

Trent Swim Club
"Excellence by Choice"

RECORDS Team Records

LC Meters-Female

10 & U	50 Free	32.02	1-Jun-94	Shannan Andrews	
	100 Free	1:13.33	1-Jun-94	Shannan Andrews	
	200 Free	2:35.25	1-Jul-84	Rebecca Sherlock	
	400 Free	5:28.19	1-Jun-92	Julie Cocks	
	800 Free	13:25.32	18-May-01	Teri Lynch at Festival of Spring 2001	
	50 Back	37.09	24-Jun-04	Kieran Liew at Ontario Junior Provincial Long Cours	
	100 Back	1:18.85	1-Jun-90	Kristen Kursiss	
	200 Back	2:47.90	24-Jun-04	Kieran Liew at Ontario Junior Provincial Long Cours	
	50 Breast	42.92	1-Jun-96	Jacquelyn Craft	
	100 Breast	1:32.12	1-Jun-79	Crystal Drummond	
	200 Breast	3:15.45	1-Jun-90	Kristen Kursiss	
	50 Fly	36.59	1-Jun-94	Shannan Andrews	
	100 Fly	1:21.63	1-Jun-92	Julie Cocks	
	200 Fly	4:11.78	30-Mar-01	Teri Lynch at Victor Davis Memorial Cup II	
	200 IM	2:52.25	1-Jun-90	Kristen Kursiss	
	400 IM	6:14.32	1-Jun-90	Kristen Kursiss	
	200 Free Relay	2:26.72	1-Jun-94	Trent	
	200 Medley Relay	2:44.44	1-Jun-94	Trent	
	11-12	50 Free	29.83	1-Jun-93	Katie Sheridan
		100 Free	1:03.14	1-Jun-93	Katie Sheridan
200 Free		2:17.00	1-Jun-93	Katie Sheridan	
400 Free		4:49.40	1-Jun-90	Lesley Oake	
800 Free		9:49.06	1-Jun-86	Rebecca Sherlock	
1500 Free		19:34.90	1-Jun-86	Rebecca Sherlock	
50 Back		35.05	6-Jul-06	Kieran Liew at 2006 LC JR/SWAD Provincials	
100 Back		1:12.34	1-Jun-90	Lesley Oake	
200 Back		2:34.10	1-Jun-93	Katie Sheridan	
50 Breast		37.27	20-Jul-06	Nickie Kelly at 2006 Canadian Age Group Nationals	
100 Breast		1:17.35	1-Jun-98	Jacquelyn Craft	
200 Breast		2:45.30	1-Jun-98	Jacquelyn Craft	
50 Fly		33.66	1-Jun-94	Julie Cocks	
100 Fly		1:10.92	1-Jun-94	Julie Cocks	
200 Fly		2:34.39	1-Jun-94	Julie Cocks	
200 IM		2:37.08	1-Jun-90	Lesley Oake	
400 IM		5:37.56	1-Jun-94	Julie Cocks	
200 Free Relay		2:04.00	6-Jul-06	C. Pammett, N. Kelly, K. Liew, M. Reed	
400 Free Relay		4:33.81	6-Jul-06	C. Pammett, N. Kelly, K. Liew, M. Reed	
200 Medley Relay		2:18.77	6-Jul-06	K. Liew, N. Kelly, C. Pammett, M. Reed	
400 Medley Relay	5:09.90	7-Jul-05	K. Liew, N. Kelly, J. Gow, C. Pammett		
13-14	50 Free	26.58	3-Jul-08	Cynthia Pammett at 2008 ON LC JR/SWAD Provincials	
	100 Free	59.28	18-Apr-08	Cynthia Pammett at Division 1 Team Championships	
	200 Free	2:09.15	3-Jul-08	Cynthia Pammett at 2008 ON LC JR/SWAD Provincials	
	400 Free	4:31.25	1-Jun-89	J Savege	
	800 Free	9:14.83	1-Jun-88	J Savege	
	1500 Free	17:57.36	2-Jul-88	J Savege	
	50 Back	31.18	16-Jul-08	Cynthia Pammett at 2008 Summer Nationals	
	100 Back	1:04.81	16-Jul-08	Cynthia Pammett at 2008 Summer Nationals	
200 Back	2:21.45	3-Jul-08	Cynthia Pammett at 2008 ON LC JR/SWAD Provincials		

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13-14	50 Breast	36.88	30-Mar-12	HURO	Miranda Stever at Atmosphère olympique vendredi	
	100 Breast	1:17.23	1-Jun-99		J Craft	
	200 Breast	2:43.23	1-Jun-99		J Craft	
	50 Fly	31.74	1-Jul-05		D'Arcy Bowker at 2005 East Coast Championships	
	100 Fly	1:04.96	1-Jun-96		J Cocks	
	200 Fly	2:21.72	1-Jun-96		J Cocks	
	200 IM	2:29.93	1-Jun-88		J Savege	
	400 IM	5:15.77	1-Jun-96		J Cocks	
	200 Free Relay	1:58.54	18-Apr-08		C. Pammett, K. Liew, S. Vaughan, S. Fader	
	400 Free Relay	4:26.53	5-Jul-07		C. Pammett, J. Gow, K. Liew, N. Kelly	
	200 Medley Relay	2:11.25	5-Jul-07		K. Liew, N. Kelly, J. Gow, C. Pammett	
	400 Medley Relay	4:49.90	1-Jun-96		Trent	
15-17	50 Free	26.87	2-Jun-11		Cynthia Pammett at 2011 Age Group International	
	100 Free	57.49	1-Jul-10		Cynthia Pammett at Junior Provincial Long Course Championships	
	200 Free	2:06.58	1-Jul-10		Cynthia Pammett at Junior Provincial Long Course Championships	
	400 Free	4:26.79	1-Jun-89		J Savege	
	800 Free	9:05.26	1-Jun-90		J Savege	
	1500 Free	17:32.53	1-Jun-91		J Savege	
	50 Back	29.90	30-Mar-11		Cynthia Pammett at 2011 World Trials	
	100 Back	1:02.84	28-May-10		Cynthia Pammett at Senior Provincials	
	200 Back	2:16.28	28-Jul-10		Cynthia Pammett at 2010 Summer National Championships	
	50 Breast	33.89	24-Jul-03		Jacquelyn Craft at Eastern Canada Cup 2003	
	100 Breast	1:12.25	31-Jul-03		Jacquelyn Craft at British Youth Championships	
	200 Breast	2:36.55	31-Jul-03		Jacquelyn Craft at British Youth Championships	
	50 Fly	28.78	30-Mar-11		Cynthia Pammett at 2011 World Trials	
	100 Fly	1:03.65	2-Jun-11		Cynthia Pammett at 2011 Age Group International	
	200 Fly	2:26.00	30-Jun-11		Cynthia Pammett at 2011 LC Junior and PARA Provincials	
	200 IM	2:22.06	20-May-11		Cynthia Pammett at INVITATION INTERNATIONALE PPO	
	400 IM	5:12.90	31-Jul-03		Jacquelyn Craft at British Youth Championships	
	200 Free Relay	1:51.66	3-Jul-08		C. Pammett, A. Brown, J. Gow, J. Gow	
	400 Free Relay	4:10.09	3-Jul-08		C. Pammett, J. Gow, J. Gow, A. Brown	
	800 Free Relay	9:55.47	6-Jul-07		M. Wood, Z. Zeiler, T. Ostrander, S. Mitchell-Ewart	
	200 Medley Relay	2:04.34	3-Jul-08		K. Liew, A. Brown, C. Pammett, J. Gow	
	400 Medley Relay	4:35.25	3-Jul-08		C. Pammett, A. Brown, J. Gow, J. Gow	
	18 & O	50 Free	27.26	1-Jan-82		W Lamers
		100 Free	56.47	23-Aug-12	TRENT	Cynthia Pammett at 2012 Jr Pan Pacific Swimming Championships
200 Free		2:07.95	1-Jun-12	IUST IN	Cynthia Pammett at Bucceto's Open	
400 Free		4:50.78	1-Jun-94		S Taylor	
800 Free		9:56.36	1-Jun-82		W Lamers	
50 Back		30.16	19-Jul-12	TRENT	Cynthia Pammett at 2012 Canadian Summer Nationals	
100 Back		1:03.14	23-Aug-12	TRENT	Cynthia Pammett at 2012 Jr Pan Pacific Swimming Championships	
200 Back		2:15.38	23-Aug-12	TRENT	Cynthia Pammett at 2012 Jr Pan Pacific Swimming Championships	
50 Breast		32.72	8-Jul-09		Jacquelyn Craft at 2009 World Championship Trials	
100 Breast		1:10.43	1-Apr-08		Jacquelyn Craft at Essais de natation Beijing Swimming Trials	
200 Breast		2:31.36	1-Apr-08		Jacquelyn Craft at Essais de natation Beijing Swimming Trials	
50 Fly		29.84	1-Jun-12	IUST IN	Cynthia Pammett at Bucceto's Open	
100 Fly		1:04.53	27-Mar-12	TRENT	Cynthia Pammett at 2012 Canadian Olympic & Paralympic Swim Trial	
200 Fly		2:27.22	1-Jun-93		S. Taylor	
200 IM		2:22.03	23-Aug-12	TRENT	Cynthia Pammett at 2012 Jr Pan Pacific Swimming Championships	
400 IM		5:16.52	1-Jun-89		A Perkins	

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18 & O	200 Free Relay	1:58.92	25-Jul-02		J. Craft, D. Demattos, S. Lynch, J. Cocks
	400 Free Relay	4:15.02	19-Jul-07		C. Pammett, Z. Zeiler, J. Gow, M. Wood
	800 Free Relay	9:39.94	29-Jun-06		A. Holek, M. Wood, D. Sheinin, L. McLeod
	200 Medley Relay	2:07.75	5-Aug-04		S. Lynch, R. Gow, J. Craft, K. Kerr
	400 Medley Relay	4:38.42	28-Jun-14	TRENT	C.Pammett, H.Guthrie, M.Stever, M.Stever
Open	50 Free	26.58	3-Jul-08		Cynthia Pammett at 2008 ON LC JR/SWAD Provincials
	100 Free	56.67	23-Aug-12	TRENT	Cynthia Pammett at 2012 Jr Pan Pacific Swimming Championships
	200 Free	2:06.58	1-Jul-10		Cynthia Pammett at Junior Provincial Long Course Championships
	400 Free	4:26.79	1-Jul-89		Jill Savege
	800 Free	9:05.26	1-Aug-90		Jill Savege
	1500 Free	17:32.53	1-Aug-91		Jill Savege
	50 Back	29.90	30-Mar-11		Cynthia Pammett at 2011 World Trials
	100 Back	1:02.84	28-May-10		Cynthia Pammett at Senior Provincials
	200 Back	2:16.28	28-Jul-10		Cynthia Pammett at 2010 Summer National Championships
	50 Breast	33.11	8-Jul-09		Jacquelyn Craft at 2009 World Championship Trials
	100 Breast	1:10.99	1-Apr-08		Jacquelyn Craft at Essais de natation Beijing Swimming Trials
	200 Breast	2:31.93	1-Apr-08		Jacquelyn Craft at Essais de natation Beijing Swimming Trials
	50 Fly	28.78	30-Mar-11		Cynthia Pammett at 2011 World Trials
	100 Fly	1:03.65	2-Jun-11		Cynthia Pammett at 2011 Age Group International
	200 Fly	2:21.72	1-Jul-96		Julie Cocks
	200 IM	2:22.06	20-May-11		Cynthia Pammett at INVITATION INTERNATIONALE PPO
	400 IM	5:12.90	31-Jul-03		Jacquelyn Craft at British Youth Championships
	200 Free Relay	1:51.66	3-Jul-08		C. Pammett, A. Brown, J. Gow, J. Gow
	400 Free Relay	4:10.09	3-Jul-08		C. Pammett, J. Gow, J. Gow, A. Brown
	800 Free Relay	9:39.94	29-Jun-06		A. Holek, M. Wood, D. Sheinin, L. McLeod
	200 Medley Relay	2:04.34	3-Jul-08		K. Liew, A. Brown, C. Pammett, J. Gow
	400 Medley Relay	4:32.01	1-Apr-08		C. Pammett, A. Brown, J. Craft, J. Gow

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RECORDS Team Records

LC Meters-Male

10 & U	50 Free	33.12	1-Jun-91	Bryce Lillico
	100 Free	1:14.64	1-Jun-90	Erik Yuill
	200 Free	2:41.60	1-Jun-94	Bill Cocks
	400 Free	5:43.45	1-Jun-91	Brent Bidgood
	800 Free	0.00	1-Jan-00	
	50 Back	37.80	25-Apr-03	Anthony Liew at 2003 Division II Team Championships
	100 Back	1:21.84	28-Mar-03	Anthony Liew at The PEPSI -Victor Davis Memorial Cup 2003
	200 Back	2:54.46	1-Jun-90	Erik Yuill
	50 Breast	40.96	1-Jun-94	Bill Cocks
	100 Breast	1:30.63	1-Jun-94	Bill Cocks
	200 Breast	3:17.91	10-May-02	Anthony Liew at Festival of Spring Long Course Invitational
	50 Fly	36.11	1-Jun-90	Erik Yuill
	100 Fly	1:22.81	1-Jun-94	Bill Cocks
	200 Fly	3:32.31	28-Mar-03	Anthony Liew at The PEPSI -Victor Davis Memorial Cup 2003
	200 IM	2:57.88	1-Jun-90	Erik Yuill
	400 IM	6:23.94	1-Jun-90	Erik Yuill
	200 Free Relay	2:27.28	1-Jun-90	Trent
	400 Free Relay	5:32.82	1-Jun-90	Trent
	200 Medley Relay	2:43.78	25-Apr-03	A. Liew, B. Harris, K. Malakos, I. Brown
	11-12	50 Free	27.59	20-Apr-01
100 Free		1:00.33	30-Mar-01	Ryan Gow at Victor Davis Memorial Cup II
200 Free		2:14.05	1-Jun-88	C. James
400 Free		4:51.04	1-Jun-88	C. James
800 Free		10:29.44	7-Jul-05	Kori Malakos at 2005 LC Jr. Provincials
1500 Free		19:28.75	1-Jun-98	R Kayser
50 Back		33.33	30-Mar-01	Ryan Gow at Victor Davis Memorial Cup II
100 Back		1:10.44	30-Mar-01	Ryan Gow at Victor Davis Memorial Cup II
200 Back		2:32.03	1-Jun-91	T Boudreau
50 Breast		37.48	1-Jun-94	M Penney
100 Breast		1:20.09	1-Jun-88	C James
200 Breast		2:52.84	1-Jun-94	M Penney
50 Fly		31.06	3-Apr-09	Austin Pammett at The Victor Davis Memorial Cup 2009
100 Fly		1:10.10	8-May-09	Austin Pammett at 2009 Festival of Spring
200 Fly		2:42.66	8-May-09	Austin Pammett at 2009 Festival of Spring
200 IM		2:37.63	1-Jun-94	M Penney
400 IM		5:33.17	7-Jul-05	Kori Malakos at 2005 LC Jr. Provincials
200 Free Relay		2:02.71	22-Apr-05	A. Liew, K. Malakos, B. Harris, D. Laing
400 Free Relay		0.00	1-Jan-00	
200 Medley Relay		2:17.94	22-Apr-05	K. Malakos, A. Liew, I. Brown, B. Harris
400 Medley Relay	0.00	1-Jan-00		
13-14	50 Free	25.59	24-Jul-02	Ryan Gow at Eastern Canada Cup 2002
	100 Free	55.55	1-Jun-90	C James
	200 Free	2:01.02	1-Jun-90	C James
	400 Free	4:23.56	24-Jul-02	Ryan Gow at Eastern Canada Cup 2002
	800 Free	9:22.09	10-May-02	Ryan Gow
	1500 Free	17:23.60	1-Jun-89	D Murphy
	50 Back	31.22	5-Apr-02	Ryan Gow at Ajax Sprint Invitational 2002
100 Back	1:02.40	1-Jun-90	K Goode	

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13-14	200 Back	2:13.54	1-Jun-88	M Adams
	50 Breast	33.57	2-Jun-05	Tyler Harris at 2005 Age Group International
	100 Breast	1:12.43	1-Jun-98	B Cocks
	200 Breast	2:36.69	1-Jun-98	B Cocks
	50 Fly	28.10	19-Jul-07	Kori Malakos at 2007 Canadian Age Group Nationals
	100 Fly	1:01.88	19-Jul-07	Kori Malakos at 2007 Canadian Age Group Nationals
	200 Fly	2:20.30	5-Jul-07	Kori Malakos at 2007 LC JR/SWAD Provincials
	200 IM	2:15.37	1-Jun-90	C James
	400 IM	4:56.27	1-Jun-90	K Goode
	200 Free Relay	1:46.12	1-Jun-97	Trent
	400 Free Relay	4:09.14	1-Jun-90	Trent
	200 Medley Relay	2:00.28	1-Jun-89	Trent
	400 Medley Relay	4:49.85	21-Jul-05	A. Liew, T. Harris, K. Malakos, D. Dwyer
15-17	50 Free	23.79	1-Jun-99	M Rose
	100 Free	52.19	8-Aug-05	Ryan Gow at Jeux du Canada Games
	200 Free	1:57.14	10-May-05	Ryan Gow at 2005 Canadian World Championship Trials
	400 Free	4:11.31	1-Jun-91	D Murphy
	800 Free	8:49.49	1-Jun-91	D Murphy
	1500 Free	16:30.03	1-Jun-91	D Murphy
	50 Back	27.61	20-Jul-06	Zack Zeiler at 2006 Canadian Age Group Nationals
	100 Back	59.57	1-Jun-99	M Rose
	200 Back	2:09.20	1-Jun-90	M Adams
	50 Breast	31.13	15-Jul-09	Ian Brown at Championnats canadiens groupe
	100 Breast	1:09.76	1-Jun-98	C DeStefano
	200 Breast	2:29.84	1-Jun-98	C DeStefano
	50 Fly	26.62	5-Aug-01	Bill Cocks at 2001 Summer National Championships
	100 Fly	57.53	5-Aug-01	Bill Cocks at 2001 Summer National Championships
	200 Fly	2:12.79	21-Jul-10	KORI MALAKOS at Greek Youth National Championship
	200 IM	2:13.01	1-Jun-96	A Slot
	400 IM	4:51.85	1-Jun-93	C James
	200 Free Relay	1:42.68	18-Apr-09	K. Malakos, D. Dwyer, D. Laing, M. Illes
	400 Free Relay	3:50.26	2-Jul-09	M. Illes, D. DWYER, I. BROWN, J. Liska Guzman
	800 Free Relay	8:38.61	1-Jun-93	Trent
	200 Medley Relay	1:54.48	19-Apr-09	D. Dwyer, I. Brown, K. Malakos, D. Laing
	400 Medley Relay	4:14.91	6-Jul-06	Z. Zeiler, T. Harris, K. Malakos, A. Davis
18 & O	50 Free	22.42	6-Jul-04	Matt Rose at 2004 Canadian Olympic Trials
	100 Free	50.14	24-Nov-05	Matt Rose at 2005 Canadian Commonwealth Games Trials
	200 Free	1:55.69	6-Jul-04	Bill Cocks at 2004 Canadian Olympic Trials
	400 Free	4:05.51	21-Jul-05	Elliot Burger at 2005 Canadian Long Course Club Nationals
	800 Free	8:41.98	26-Jun-03	Elliot Burger at 2003 World Championship & PanAm Games Trials
	1500 Free	16:30.05	6-Jul-04	Elliot Burger at 2004 Canadian Olympic Trials
	50 Back	25.92	21-Jul-05	Matt Rose at 2005 Canadian Long Course Club Nationals
	100 Back	55.32	6-Jul-04	Matt Rose at 2004 Canadian Olympic Trials
	200 Back	2:08.47	1-Jun-92	J Wray
	50 Breast	29.79	5-Aug-01	Matt Rose at 2001 Summer National Championships
	100 Breast	1:05.85	1-Jun-92	B Ellery
	200 Breast	2:22.51	1-Jun-92	B Ellery
	50 Fly	25.22	6-Aug-02	Matt Rose at 2002 Canadian Summer Nationals
	100 Fly	55.74	1-Apr-08	Scott Farrow at Essais de natation Beijing Swimming Trials
	200 Fly	2:06.79	6-Jul-04	Bill Cocks at 2004 Canadian Olympic Trials

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18 & O	200 IM	2:09.93	1-Jun-92	B Ellery
	400 IM	4:30.20	1-Jun-92	B Ellery
	200 Free Relay	1:36.27	25-Jul-01	A. Maszko, M. Rose, B. Cocks, S. Dwyer
	400 Free Relay	3:31.60	5-Aug-02	B. Cocks, E. Burger, A. Maszko, R. Gow
	800 Free Relay	8:28.37	1-Jun-00	A. Maszko, B. Cocks, E. Burger, M. Rose
	200 Medley Relay	1:46.07	5-Aug-04	A. Maszko, B. Cocks, A. Babaris, R. Gow
	400 Medley Relay	3:57.75	10-Aug-02	M. Rose, B. Cocks, A. Babaris, A. Maszko
Open	50 Free	22.42	6-Jul-04	Matt Rose at 2004 Canadian Olympic Trials
	100 Free	50.14	24-Nov-05	Matt Rose at 2005 Canadian Commonwealth Games Trials
	200 Free	1:55.69	6-Jul-04	Bill Cocks at 2004 Canadian Olympic Trials
	400 Free	4:05.51	21-Jul-05	Elliot Burger at 2005 Canadian Long Course Club Nationals
	800 Free	8:41.98	26-Jun-03	Elliot Burger at 2003 World Championship & PanAm Games Trials
	1500 Free	16:30.03	1-May-91	Darren Murphy
	50 Back	25.92	21-Jul-05	Matt Rose at 2005 Canadian Long Course Club Nationals
	100 Back	55.32	6-Jul-04	Matt Rose at 2004 Canadian Olympic Trials
	200 Back	2:08.47	1-May-92	Jamie Wray
	50 Breast	29.79	5-Aug-01	Matt Rose
	100 Breast	1:05.85	1-May-92	Brent Ellery
	200 Breast	2:22.51	1-May-92	Brent Ellery
	50 Fly	25.22	6-Aug-02	Matt Rose
	100 Fly	55.74	1-Apr-08	Scott Farrow at Essais de natation Beijing Swimming Trials
	200 Fly	2:06.79	6-Jul-04	Bill Cocks at 2004 Canadian Olympic Trials
	200 IM	2:09.93	1-May-92	Brent Ellery
	400 IM	4:30.20	1-May-92	Brent Ellery
	200 Free Relay	1:36.27	26-Jul-01	A. Maszko, M. Rose, B. Cocks, S. Dwyer
	400 Free Relay	3:28.42	21-Jul-05	E. Burger, M. Rose, R. Gow, B. Cocks
	800 Free Relay	8:12.77	1-Apr-08	D. Dwyer, R. Gow, Z. Zeiler, S. Farrow
	200 Medley Relay	1:45.53	21-Jul-05	M. Rose, B. Cocks, S. Farrow, R. Gow
	400 Medley Relay	3:53.39	21-Jul-05	M. Rose, B. Cocks, S. Farrow, R. Gow