

RECORDS VIR Regional LC**LC Meters-Women**

10 & U	50 Free	30.02	1-Jul-95	CVAC	Jessie Bradshaw	
	100 Free	1:08.14	1-Jan-03	UVPCS	Alyssa Bakken	
	200 Free	2:26.24	1-Jul-95	CVAC	Jessie Bradshaw	
	400 Free	5:12.45	1-Jul-95	CVAC	Jessie Bradshaw	
	50 Back	33.45	18-Jul-03	UVPCS	Alyssa Bakken	
	100 Back	1:15.30	1-Jan-02	UVPCS	Alyssa Bakken	
	50 Breast	42.77	7-May-05	VASC	Jennifer Mann	
	100 Breast	1:27.81	1-Jul-99	IS	Hollis Roth	
	50 Fly	35.64	1-Jan-02	UVPCS	Alyssa Bakken	
	100 Fly	1:20.59	1-Jan-99	IS	Stephanie Pollard	
	200 IM	2:48.59	1-Jan-02	UVPCS	Alyssa Bakken	
	200 Free Relay	2:19.57	6-Jul-06	CRKW	CRKW	K Healy, K Paddington, J Cormier, M Boyle
	200 Medley Relay	2:38.58	1-Jan-94	DST	DST	A Leslie, C Smirl, R Ferguson, A Ba
11-12	50 Free	27.70	1-Jul-97	CVAC	Jessie Bradshaw	
	100 Free	1:00.39	27-Jul-05	UVPCS	Alyssa Bakken	
	200 Free	2:13.20	1-May-97	CVAC	Jessie Bradshaw	
	400 Free	4:36.38	1-Jul-97	CVAC	Jessie Bradshaw	
	800 Free	9:37.02	1-Jan-90	DST	Leanne Wilkinson	
	50 Back	33.87	1-Jan-04	UVPCS	Alyssa Bakken	
	100 Back	1:07.51	24-Nov-05	UVPCS	Alyssa Bakken	
	200 Back	2:22.00	24-Nov-05	UVPCS	Alyssa Bakken	
	50 Breast	38.01	19-Mar-05	IS	Katie MCEVOY	
	100 Breast	1:17.85	20-Jul-06	VASC	Jennifer Mann	
	200 Breast	2:48.52	20-Jul-06	IS	Jennifer Mann	
	50 Fly	32.30	1-Jan-04	CVAC	Kate Adamson	
	100 Fly	1:06.95	1-Jul-97	CVAC	Jessie Bradshaw	
	200 Fly	2:28.89	1-Jul-97	CVAC	Jessie Bradshaw	
	200 IM	2:24.59	24-Nov-05	UVPCS	Alyssa Bakken	
	400 IM	5:07.42	24-Nov-05	UVPCS	Alyssa Bakken	

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	200 Free Relay	1:59.54	20-Jul-06	IS	IS	V Loewen, R Fellner, N Ellis, S Moneo
	200 Medley Relay	2:10.83	20-Jul-06	IS	IS	V Loewen, J Mann, R Fellner, S Moneo
13-14	50 Free	27.16	20-Jul-06	COMOX		Kate Adamson
	100 Free	58.11	1-Apr-94	IS		Kate Brambley
	200 Free	2:04.69	1-Jul-94	IS		Kate Brambley
	400 Free	4:22.07	1-Jul-94	IS		Kate Brambley
	800 Free	8:55.45	1-Jul-94	IS		Kate Brambley
	1500 Free	17:08.44	1-Jan-94	IS		Kate Brambley
	50 Back	31.17	1-Jan-01	RAC		Jessica Aspinall
	100 Back	1:04.29	1-Jan-91	IS		Suzanne Weckend
	200 Back	2:19.15	1-Jan-91	IS		Suzanne Weckend
	50 Breast	35.97	1-Jan-04	IS		Tara Hahto
	100 Breast	1:15.27	1-Jan-94	IS		Jenny Foreman
	200 Breast	2:37.29	1-Jan-94	IS		Jenny Foreman
	50 Fly	29.86	2-Jun-06	IS		Cassie MORRICE
	100 Fly	1:04.25	1-Jan-89	IS		Allison Barriscale
	200 Fly	2:19.10	1-Jan-91	DST		Leanne Wilkinson
	200 IM	2:22.91	1-Jan-91	IS		Suzanne Weckend
	400 IM	5:00.18	1-Jan-91	DST		Leanne Wilikinson
	200 Free Relay	1:52.71	1-Jan-96	IS	IS	
	200 Medley Relay	2:05.03	1-Jan-90	IS	IS	
15 & O	50 Free	24.68	1-Jan-02	DST		Alison Sheppard
	100 Free	55.38	1-Jan-02	DST		Alison Sheppard
	200 Free	2:01.46	1-Jan-95	IS		Kate Brambley
	400 Free	4:12.84	17-Aug-06	IS		Brittany Reimer
	800 Free	8:37.49	1-Jan-94			Nikki Dryden
	1500 Free	16:52.29	1-Jan-01	IS		Danielle Bell
	50 Back	30.64	1-Jan-02	RAC		Jessica Aspinall
	100 Back	1:03.36	1-Jan-92	IS		Nikki Dryden

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200 Back	2:15.15	1-Jan-92	IS	Nikki Dryden	
50 Breast	32.68	1-Jan-98	NRST	Lauren van Oosten	
100 Breast	1:08.66	1-Jan-98	NRST	Lauren van Oosten	
200 Breast	2:29.11	1-Jan-00	IS	Christin Petelski	
50 Fly	27.64	10-May-05	UVPCS	MacKenzie Downing	
100 Fly	59.43	17-Aug-06	UVPCS	MacKenzie Downing	
200 Fly	2:10.53	17-Aug-06	UVPCS	MacKenzie Downing	
200 IM	2:20.70	1-Jan-99	NRST	Andree-Ann Leroy	
400 IM	4:56.52	19-May-06	UVPCS	Anne Schmuck	
200 Free Relay	1:51.01	6-Jul-06	IS	IS	C Clapham, S Pollard, K Casper, C Morrice
200 Medley Relay	2:02.91	6-Jul-06	IS	IS	S Pollard, T Hahto, C Morrice, C Clapham

RECORDS VIR Regional LC**LC Meters-Men**

10 & U	50 Free	32.26	13-May-06	VASC	Mason Loewen	
	100 Free	1:09.04	9-Jun-06	VASC	Mason Loewen	
	200 Free	2:31.82	21-Apr-06	IS	Mason Loewen	
	400 Free	5:09.56	1-Jan-92	IS	Terry Nathan	
	50 Back	38.74	1-Jan-90	DST	Greg Bate	
	100 Back	1:17.57	1-Jan-93	IS	Douglas MacQueen	
	50 Breast	41.41	1-Jan-94	NRST	Richard Sawbridge	
	100 Breast	1:26.36	1-Jul-94	IS	Ken Hamilton	
	50 Fly	36.03	21-Apr-06	IS	Mason Loewen	
	100 Fly	1:15.46	1-Jul-93	IS	Jesse Jacks	
	200 IM	2:48.25	9-Jun-06	VASC	Mason Loewen	
	200 Free Relay	2:31.46	1-Jan-93	NRST	NRST	
	200 Medley Relay	2:46.10	9-Jun-06	VASC	VASC	R Kelm, K Manhas, M Loewen, J Saunders
11-12	50 Free	26.32	1-Jan-91	IS	Michael Calkins	
	100 Free	57.59	1-Jan-91	IS	Michael Calkins	
	200 Free	2:07.74	1-Jul-99	IS	Justin Pommerville	
	400 Free	4:28.52	1-Jul-99	IS	Justin Pommerville	
	1500 Free	17:53.61	1-Jul-95	IS	Jesse Jacks	
	50 Back	35.54	13-May-06	VASC	Michael Goulding	
	100 Back	1:08.20	1-Aug-00	IS	Richard Alexander	
	200 Back	2:21.20	1-Jul-99	IS	Justin Pommerville	
	50 Breast	35.09	1-Jan-02	TYEE	Thomas Dew-Jones	
	100 Breast	1:14.94	1-Jan-89	CRKW	Tony Roberts	
	200 Breast	2:39.84	1-Jan-89	CRKW	Tony Roberts	
	50 Fly	32.41	1-Jan-02	UVPCS	Ashkaughn Forghani	
	100 Fly	1:03.26	1-Jan-90	IS	Michael Calkins	
	200 Fly	2:24.25	1-Jan-90	IS	Michael Calkins	
	200 IM	2:25.74	1-Jan-89	CRKW	Tony Roberts	

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	400 IM	5:05.38	1-Jul-96	IS	Ken Hamilton
	200 Free Relay	1:55.53	1-Jan-90	IS	IS
	200 Medley Relay	2:11.23	1-Jan-90	IS	IS
13-14	50 Free	25.63	1-Jan-93	IS	Michael Calkins
	100 Free	53.75	1-Jan-93	IS	Michael Calkins
	200 Free	2:00.09	1-Jan-86	NRST	Greg Reinhart
	400 Free	4:10.52	1-Jul-97	IS	Jesse Jacks
	800 Free	8:38.30	26-Jun-03	IS	Ryan Cochrane
	1500 Free	16:27.94	1-Jul-97	IS	Jesse Jacks
	50 Back	30.56	1-Jan-03	IS	Richard Alexander
	100 Back	1:01.74	20-Jul-06	UVPCS	Nicholas Sinclair
	200 Back	2:12.66	6-Jul-06	UVPCS	Nicholas Sinclair
	50 Breast	35.73	1-Jan-02	IS	Ryan Buna
	100 Breast	1:09.25	1-May-98	IS	Ken Hamilton
	200 Breast	2:26.32	1-May-98	IS	Ken Hamilton
	50 Fly	28.63	21-Jul-05	IS	Thomas Dew-Jones
	100 Fly	59.27	1-Jul-97	IS	Jesse Jacks
	200 Fly	2:12.29	1-Jul-97	IS	Jesse Jacks
	200 IM	2:15.25	1-Jan-87	NRST	Trevor Johnson
	400 IM	4:45.85	1-May-98	IS	Ken Hamilton
	200 Free Relay	1:47.29	1-Jan-96	NRST	NRST
	200 Medley Relay	2:00.18	1-Jan-86	NRST	NRST
15 & O	50 Free	22.59	7-Oct-04	NRST	Riley Janes
	100 Free	49.67	10-May-05	IS	RICK SAY
	200 Free	1:47.44	16-Mar-06	IS	Rick Say
	400 Free	3:49.99	1-Jan-00	IS	Rick Say
	800 Free	7:58.32	17-Aug-06	IS	Ryan Cochrane
	1500 Free	15:13.44	17-Aug-06	IS	Ryan Cochrane
	50 Back	25.75	16-Mar-06	IS	Matt Rose

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100 Back	55.50	7-Jun-04	NRST	Riley Janes	
200 Back	1:59.17	1-Jan-04	UVPCS	Nathan O'Brien	
50 Breast	29.26	1-Jan-02	CVAC	Trevor Brekke	
100 Breast	1:03.17	1-Jan-00	IS	John Stamhuis	
200 Breast	2:15.87	1-Jan-00	IS	John Stamhuis	
50 Fly	25.12	1-Jan-02	IS	Jesse Jacks	
100 Fly	55.22	1-Jan-02	IS	Jesse Jacks	
200 Fly	1:59.40	1-Jan-88	IS	Jon Kelly	
200 IM	2:04.67	1-Jul-99	IS	Philip Weiss	
400 IM	4:23.96	1-Jan-90	IS	Jon Kelly	
200 Free Relay	1:35.99	1-Jan-99	DST	DST	
200 Medley Relay	1:49.05	6-Jul-06	IS	IS	A McLaren, J Strelzow, R Alexander, T Zochowski