

# Carleton Masters Records

2022-06-12

(records set in 2022 are shaded grey)

(records set in latest update in yellow)

Records are for meters (SC or LC, with no conversion)

Event	Year	Swimmers	Time	Meters	Time	Swimmers	Year	Event
Women				72+ Free Relay		Men		
				200M				
				400M				
				800M				
Women				72+ Medley Relay		Men		
				200M				
				400M				
				800M				
Free				72+ Mixed Relay		Medley		
NepLC-Feb	02	Jeff Furry, Michelle St-Jean Katie Matheson, Brock Clayden	2:11.80	200M	2:10.19	Warren Taylor, Wendy Million Brock Clayden, Judy Overton	03	NepLC-Feb
				400M				
				800M				
Women				100+ Free Relay		Men		
Ottawa U	90	Lynn Marshall, Wendy Ungar Joanie Conrad, Wendy Jardine	2:12.39	200M	1:47.78	Geoff Camp, Jim Wright Jonathon Korchuk, Jim Hobson	85	Winnipeg
UofO-Apr	02	Katie Matheson, Lynn Marshall Patricia Murphy, Barb Mystkowska	4:55.75	400M	4:34.47	Peter Lithgow, Don Wells Erik Apedaile, Bill Pezoulas	94	Arnprior
				800M				
Women				100+ Medley Relay		Men		
UofO-Nov	06	Laura Seanor, Crystal Clark Kelys Montero, Melanie Patina	2:17.86	200M	2:03.67	Geoff Camp, Jim Wright Jonathon Korchuk, Jim Hobson	85	Winnipeg
				400M				
				800M				
Free				100+ Mixed Relay		Medley		
NepLC-Feb	02	Warren Taylor, Judy Overton Morgan Paulhus, Tarek Raafat	1:54.27	200M	2:07.39	Laura Seanor, Steve Morris Steve Kennedy, Melanie Patina	06	UofO-Nov
NatlsNepean	13	Andrea Zarins, Julie Mouris Mark Blenkinsop, Sean Dawson	4:16.03	400M				
				800M				

		Women		120+ Free Relay	Men			
NatlsNepean	13	Julie Mouris, Andrea Zarins Luz Osorio, Carolyn Odecki	2:06.03	200M	1:45.87	Geoff Camp, John MacMaster Don Wells, Jim Wright	88	Vancouver
Etobicoke	96	Debbie Ozarko, MaryBeth Burrows Debby Whately, Lynn Marshall	4:35.59	400M	4:09.05	Tony Revitt, Ian Lorimer Mark Blenkinsop, Sean Dawson	13	NatlsNepean
				800M	12:42.95	Jocelyn Lavoie, Bill Chisholm Jose Vivanco, Aaron MacKnight	05	NepLC-FebLC
		Women		120+ Medley Relay	Men			
Brewer	98	MaryBeth Burrows, Sharon Yake Joanne Hemstead, Lynn Marshall	2:21.77	200M	2:01.64	Geoff Camp, Jim Wright Mike Sorensen, Georges Mensink	87	Etobicoke
Etobicoke	96	MaryBeth Burrows, Debbie Ozarko Lynn Marshall, Debby Whately	5:07.93	400M	4:47.51	Pat Bonnilla, Don Wells John Waring, Marty Raymond	96	Etobicoke
				800M				
		Free		120+ Mixed Relay	Medley			
UofO-Apr	06	Lynn Marshall, Benjamin Daniels Laura Seanor, Steve Morris	1:51.57	200M	2:05.96	Lynn Marshall, Steve Morris Steve Kennedy, Melanie Patina	07	UofO-Mar
Etobicoke	96	Marty Raymond, Lynn Marshall Debbie Ozarko, John Waring	4:04.64	400M	4:36.79	MB Burrows, Marty Raymond John Waring, Lynn Marshall	96	Etobicoke
				800M				
		Women		160+ Free Relay	Men			
Nepean	99	Lina Vincent, Lynn Marshall Claudia Cronin-Schlote, MaryBeth Burrows	2:07.29	200M	1:58.43	Tony Revitt, Jamie Chalmers Mark Blenkinsop, Sean Dawson	13	NatlsNepean
UofO-Jan	11	Maureen Mahoney, Tamsin Douglas Sandy Lawson, Natalie Aucoin	5:19.75	400M	5:08.65	Bernie Sloan, Jim Lee Andrew Kmetic, David Moore	02	UofO-Jan
				800M				
		Women		160+ Medley Relay	Men			
Nepean	99	Claudia Cronin-Schlote, Lina Vincent MaryBeth Burrows, Kim Kennedy	2:33.96	200M	2:05.78	Harley Gifford, Jian-Lok Chang Steve Kennedy, Gi Wu	18	MSOPrNepean
MontNordDec	14	Dawn Walsh, Claire Robinson Natalie Aucoin, Sandy Lawson	6:03.38	400M				
				800M				
		Free		160+ Mixed Relay	Medley			
Nepean	99	Don Wells, Lynn Marshall Claudia Cronin-Schlote, Marty Raymond	1:56.18	200M	2:11.95	Don Wells, Marty Raymond Lynn Marshall, Claudia Cronin-Schlote	99	Nepean
				400M				
				800M				

		Women		200+ Free Relay	Men			
Montreal	97	Lina Vincent, Ann Kilby, Rita Markland, Lynn Marshall	2:24.78	200M	2:10.53	Ian Lorimer, Dave Bourdon, Harley Gifford, Jamie Chalmers	14	WorldLCMont
				400M				
				800M				
		Women		200+ Medley Relay	Men			
Montreal	97	Rita Markland, Lina Vincent, Nicole Delisle, Ann Kilby	2:50.07	200M	2:36.83	Dave Bourdon, Harley Gifford, Ian Lorimer, Jamie Chalmers	14	WorldLCMont
QueCityNtIs	17	Sandy Lawson, Claire Robinson Natalie Aucoin, Robin Henderson	6:20.47	400M				
				800M				
		Free		200+ Mixed Relay	Medley			
WorldLCMont	14	Ian Lorimer, Natalie Aucoin, Sandy Lawson, Harley Gifford	2:11.12	200M	2:36.67	Sandy Lawson, Sam Gamble Natalie Aucoin, Jamie Chalmers	16	NepeanLC
Etobicoke	96	George Tombler, Ann Kilby Debby Whately, Don Wells	5:43.06	400M	6:31.25	Debby Whately, George Tombler Don Wells, Ann Kilby	96	Etobicoke
				800M	13:28.00	Sandy Lawson, Francois Jacques, Natalie Aucoin, Ian Lorimer	15	NepeanLC
		Women		240+ Free Relay	Men			
				200M				
				400M				
				800M				
		Women		240+ Medley Relay	Men			
				200M				
				400M				
				800M				
		Free		240+ Mixed Relay	Medley			
UofO-Oct	05	Bozena Lech, George Tombler, Margaret D King, Francois Parent	3:32.89	200M	2:50.92	Jamie Chalmers, Lina Vincent Carolyn Odecki, Ian Lorimer	13	NatIsNepean
				400M				
				800M				

		Women	18-24		Men				
		Freestyle							
St.Laurent	85	Lise Lague	:30.40	50M	:25.88	Will Litchfield	02	NepLC-Feb	
St.Laurent	85	Lise Lague	1:07.20	100M	:57.79	Will Litchfield	02	NepLC-Feb	
UofO-JunLC	04	Paola Osorio	2:17.81	200M	2:07.81	Will Litchfield	02	NepLC-Feb	
NepLC-Feb	02	Judy Overton	5:04.71	400M	4:31.28	Warren Taylor	02	UofO-Dec	
UofO-JunLC	04	Paola Osorio	9:58.53	800M	12:38.00	James Young	86	Dollard	
				1500M	27:12.44	Graham Warren	11	Nep-Mar	
				5KM					
		Backstroke							
LondonProv	13	Natalie Stern	:35.20	50M	:32.67	Warren Taylor	02	NepLC-Feb	
LondonProv	13	Natalie Stern	1:15.45	100M	1:04.29	Warren Taylor	03	NepLC-Feb	
LondonProv	13	Natalie Stern	2:41.11	200M	2:37.50	Don Wells	85	Cowansvill	
		Breaststroke							
UofO-Apr	02	Barb Mystkowska	:42.60	50M	:32.90	Kevin Watson	86	Hull	
Brewer	98	Joanne Hemstead	1:26.05	100M	1:12.20	Kevin Watson	86	Etobicoke	
NepLC-Feb	02	Meredith Szewchuk	3:06.30	200M	3:28.80	Gi Wu	06	NepLC-Feb	
		Butterfly							
NepLC-Feb	02	Clara Tarjan	:32.78	50M	:28.35	Warren Taylor	02	NepLC-Feb	
NepLC-Feb	02	Clara Tarjan	1:14.23	100M	1:05.27	Warren Taylor	02	NepLC-Feb	
NepLC-Feb	02	Clara Tarjan	2:44.63	200M	2:26.59	Brock Clayden	03	NepLC-Feb	
		Individual Medley							
Ottawa U	89	Marie Leonard	1:19.37	100M	1:05.50	Kevin Watson	85	St.Laurent	
NepLC-Feb	03	Judy Overton	2:51.45	200M	2:22.70	Warren Taylor	03	NepLC-Feb	
NepMSOJun	22	Gursharan Uppal	6:14.63	400M	5:11.05	Brock Clayden	02	NepLC-Feb	

		Women	25-29		Men				
		Freestyle							
Hull	90	Lynn Marshall	:27.91	50M	:25.42	Sean Dawson	13	NatlsNepean	
Regina	90	Lynn Marshall	:58.99	100M	:55.28	John Waring	93	Etobicoke	
Regina	90	Lynn Marshall	2:07.83	200M	2:00.96	Sean Dawson	12	QuePr-Apr	
Regina	90	Lynn Marshall	4:25.94	400M	4:26.06	Geoff Camp	88	Vancouver	
Quebec	91	Lynn Marshall	9:12.32	800M	9:37.80	Geoff Camp	88	Etobicoke	
Regina	90	Lynn Marshall	17:36.61	1500M	17:25.07	Geoff Camp	88	Vancouver	
St. Marys	90	Lynn Marshall	1:09.07	5KM					
		Backstroke							
BrewerNov	16	Lindsay Buckingham	:35.69	50M	:28.18	Jian-Lok Chang	14	BrewerNov	
UofO-Mar	07	Melanie Patina	1:14.24	100M	:59.77	Jian-Lok Chang	14	BrewerNov	
Etobicoke	96	MaryBeth Burrows	2:41.53	200M	2:18.60	Geoff Camp	87	Etobicoke	
		Breaststroke							
BrewerNov	16	Lindsay Buckingham	:36.11	50M	:34.02	Steve Morris	05	UofO-Apr	
NatlsNepean	13	Andrea Zarins	1:22.77	100M	1:13.58	Mike Ritcey	03	UofO-Nov	
NatlsNepean	13	Andrea Zarins	2:56.55	200M	2:39.17	Jian-Lok Chang	14	BrewerNov	
		Butterfly							
Quebec	91	Lynn Marshall	:31.28	50M	:27.30	Jian-Lok Chang	14	BrewerNov	
Quebec	91	Lynn Marshall	1:07.92	100M	1:01.50	John Waring	93	Etobicoke	
Regina	90	Lynn Marshall	2:28.89	200M	2:21.63	John Waring	93	Etobicoke	
		Individual Medley							
Quebec	91	Lynn Marshall	1:10.38	100M	1:04.30	Sean Dawson	12	QuePr-Apr	
Regina	90	Lynn Marshall	2:29.92	200M	2:18.70	Geoff Camp	87	Etobicoke	
Regina	90	Lynn Marshall	5:18.33	400M	4:51.80	Geoff Camp	87	Etobicoke	

		Women	30-34		Men			
Freestyle								
Etobicoke	92	Lynn Marshall	:27.32	50M	:24.95	Jian-Lok Chang	17	QueCityNtIs
Calgary	91	Lynn Marshall	:58.58	100M	:54.93	Jian-Lok Chang	17	QueCityNtIs
Calgary	91	Lynn Marshall	2:04.98	200M	2:04.14	Marty Raymond	95	Montreal
Calgary	91	Lynn Marshall	4:26.91	400M	4:23.86	Marty Raymond	95	Montreal
Hull	93	Lynn Marshall	9:08.32	800M	9:38.71	Don Wells	91	Hull
Etobicoke	92	Lynn Marshall	17:21.99	1500M	17:45.26	Marty Raymond	95	Victoria
Indianapolis	92	Lynn Marshall	1:02.51	5KM	1:11.10	Jim Wright	87	Etobicoke
Backstroke								
Hull	92	Lynn Marshall	:34.81	50M	:27.19	Jian-Lok Chang	17	QueCityNtIs
Nepean	95	Lynn Marshall	1:11.05	100M	1:01.56	Jian-Lok Chang	16	QuePrClRob
Victoria	95	Lynn Marshall	2:27.73	200M	2:26.60	Don Wells	92	Etobicoke
Breaststroke								
UofO-Mar	04	Julia Smith	:39.28	50M	:32.88	Mike Ritcey	04	RiccioneWLC
Hull	93	Lynn Marshall	1:24.11	100M	1:12.82	Jian-Lok Chang	18	MSOPrNepean
Barbados	94	Lynn Marshall	3:03.48	200M	2:40.29	Mike Ritcey	04	RiccioneWLC
Butterfly								
Nepean	95	Lynn Marshall	:30.96	50M	:27.04	John Waring	98	Etobicoke
Calgary	91	Lynn Marshall	1:07.63	100M	:59.24	John Waring	98	Brewer
Victoria	95	Lynn Marshall	2:28.42	200M	2:15.16	John Waring	96	Etobicoke
Individual Medley								
Carleton	95	Lynn Marshall	1:10.12	100M	1:01.22	Jian-Lok Chang	17	QueCityNtIs
Calgary	91	Lynn Marshall	2:28.21	200M	2:19.31	Jian-Lok Chang	15	BrewerNov
Etobicoke	93	Lynn Marshall	5:12.36	400M	5:12.61	Don Wells	92	Etobicoke
		Women	35-39		Men			
Freestyle								
Carleton	96	Lynn Marshall	:28.49	50M	:25.18	Tarek Raafat	03	UofO-Jan
Sheffield	96	Lynn Marshall	1:00.86	100M	:54.58	Tarek Raafat	03	RidSpeed
Montreal	97	Lynn Marshall	2:09.52	200M	2:02.71	Tarek Raafat	03	RidSpeed
Montreal	97	Lynn Marshall	4:31.98	400M	4:32.33	Marty Raymond	99	Nepean
Barbados	96	Lynn Marshall	9:21.94	800M	9:30.63	Marty Raymond	99	Nepean
UofO-Apr	00	Lynn Marshall	17:47.18	1500M	17:49.63	Blair Christie	05	UofO-Dec
St. Marys	96	Lynn Marshall	1:07.01	5KM	1:15.00	Jim Wright	90	St.Marys
Backstroke								
Hull	97	Lynn Marshall	:35.31	50M	:32.52	Don Wells	98	Etobicoke
Brockville	97	Lynn Marshall	1:12.31	100M	1:06.65	Tarek Raafat	02	NepLC-Feb
Etobicoke	96	Lynn Marshall	2:28.55	200M	2:28.20	Tarek Raafat	03	RidSpeed
Breaststroke								
UofO-Jan	97	Lynn Marshall	:41.84	50M	:34.25	Steve Kennedy	19	Tech-Dec
UofO-Mar	00	Lynn Marshall	1:28.90	100M	1:15.03	Steve Kennedy	19	Tech-Dec
UofO-Apr	99	Lynn Marshall	3:05.02	200M	2:45.21	Jim Wright	88	Vancouver
Butterfly								
NepLC-Feb	96	Lynn Marshall	:31.83	50M	:27.94	Tarek Raafat	03	NepProv
Montreal	97	Lynn Marshall	1:08.08	100M	1:03.16	Tarek Raafat	03	UofO-Mar
Etobicoke	96	Lynn Marshall	2:29.68	200M	2:24.31	Tim Kilby	98	Etobicoke
Individual Medley								
Brockville	97	Lynn Marshall	1:12.32	100M	1:04.55	Tarek Raafat	03	RidSpeed
Etobicoke	96	Lynn Marshall	2:32.50	200M	2:19.49	Tarek Raafat	03	UofO-Jan
Montreal	97	Lynn Marshall	5:16.74	400M	5:06.77	Tarek Raafat	03	RidSpeed

		Women	40-44		Men			
Freestyle								
Etobicoke	02	Lynn Marshall	:28.60	50M	:25.99	Steve Kennedy	22	NepMSOJun
Calgary	01	Lynn Marshall	1:01.55	100M	:56.87	Steve Kennedy	19	OlymPINKbrew
Etobicoke	02	Lynn Marshall	2:11.43	200M	2:09.60	Steve Kennedy	21	BTrainBrewDec
Etobicoke	01	Lynn Marshall	4:32.89	400M	4:45.35	Steve Kennedy	22	NepMSOJun
Etobicoke	01	Lynn Marshall	9:21.44	800M	9:36.15	Steve Kennedy	22	NepMSOJun
Etobicoke	02	Lynn Marshall	17:38.37	1500M	20:13.57	Mark Blenkinsop	19	NatlsMont
StMarys	01	Lynn Marshall	1:05.40	5KM	1:18.00	Jim Wright	93	Montreal

Backstroke

UofO-Mar	05	Lynn Marshall	:34.76	50M	:32.06	Tony Revitt	13	NatlsNepean
Calgary	01	Lynn Marshall	1:12.27	100M	1:14.53	Don Wells	04	UofO-Mar
UofO-Apr	05	Lynn Marshall	2:31.83	200M	2:50.05	Jim Wright	93	Montreal

Breaststroke

Etobicoke	98	Sharon Yake	:39.00	50M	:34.97	Steve Kennedy	19	OlymPINKbrew
Etobicoke	98	Sharon Yake	1:26.50	100M	1:15.23	Steve Kennedy	21	BTrainBrewDec
RidSpeed	04	Lynn Marshall	3:02.09	200M	2:45.60	Steve Kennedy	22	NepMSOJun

Butterfly

Calgary	01	Lynn Marshall	:31.24	50M	:28.87	Steve Kennedy	19	OlymPINKbrew
Calgary	01	Lynn Marshall	1:08.75	100M	1:06.97	Steve Kennedy	21	BTrainBrewDec
UofO-Mar	04	Lynn Marshall	2:28.50	200M				

Individual Medley

Calgary	01	Lynn Marshall	1:11.91	100M	1:06.27	Steve Kennedy	19	OlymPINKbrew
Etobicoke	01	Lynn Marshall	2:33.78	200M	2:26.13	Steve Kennedy	22	NepMSOJun
Etobicoke	01	Lynn Marshall	5:21.60	400M	6:05.63	Lee Storm	12	LaSalle-Feb

Women

45-49

Men

Freestyle

UofO-Apr	08	Lynn Marshall	:28.86	50M	:29.81	Francois Audet	03	NepProv
DDO-Mar	06	Lynn Marshall	1:02.20	100M	1:03.60	Francois Audet	06	UofO-Apr
WpgPr-Apr	06	Lynn Marshall	2:11.00	200M	2:18.52	Francois Audet	06	RidSp-Feb
WpgPr-Apr	06	Lynn Marshall	4:33.09	400M	4:53.97	Francois Audet	06	UofO-Apr
RidSp-Feb	06	Lynn Marshall	9:21.65	800M	10:06.93	Francois Audet	06	RidSp-Feb
WpgNat-Apr	07	Lynn Marshall	17:46.32	1500M	19:50.59	Francois Audet	05	RidSpeedFeb
StMarys	07	Lynn Marshall	1:05:32	5KM				

Backstroke

UofO-Dec	10	Lynn Marshall	:34.69	50M	:37.55	Jim Wright	97	Brewer
UofO-Jan	06	Lynn Marshall	1:12.39	100M	1:22.93	Dave Bourdon	14	WorldLCMont
UofO-Jan	06	Lynn Marshall	2:31.24	200M	2:50.00	Jim Wright	97	Montreal

Breaststroke

UofO-Apr	06	Lynn Marshall	:40.57	50M	:35.91	Francois Audet	06	ISHMtLCJul
RidSp-Feb	06	Lynn Marshall	1:27.25	100M	1:18.31	Francois Audet	06	UofO-Apr
WpgPr-Apr	06	Lynn Marshall	3:04.92	200M	2:51.11	Francois Audet	05	RidSpeedFeb

Butterfly

BrockvilleJan	06	Lynn Marshall	:32.48	50M	:31.19	Jim Wright	97	Brewer
DDO-Mar	08	Lynn Marshall	1:09.17	100M				
UofO-Apr	06	Lynn Marshall	2:28.27	200M				

Individual Medley

DDO-Mar	06	Lynn Marshall	1:13.33	100M	1:11.84	Jim Wright	97	Montreal
DDO-Mar	06	Lynn Marshall	2:33.25	200M	2:40.04	Francois Audet	06	RidSp-Feb
UofO-JanDist	06	Lynn Marshall	5:19.13	400M	5:41.57	Francois Audet	06	RidSp-Feb

		Women	50-54		Men			
Freestyle								
Bracebridge	11	Lynn Marshall	:29.32	50M	:29.84	Francois Jacques	14	BrewerNov
Etob-May	11	Lynn Marshall	1:02.75	100M	1:07.03	Francois Jacques	14	BrewerNov
St John	11	Lynn Marshall	2:13.21	200M	2:36.72	Francois Jacques	13	Brewer
PointeClaire	11	Lynn Marshall	4:34.81	400M	6:09.12	Ian Lorimer	12	QuePr-Apr
Bracebridge	11	Lynn Marshall	9:23.45	800M	14:08.87	Rob Trimbee	07	CoupeMtlNov
CoteStLuc	13	Lynn Marshall	17:49.23	1500M	27:08.41	Rob Trimbee	07	CoupeMtlNov
StMarys	06	Bozena Lech	2:05:55	5KM				

Backstroke								
Brockville	11	Lynn Marshall	:34.40	50M	:42.34	Bernie Sloan	02	UofO-Oct
UofO-Jan	11	Lynn Marshall	1:10.21	100M	1:34.77	Bernie Sloan	02	UofO-Mar
Bracebridge	11	Lynn Marshall	2:25.94	200M				

Breaststroke								
Bracebridge	11	Lynn Marshall	:39.92	50M	:39.46	Francois Jacques	14	BrewerNov
St John	11	Lynn Marshall	1:27.39	100M	1:30.57	Sean Kelly	06	UofO-Nov
Brew-Oct	11	Lynn Marshall	3:04.07	200M	3:31.61	Francois Jacques	14	NepeanLC

Butterfly								
Nep-Mar	11	Lynn Marshall	:32.13	50M	:37.76	Rob Trimbee	06	Mont-Apr
LaSalle-Feb	12	Lynn Marshall	1:09.54	100M	1:44.05	Bernie Sloan	02	UofO-Mar
Etob-May	11	Lynn Marshall	2:28.08	200M				

Individual Medley								
Tech-Dec	11	Lynn Marshall	1:13.47	100M	1:26.21	Rob Trimbee	06	Etob-Nov
St John	11	Lynn Marshall	2:33.09	200M	3:09.11	Francois Jacques	13	NatlsNepean
Bracebridge	11	Lynn Marshall	5:14.65	400M				

		Women	55-59		Men			
Freestyle								
ClaRobACCJn	16	Lynn Marshall	:29.57	50M	:32.15	Harley Gifford	14	UofO-Dec
MarkhamProv	16	Lynn Marshall	1:04.08	100M	1:13.15	Ian Lorimer	14	WorldLCMont
ThornMarkhan	16	Lynn Marshall	2:13.58	200M	2:50.41	Ian Lorimer	15	NatsMtl
PointeClaire	16	Lynn Marshall	4:37.35	400M	6:52.79	Ian Lorimer	16	NepeanLC
QCProvCIRob	17	Lynn Marshall	9:32.63	800M	13:55.70	Ian Lorimer	16	NepeanLC
QCProvCIRob	17	Lynn Marshall	18:01.79	1500M	26:57.62	Guy Phillips	09	Brock-Jan
				5KM				

Backstroke								
ClaRobACCJn	16	Lynn Marshall	:34.64	50M	:37.23	Harley Gifford	13	Brewer
ThornMarkhan	16	Lynn Marshall	1:12.87	100M	1:21.97	Harley Gifford	14	BrewerNov
ClaRobACCN\	16	Lynn Marshall	2:31.71	200M	3:09.13	Harley Gifford	14	UofO-Apr

Breaststroke								
ClaRobACCN\	16	Lynn Marshall	:40.42	50M	:42.26	Andrew Pery	06	ISHMtlLCJul
ClaRobACCN\	16	Lynn Marshall	1:26.93	100M	1:31.95	Andrew Pery	06	King-Nov
EtobProv	19	Lynn Marshall	3:01.34	200M				

Butterfly								
ClaRobACCJn	16	Lynn Marshall	:32.68	50M	:38.00	Ian Lorimer	15	NepeanLC
ClaRobACCJn	16	Lynn Marshall	1:09.67	100M	1:59.01	Jim Lee	13	Brewer
PointeClaire	19	Lynn Marshall	2:33.98	200M				

Individual Medley								
ClaRobACCJn	16	Lynn Marshall	1:13.32	100M	1:25.88	Harley Gifford	14	UofO-Jan
PointeClaire	16	Lynn Marshall	2:34.01	200M	3:16.97	Harley Gifford	13	Brewer
MarkhamProv	16	Lynn Marshall	5:23.08	400M				

Women				60-64	Men			
Freestyle								
SherQPrApr	22	Lynn Marshall	:33.50	50M	:31.67	Harley Gifford	15	BrewerNov
SherQPrApr	22	Lynn Marshall	1:08.43	100M	1:10.26	Harley Gifford	17	BrewerNov
SherQPrApr	22	Lynn Marshall	2:18.45	200M	2:44.13	Harley Gifford	18	BrewerNov
DDOMtlMarch	22	Lynn Marshall	4:48.80	400M				
ClaRobACCN\	21	Lynn Marshall	9:59.85	800M				
DDOMtlMarch	22	Lynn Marshall	18:54.83	1500M				
				5KM				

Backstroke								
SherQPrApr	22	Lynn Marshall	:38.04	50M	:36.29	Harley Gifford	18	MSOPrNepean
SherQPrApr	22	Lynn Marshall	1:16.40	100M	1:18.77	Harley Gifford	18	MSOPrNepean
SherQPrApr	22	Lynn Marshall	2:34.72	200M	3:02.38	Harley Gifford	17	BudapestLC

Breaststroke								
EtobSprMarch	22	Lynn Marshall	:45.52	50M	:46.55	Harley Gifford	15	UofO-Nov
EtobSprMarch	22	Lynn Marshall	1:34.38	100M	1:48.94	Harley Gifford	15	UofO-Dec
EtobSprMarch	22	Lynn Marshall	3:12.15	200M				

Butterfly								
SherQPrApr	22	Lynn Marshall	:34.85	50M	:38.08	Harley Gifford	16	BrewerNov
SherQPrApr	22	Lynn Marshall	1:14.45	100M				
EtobSprMarch	22	Lynn Marshall	2:42.40	200M				

Individual Medley								
SherQPrApr	22	Lynn Marshall	1:18.47	100M	1:25.84	Harley Gifford	15	UofO-Nov
SherQPrApr	22	Lynn Marshall	2:40.29	200M	3:08.01	Harley Gifford	18	MSOPrNepean
EtobSprMarch	22	Lynn Marshall	5:37.15	400M				

Women				65-69	Men			
Freestyle								
LongueuilLC	17	Liliane Cardinal	55.27	50M	:34.90	Jamie Chalmers	11	Nep-Mar
LongueuilLC	17	Liliane Cardinal	2:06.92	100M	1:21.76	Jamie Chalmers	11	Etob-Nov
NepeanLC	14	Angela Davis	4:26.56	200M	3:28.91	Jamie Chalmers	12	Brockv-Jan
QueCityNtIs	17	Liliane Cardinal	8:54.89	400M	8:03.38	Jamie Chalmers	12	QuePr-Apr
QueCityNtIs	17	Liliane Cardinal	18:45.38	800M	16:30.27	George Tombler	92	Etobicoke
QueCityNtIs	17	Liliane Cardinal	35:16.50	1500M	34:48.06	Jamie Chalmers	12	QuePr-Apr
				5KM				

Backstroke								
NatIsNepean	13	Angela Davis	:54.61	50M	:40.24	Larry Durr	07	QuePr-Apr
NatIsNepean	13	Angela Davis	2:10.92	100M	1:33.07	Larry Durr	07	QuePr-Apr
NatIsNepean	13	Angela Davis	4:39.78	200M	3:51.41	Jamie Chalmers	12	Etob-Prov

Breaststroke								
BrewerNov	16	Liliane Cardinal	1:10.38	50M	:43.62	Larry Durr	07	QuePr-Apr
NepeanLC	17	Liliane Cardinal	2:36.38	100M	1:36.96	Larry Durr	07	QuePr-Apr
BrewerNov	16	Liliane Cardinal	5:14.00	200M	4:59.46	Jamie Chalmers	12	LaSalle-Feb

Butterfly								
NatIsNepean	13	Angela Davis	1:10.44	50M	:45.44	Larry Durr	07	QuePr-Apr
NepeanLC	14	Angela Davis	2:32.70	100M	2:12.10	Jamie Chalmers	12	QuePr-Apr
NatIsNepean	13	Angela Davis	6:04.45	200M	5:29.39	Jamie Chalmers	12	MtlNord-Dec

Individual Medley								
QueCityNtIs	17	Liliane Cardinal	2:24.06	100M	1:30.31	Larry Durr	07	QuePr-Apr
NatIsNepean	13	Angela Davis	4:45.55	200M	3:27.18	Larry Durr	07	QuePr-Apr
QueCityNtIs	17	Liliane Cardinal	10:56.89	400M	9:40.23	Jamie Chalmers	12	QuePr-Apr

		Women	70-74		Men			
Freestyle								
SherQPrApr	22	Liliane Cardinal	1:00.52	50M	:36.00	Jamie Chalmers	15	WorldsKazan
NatlsQuebec	22	Liliane Cardinal	2:14.75	100M	1:25.31	Jamie Chalmers	14	CoteStLucMar
CoupeMont	19	Liliane Cardinal	4:26.86	200M	3:36.63	Jamie Chalmers	13	Pointe-Claire
CoupeMont	19	Liliane Cardinal	9:19.23	400M	8:11.78	Jamie Chalmers	13	Clarington
CoupeMont	19	Liliane Cardinal	18:42.25	800M	18:14.30	Jamie Chalmers	15	CoteStLucFeb
NatlsMont	19	Liliane Cardinal	36:34.79	1500M 5KM	33:58.66	Jamie Chalmers	15	CoteStLucFeb
Backstroke								
PointeClaire	19	Liliane Cardinal	1:15.49	50M	:47.22	Jamie Chalmers	15	NatlsMont
PointeClaire	19	Liliane Cardinal	2:33.97	100M	1:47.08	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	5:28.50	200M	3:55.44	Jamie Chalmers	16	NatlsEtobicoke
Breaststroke								
USLCNatsMV	19	Liliane Cardinal	1:15.78	50M	:51.69	George Tombler	97	Brantford
SherQPrApr	22	Liliane Cardinal	2:51.71	100M	2:00.20	George Tombler	97	UofO-Jan
CoupeMont	19	Liliane Cardinal	5:33.46	200M	4:30.13	George Tombler	96	Etobicoke
Butterfly								
NatlsMont	19	Liliane Cardinal	1:23.20	50M	:52.61	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	2:56.30	100M	2:16.57	Jamie Chalmers	14	NepeanLC
NatlsMont	19	Liliane Cardinal	6:31.22	200M	5:26.69	Jamie Chalmers	14	DDO
Individual Medley								
NatlsMont	19	Liliane Cardinal	2:26.78	100M	1:53.73	Jamie Chalmers	13	DDO
PointeClaire	19	Liliane Cardinal	5:19.49	200M	4:06.18	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	11:13.86	400M	9:28.38	Jamie Chalmers	14	WindsorProv
		Women	75-79		Men			
Freestyle								
UofO-Apr	06	Margaret Dibben King	1:14.25	50M	:39.87	Jamie Chalmers	19	GwangjuWorLC
UofO-Apr	06	Margaret Dibben King	2:52.13	100M	1:37.06	Jamie Chalmers	19	GwangjuWorLC
UofO-Mar	06	Margaret Dibben King	6:15.31	200M	4:03.63	George Tombler	99	Hull
Backstroke								
UofO-Nov	07	Margaret Dibben King	1:39.42	50M	:55.36	Jamie Chalmers	19	GwangjuWorLC
UofO-Nov	07	Margaret Dibben King	3:32.04	100M	2:01.58	Jamie Chalmers	19	PointeClaire
Breaststroke								
UofO-Mar	06	Margaret Dibben King	1:53.41	50M	:57.10	George Tombler	99	Nepean
Butterfly								
50M								
100M								
200M								
Individual Medley								
100M								
200M								
400M								

Women

80-84

Men

Freestyle

50M	:55.93	George Tombler	04	UofO-Oct
100M	1:58.29	George Tombler	04	UofO-Mar
200M	4:19.32	George Tombler	06	UofO-Mar
400M	9:05.78	George Tombler	05	UofO-Nov
800M	18:57.94	George Tombler	06	UofO-JanDist
1500M				
5KM				

Backstroke

50M	1:00.09	George Tombler	04	UofO-Jn/ApLC
100M	2:13.64	George Tombler	04	UofO-Mar
200M	5:07.63	George Tombler	05	KingstonNov

Breaststroke

50M	:59.90	George Tombler	04	UofO-AprLC
100M	2:15.36	George Tombler	04	EtobProv
200M	5:23.65	George Tombler	04	Riccione

Butterfly

50M  
100M  
200M

Individual Medley

100M  
200M  
400M

Women

85-89

Men

Freestyle

50M	1:03.32	George Tombler	09	OntPr-Mar
100M	2:30.20	George Tombler	09	OntPr-Mar
200M	5:04.24	George Tombler	09	OntPr-Mar
400M				
800M				
1500M				
5KM				

Backstroke

50M	1:15.10	George Tombler	09	OntPr-Mar
100M	2:46.36	George Tombler	09	OntPr-Mar
200M				

Breaststroke

50M	1:15.35	George Tombler	09	OntPr-Mar
100M	2:58.77	George Tombler	09	OntPr-Mar
200M				

Butterfly

50M  
100M  
200M

Individual Medley

100M  
200M  
400M