Relay		2:04.24	18-Nov-06	PENGU	A. McKay, J. Bisanz, P. McCann, O. Zaiane
200 Medley Relay		2:24.76	18-Nov-06	PENGU	P. McCann, J. Bisanz, O. Zaiane, A. McKay
Open		25 Free	11.37	6-Feb-10	PENGU
	50 Free	24.76	15-Nov-08	PENGU	Jeff Lam
	100 Free	55.88	16-Nov-03	PENGU	Shawn Pinder
	200 Free	2:04.60	9-Apr-05	PENGU	Robbie Stanger
	400 Free	4:22.63	29-Mar-03	PENGU	Shawn Pinder
	800 Free	9:26.29	8-Apr-06	PENGU	Shawn Pinder
	1500 Free	18:37.20	9-Apr-05	PENGU	Robbie Stanger
	5000 Free	10:15.15	15-Mar-03	PENGU	Fred Thériault at Swim-A-Thon 2003
	25 Back	14.11	15-Nov-08	PENGU	Peter Quinlan
	50 Back	29.18	31-Jan-04	PENGU	Kellen Westman
	100 Back	1:04.56	8-Apr-06	PENGU	Adam Greenwood
	200 Back	2:19.03	31-Jan-04	PENGU	Kellen Westman
	25 Breast	15.13	20-Nov-04	PENGU	Jeff Lam
	50 Breast	31.36	12-Feb-09	PENGU	Jeff Lam at Western Nationals 2009
	100 Breast	1:08.64	29-Mar-03	PENGU	Shawn Pinder
	200 Breast	2:34.67	23-Mar-02	PENGU	Shane Brewer
	25 Fly	12.45	20-Nov-10	PENGU	Jeff Lam at Masters Cup
	50 Fly	27.35	7-Mar-09	PENGU	Jeff Lam at Rocky Mountain Masters 2009
	100 Fly	1:01.17	29-Mar-03	PENGU	Shawn Pinder

RECORDS

Open	200 Fly	2:37.40	23-Mar-02	PENGU	Greg Farrants
	100 IM	1:01.67	29-Mar-03	PENGU	Shawn Pinder
	200 IM	2:18.17	8-Apr-06	PENGU	Shawn Pinder
	400 IM	5:44.47	5-Mar-10	PENGU	Isaac Wurmman at Age Group Provincials 2010
	100 Free Relay	50.40	17-Nov-01	PENGU	F. Thériault, D. Brewin, S. van Nieuwkerk, T. Marr
	200 Free Relay	1:42.76	29-Mar-03	PENGU	S. Pinder, M. Schmidt, K. Mertz, J. Douziech
	100 Medley Relay	1:16.83	23-Apr-05	PENGU	I. Hill, T. van Denderen, C. Salloum, J. Sroka
	200 Medley Relay	1:55.19	19-Nov-05	PENGU	A. Greenwood, S. Pinder, Y. Chew, J. Lam

RECORDS**SC Meters-Mixed**

20-29	200 Free Relay	1:47.46	10-Apr-05	PENGU	J. Lam, H. Larson, R. Stanger, K. Law
	200 Medley Relay	2:02.54	29-Mar-03	PENGU	K. Mertz, S. Pinder, L. Coleman, J. Lamb
Open	200 Free Relay	1:47.46	10-Apr-05	PENGU	J. Lam, H. Larson, R. Stanger, K. Law
	200 Medley Relay	2:02.54	29-Mar-03	PENGU	K. Mertz, S. Pinder, L. Coleman, J. Lamb