

RECORDS VIR Record**SC Meters-Women**

10 & U	50 Free	30.56	7-Nov-03	UVPCS	Alyssa Bakken
	100 Free	1:07.82	1-Jan-97	NRST	Carla Henderson
	200 Free	2:24.71	1-Nov-03	UVPCS	Alyssa Bakken
	400 Free	5:03.95	7-Nov-03	UVPCS	Alyssa Bakken
	50 Back	34.42	7-Nov-03	UVPCS	Alyssa Bakken
	100 Back	1:10.94	7-Nov-03	UVPCS	Alyssa Bakken
	50 Breast	40.26	10-Dec-04	GVAC	Courtenay Wilson
	100 Breast	1:26.29	10-Dec-04	GVAC	Courtenay Wilson
	50 Fly	35.60		IS	Erin Hardy
	100 Fly	1:18.50	1-Jan-86	DST	Leanne Wilkinson
	100 IM	1:21.60	1-Jan-86	DST	Leanne Wilkinson
	200 IM	2:45.90	7-Nov-03	UVPCS	Alyssa Bakken
	200 Free Relay	2:18.86	1-Jan-96	NRST	NRST
	200 Medley Relay	2:41.60	1-Jan-97	NRST	NRST
11-12	50 Free	28.10	7-Dec-01	IS	Stephanie Pollard
	100 Free	1:01.11	7-Dec-01	IS	Stephanie Pollard
	200 Free	2:08.75	11-Nov-05	UVPCS	Alyssa Bakken
	400 Free	4:37.35	1-Jan-05	UVPCS	Alyssa Bakken
	800 Free	9:33.21	1-Jan-05	UVPCS	Alyssa Bakken
	1500 Free	18:35.15	10-Dec-04	UVPCS	Alison Hooper
	100 Back	1:05.62	11-Nov-05	UVPCS	Alyssa Bakken
	200 Back	2:18.39	11-Nov-05	UVPCS	Alyssa Bakken
	50 Breast	36.32	2-Dec-05	DST	Veronica Reid
	100 Breast	1:18.17	1-Jan-05	IS	Alyssa Bakken
	200 Breast	2:44.36	1-Jan-86	IS	Anna Leong
	50 Fly	30.96	9-Dec-05	IS	Vanessa Loewen
	100 Fly	1:06.67	7-Dec-01	IS	Stephanie Pollard
	200 Fly	2:26.21	1-Jan-88	DST	Leanne Wilkinson
	200 IM	2:24.10	11-Nov-05	UVPCS	Alyssa Bakken

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	400 IM	5:00.20	11-Nov-05	UVPCS	Alyssa Bakken
	200 Free Relay	1:59.29	1-Jan-90	IS	IS
	200 Medley Relay	2:13.41	1-Jan-90	IS	IS
13-14	50 Free	27.15	1-Jan-90	IS	Nikki Dryden
	100 Free	57.42	12-Dec-03	IS	Stephanie Pollard
	200 Free	2:05.04	11-Jul-03	IS	Stephanie Pollard
	400 Free	4:15.51	1-Jan-90	IS	Nikki Dryden
	800 Free	8:44.54	1-Jan-90	IS	Nikki Dryden
	1500 Free	17:06.81	9-Dec-05	UVPCS	Nicole Crawford
	50 Back	31.18	9-Dec-05	IS	Riordan Forsyth
	100 Back	1:02.21	1-Jan-92	IS	Suzanne Weckend
	200 Back	2:14.36	1-Jan-92	IS	Suzanne Weckend
	100 Breast	1:13.19	2-Jan-04	IS	Tara Hahto
	200 Breast	2:37.05	12-Dec-03	IS	Tara Hahto
	100 Fly	1:03.07	1-Jan-90	IS	Allison Barriscale
	200 Fly	2:17.67	1-Jan-90	DST	Leanne Wilkinson
	200 IM	2:19.78	1-Jan-03	IS	Stephanie Pollard
	400 IM	4:52.39	1-Jan-90	DST	Leanne Wilkinson
	200 Free Relay	1:52.71	1-Jan-96	IS	IS
	200 Medley Relay	2:05.05	1-Jan-96	IS	IS
15 & O	50 Free	24.06	1-Jan-02	DST	Alison Sheppard
	100 Free	53.75	1-Jan-02	DST	Alison Sheppard
	200 Free	1:59.74	1-Jan-95	IS	Katie Brambley
	400 Free	4:07.79	1-Jan-93	IS	Nikki Dryden
	800 Free	8:31.65	1-Jan-93	IS	Nikki Dryden
	1500 Free	16:36.48	16-Jan-04	UVPCS	Karley Stutzel
	100 Back	1:01.61	1-Jan-01	DST	Alison Sheppard
	200 Back	2:10.15	1-Jan-92	IS	Nikki Dryden
	50 Breast	32.90	17-Feb-05	UVPCS	Christin Petelski

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100 Breast	1:09.04	1-Jan-01	IS	Christin Petelski
200 Breast	2:27.56	1-Jan-98	IS	Christin Petelski
50 Fly	28.14	24-Feb-06	UVPCS	MacKenzie Downing
100 Fly	1:00.64	24-Feb-06	UVPCS	MacKenzie Downing
200 Fly	2:12.98	1-Jan-87	IS	Marie Moore
200 IM	2:16.81	1-Jan-93	IS	Allison Barriscale
400 IM	4:46.84	27-Jan-06	UVPCS	Anne Schmuck
200 Free Relay	1:49.24	1-Jan-99	IS	IS
200 Medley Relay	2:02.03	1-Jan-97	IS	IS

RECORDS VIR Record**SC Meters-Men**

10 & U	50 Free	30.93	1-Jan-90	DST	Greg Bate
	100 Free	1:09.09	1-Jan-01	NRST	Willem Hergesheimer
	200 Free	2:30.58	1-Jan-01	NRST	Willem Hergesheimer
	400 Free	5:16.06	12-Aug-01	IS	Craig Dagnall
	50 Back	36.68		CRKW	J. Wilton
	100 Back	1:19.80	1-Jan-96	IS	Ryan Malone
	50 Breast	40.41	1-Jan-90	NRST	Jason Hunter
	100 Breast	1:28.09	9-Dec-05	IS	Mason Loewen
	50 Fly	36.31	7-Jan-06	IS	Mason Loewen
	100 Fly	1:16.91		IS	Lee Patterson
	100 IM	1:21.60	1-Jan-90	DST	Greg Bate
	200 IM	2:50.69	11-Nov-05	IS	Mason Loewen
	200 Free Relay	2:10.47	1-Jan-95	DST	DST
	200 Medley Relay	2:36.61	1-Jan-95	DST	DST
11-12	50 Free	25.69	1-Jan-92	IS	Michael Calkins
	100 Free	57.69	1-Jan-91	IS	Michael Calkins
	200 Free	2:05.64	1-Jan-99	IS	Justin Pommerville
	400 Free	4:29.97	1-Jan-99	IS	Justin Pommerville
	800 Free	9:38.23	27-Feb-03	UVPCS	Craig Dagnall
	1500 Free	17:38.49	1-Jan-99	IS	Justin Pommerville
	100 Back	1:05.35	1-Jan-99	IS	Justin Pommerville
	200 Back	2:18.21	1-Jan-99	IS	Justin Pommerville
	50 Breast	36.49	1-Jan-05	TYEE	Thomas Dew-Jones
	100 Breast	1:11.70	1-Jan-89	CRKW	Tony Roberts
	200 Breast	2:34.74	1-Jan-95	IS	Ken Hamilton
	50 Fly	30.68	27-Feb-03	UVPCS	Craig Dagnall
	100 Fly	1:02.37	1-Jan-92	IS	Michael Calkins
	200 Fly	2:23.56	1-Jan-95	IS	Ken Hamilton

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	200 IM	2:22.29	1-Jan-05	TYEE	Thomas Dew-Jones
	400 IM	5:02.38	1-Jan-96	IS	Ken Hamilton
	200 Free Relay	1:50.43	1-Jan-05	IS	IS
	200 Medley Relay	2:09.12	1-Jan-90	IS	IS
13-14	50 Free	24.79	1-Jan-93	IS	Michael Calkins
	100 Free	54.09	1-Jan-93	IS	Michael Calkins
	200 Free	1:58.30	1-Jan-05	RAC	Willem Hergesheimer
	400 Free	4:06.26	1-Jan-97	IS	Jesse Jacks
	800 Free	8:35.41	31-Jan-03	IS	Ryan Cochrane
	1500 Free	16:25.59	1-Jan-03	IS	Ryan Cochrane
	50 Back	29.54	16-Feb-06	UVPCS	Nicholas Sinclair at Western SC Champs 2006
	100 Back	1:00.38	16-Feb-06	UVPCS	Nicholas Sinclair at Western SC Champs 2006
	200 Back	2:09.51	16-Feb-06	UVPCS	Nicholas Sinclair at Western SC Champs 2006
	100 Breast	1:08.33	1-Jan-97	IS	Ken Hamilton
	200 Breast	2:26.17	1-Jan-97	IS	Ken Hamilton
	50 Fly	28.52	1-Jan-05	IS	Ashkaughn Forghani
	100 Fly	58.14	1-Jan-93	IS	Michael Calkins
	200 Fly	2:10.05	1-Jan-97	IS	Jesse Jacks
	200 IM	2:12.14	1-Jan-05	RAC	Willem Hergesheimer
	400 IM	4:42.24	1-Jan-05	RAC	Willem Hergesheimer
	200 Free Relay	1:43.12	1-Jan-97	IS	IS
	200 Medley Relay	1:54.81	1-Jan-97	IS	IS
15 & O	50 Free	22.18	1-Jan-99	IS	Ryan Laurin
	100 Free	48.28	25-Nov-04	IS	Rick Say
	200 Free	1:44.37	1-Jan-05	IS	Rick Say
	400 Free	3:48.24	1-Jan-98	IS	Rick Say
	800 Free	8:01.34	9-Dec-05	UVPCS	Dave Creel
	1500 Free	15:11.27	9-Dec-05	IS	Ryan Cochrane
	100 Back	53.47	27-Nov-03	IS	Sean Sepulis

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200 Back	1:58.42	27-Nov-03	IS	Sean Sepulis
100 Breast	1:01.70	1-Jan-01	NRST	Jason Hunter
200 Breast	2:11.84	1-Jan-02	IS	John Stamhuis
100 Fly	54.54	1-Jan-03	UVPCS	Jesse Jacks
200 Fly	1:56.98	1-Jan-90	IS	Jon Kelly
200 IM	2:00.58	1-Jan-87	IS	Jon Kelly
400 IM	4:14.63	1-Jan-98	IS	Philip Weiss
200 Free Relay	1:35.99	1-Jan-98	DST	J. Miller, R. Milns, B. Hill, D. VandenDungen
200 Medley Relay	1:45.85	1-Jan-97	NRST	NRST