

Summary top performances (based on FINA Points 2024)

1.	DUNHAM, Aysiah	06	APSC	50m Backstroke	Final	30.69	670 Pts.	17 Mar 23	Calgary
2.	DUNHAM, Aysiah	06	APSC	100m Backstroke	Prelim	1:07.57	610 Pts.	3 Mar 23	Edmonton
3.	DUNHAM, Aysiah	06	APSC	200m Backstroke	Final	2:28.33	572 Pts.	29 Jul 22	Calgary
4.	DUNHAM, Aysiah	06	APSC	100m Freestyle	Prelim	1:02.59	563 Pts.	3 Jun 23	Calgary
5.	PHILLIPS, Ava	10	APSC	100m Breaststroke	Final	1:17.96	556 Pts.	4 Jul 24	Edmonton
6.	DUNHAM, Aysiah	06	APSC	50m Freestyle	Final	28.72	555 Pts.	2 Jun 23	Calgary
7.	PHILLIPS, Ava	10	APSC	50m Breaststroke	Final	35.52	553 Pts.	8 Mar 24	Calgary
8.	DUNHAM, Aysiah	06	APSC	200m Freestyle	Timed Final	2:17.84	548 Pts.	20 Apr 24	Calgary
9.	DUNHAM, Aysiah	06	APSC	200m Medley	Prelim	2:37.43	514 Pts.	4 Mar 23	Edmonton
10.	DUNHAM, Aysiah	06	APSC	50m Butterfly	Prelim	30.60	508 Pts.	28 May 23	Medicine Hat
11.	PHILLIPS, Ava	10	APSC	50m Freestyle	Prelim	29.70	502 Pts.	31 May 24	Calgary
12.	PHILLIPS, Ava	10	APSC	200m Breaststroke	Prelim	2:54.26	491 Pts.	5 Jul 24	Edmonton
13.	FAST, Madison	08	APSC	50m Freestyle	Prelim	29.93	490 Pts.	31 May 24	Calgary
14.	PHILLIPS, Ava	10	APSC	200m Medley	Final	2:41.10	479 Pts.	7 Jul 24	Edmonton
15.	PHILLIPS, Ava	10	APSC	200m Freestyle	Final	2:24.70	474 Pts.	2 Jun 24	Calgary
16.	PHILLIPS, Ava	10	APSC	100m Freestyle	Prelim	1:06.51	469 Pts.	1 Jun 24	Calgary
17.	Airdrie Phoenix Swim Club		APSC	4 x 50m Medley	Final	2:16.18	466 Pts.	3 Jun 23	Calgary
18.	CARDENAS, Marianne	10	APSC	50m Freestyle	Timed Final	30.46	465 Pts.	19 Apr 24	Calgary
19.	FAST, Madison	08	APSC	50m Butterfly	Prelim	31.55	464 Pts.	31 May 24	Calgary
20.	DUNHAM, Aysiah	06	APSC	50m Breaststroke	Prelim	37.67	463 Pts.	3 Feb 24	Edmonton
21.	CARDENAS, Marianne	10	APSC	50m Backstroke	Final	34.89	456 Pts.	5 Jul 24	Edmonton
22.	DUNHAM, Aysiah	06	APSC	400m Freestyle	Timed Final	5:06.28	453 Pts.	20 Apr 24	Calgary
23.	FAST, Madison	08	APSC	100m Freestyle	Prelim	1:07.45	450 Pts.	5 Jul 24	Edmonton
24.	Airdrie Phoenix Swim Club		APSC	4 x 50m Freestyle	Final	2:04.36	450 Pts.	2 Jun 23	Calgary
25.	Airdrie Phoenix Swim Club		APSC	4 x 50m Freestyle	Final	2:04.88	444 Pts.	31 May 24	Calgary

50m Freestyle

DUNHAM, Aysiah	06	APSC	28.72	Jun 23	Calgary
PHILLIPS, Ava	10	APSC	29.70	May 24	Calgary
FAST, Madison	08	APSC	29.93	May 24	Calgary
CARDENAS, Marianne	10	APSC	30.46	Apr 24	Calgary
DEMERS COOK, K.	10	APSC	31.90	Apr 24	Calgary
ASTROM, Lauren	06	APSC	32.18	May 22	Medicine Hat
LEE, Zalia	06	APSC	32.66	Jun 23	Red Deer
MANNING, Camryn	06	APSC	32.70	Feb 20	Calgary
PARK, Sophie	11	APSC	32.87	May 24	Calgary
CARMAN, Eva	10	APSC	33.08	Jul 23	Edmonton

200m Freestyle

DUNHAM, Aysiah	06	APSC	2:17.84	Apr 24	Calgary
PHILLIPS, Ava	10	APSC	2:24.70	Jun 24	Calgary
FAST, Madison	08	APSC	2:33.16	Jul 24	Edmonton
CARDENAS, Marianne	10	APSC	2:36.80	Apr 24	Calgary
MCKEOWN, Molly	07	APSC	2:40.86	May 23	Medicine Hat
CLARK, Aiva	08	APSC	2:41.25	Jun 24	Red Deer
DEMERS COOK, K.	10	APSC	2:44.11	May 24	Calgary
PARK, Sophie	11	APSC	2:45.36	Jun 24	Calgary
ASTROM, Lauren	06	APSC	2:46.94	Jun 22	Red Deer
LEE, Zalia	06	APSC	2:49.89	Jun 23	Red Deer

800m Freestyle

PHILLIPS, Ava	10	APSC	10:53.07	May 24	Calgary
MCKEOWN, Molly	07	APSC	12:19.02	May 23	Medicine Hat
PARK, Sophie	11	APSC	12:58.77	May 24	Calgary
WICKENS, Jade	07	APSC	13:02.46	May 23	Medicine Hat

100m Freestyle

DUNHAM, Aysiah	06	APSC	1:02.59	Jun 23	Calgary
PHILLIPS, Ava	10	APSC	1:06.51	Jun 24	Calgary
FAST, Madison	08	APSC	1:07.45	Jul 24	Edmonton
CARDENAS, Marianne	10	APSC	1:09.34	Apr 24	Calgary
CLARK, Aiva	08	APSC	1:11.59	May 24	Calgary
CARMAN, Eva	10	APSC	1:11.95	Feb 24	Edmonton
DEMERS COOK, K.	10	APSC	1:12.57	May 24	Calgary
LEE, Zalia	06	APSC	1:13.32	Jun 24	Red Deer
ASTROM, Lauren	06	APSC	1:13.41	Jun 22	Red Deer
MANNING, Camryn	06	APSC	1:14.17	Feb 20	Calgary

400m Freestyle

DUNHAM, Aysiah	06	APSC	5:06.28	Apr 24	Calgary
PHILLIPS, Ava	10	APSC	5:09.12	Jul 24	Edmonton
FAST, Madison	08	APSC	5:32.94	Apr 24	Calgary
CARDENAS, Marianne	10	APSC	5:40.92	Apr 24	Calgary
CLARK, Aiva	08	APSC	5:41.68	Apr 24	Calgary
MCKEOWN, Molly	07	APSC	5:51.12	Jun 23	Red Deer
ASTROM, Lauren	06	APSC	6:02.08	Jun 22	Red Deer
WICKENS, Jade	07	APSC	6:03.57	Apr 24	Calgary
KLESKEN, Taya	06	APSC	6:05.11	Jun 23	Red Deer
WATSON, Mikayla	07	APSC	6:07.40	Apr 24	Calgary

1500m Freestyle

WICKENS, Jade	07	APSC	24:44.19	May 23	Medicine Hat
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Airdrie Phoenix Swim Club Women

Top Ten Rankings

Long Course (50m) Alltime

50m Backstroke

DUNHAM, Aysiah	06	APSC	30.69	Mar 23	Calgary
CARDENAS, Marianne	10	APSC	34.89	Jul 24	Edmonton
FAST, Madison	08	APSC	35.38	Jul 24	Edmonton
PHILLIPS, Ava	10	APSC	36.44	May 24	Calgary
ASTROM, Lauren	06	APSC	37.15	May 22	Medicine Hat
WATSON, Mikayla	07	APSC	38.11	Apr 24	Calgary
DEMERS COOK, K.	10	APSC	38.17	May 24	Calgary
CLARK, Aiva	08	APSC	38.34	May 24	Calgary
WICKENS, Jade	07	APSC	38.47	May 23	Medicine Hat
WARD, Emma	10	APSC	39.43	May 24	Calgary

100m Backstroke

DUNHAM, Aysiah	06	APSC	1:07.57	Mar 23	Edmonton
CARDENAS, Marianne	10	APSC	1:16.30	Apr 24	Calgary
FAST, Madison	08	APSC	1:19.05	Apr 24	Calgary
PHILLIPS, Ava	10	APSC	1:20.22	Jul 23	Edmonton
ASTROM, Lauren	06	APSC	1:22.28	May 22	Medicine Hat
DEMERS COOK, K.	10	APSC	1:23.43	May 24	Calgary
WATSON, Mikayla	07	APSC	1:23.53	Apr 24	Calgary
CLARK, Aiva	08	APSC	1:23.96	Apr 24	Calgary
WICKENS, Jade	07	APSC	1:24.14	Jun 22	Red Deer
WARD, Emma	10	APSC	1:26.49	May 24	Calgary

200m Backstroke

DUNHAM, Aysiah	06	APSC	2:28.33	Jul 22	Calgary
CARDENAS, Marianne	10	APSC	2:47.48	May 24	Calgary
PHILLIPS, Ava	10	APSC	2:51.48	May 24	Calgary
CLARK, Aiva	08	APSC	2:56.27	May 24	Calgary
WICKENS, Jade	07	APSC	2:59.36	May 24	Calgary
WARD, Emma	10	APSC	3:00.94	May 24	Calgary
WATSON, Mikayla	07	APSC	3:04.69	Jun 23	Red Deer
FAST, Madison	08	APSC	3:04.93	May 23	Medicine Hat
TAPIA, Bianca	07	APSC	3:12.38	May 24	Calgary
PARK, Sophie	11	APSC	3:14.54	Apr 24	Calgary

50m Butterfly

DUNHAM, Aysiah	06	APSC	30.60	May 23	Medicine Hat
FAST, Madison	08	APSC	31.55	May 24	Calgary
PHILLIPS, Ava	10	APSC	33.22	May 24	Calgary
DEMERS COOK, K.	10	APSC	34.84	May 24	Calgary
CARMAN, Eva	10	APSC	35.75	Jul 23	Calgary
ASTROM, Lauren	06	APSC	35.89	May 22	Medicine Hat
PARK, Sophie	11	APSC	35.91	May 24	Calgary
WATSON, Mikayla	07	APSC	36.16	Apr 24	Calgary
LEE, Zalia	06	APSC	38.05	Jun 24	Red Deer
CARDENAS, Marianne	10	APSC	38.15	Jun 24	Red Deer

100m Butterfly

FAST, Madison	08	APSC	1:14.08	Jul 24	Edmonton
DUNHAM, Aysiah	06	APSC	1:20.94	Jun 22	Red Deer
HEBERT, Alyssa	05	APSC	1:22.53	Jul 24	Edmonton
PHILLIPS, Ava	10	APSC	1:22.60	Jun 24	Calgary
JONES, Sadie	08	APSC	1:26.90	May 24	Calgary
LEE, Zalia	06	APSC	1:27.84	Jun 23	Red Deer
DEMERS COOK, K.	10	APSC	1:31.53	Apr 24	Calgary
WATSON, Mikayla	07	APSC	1:32.10	Apr 24	Calgary
WICKENS, Jade	07	APSC	1:32.67	Apr 24	Calgary
CARMAN, Eva	10	APSC	1:32.70	Jun 23	Red Deer

200m Butterfly

DUNHAM, Aysiah	06	APSC	3:04.88	Jun 23	Red Deer
FAST, Madison	08	APSC	3:13.54	Apr 24	Calgary
PHILLIPS, Ava	10	APSC	3:14.47	Jun 24	Red Deer

50m Breaststroke

PHILLIPS, Ava	10	APSC	35.52	Mar 24	Calgary
DUNHAM, Aysiah	06	APSC	37.67	Feb 24	Edmonton
CARMAN, Eva	10	APSC	40.79	Feb 24	Edmonton
MANNING, Camryn	06	APSC	42.39	Feb 20	Calgary
JONES, Sadie	08	APSC	43.55	Apr 24	Calgary
FEDUN, Ashley	08	APSC	43.67	Apr 24	Calgary
LEE, Zalia	06	APSC	44.48	Jun 24	Red Deer
LEE, Olivia	10	APSC	45.48	Jun 24	Red Deer
WICKENS, Jade	07	APSC	45.76	Apr 24	Calgary
QUASHIE, Kira	08	APSC	47.22	May 23	Medicine Hat

100m Breaststroke

PHILLIPS, Ava	10	APSC	1:17.96	Jul 24	Edmonton
DUNHAM, Aysiah	06	APSC	1:25.18	Mar 23	Edmonton
CARMAN, Eva	10	APSC	1:31.30	Jul 23	Calgary
MANNING, Camryn	06	APSC	1:34.76	Feb 20	Calgary
JONES, Sadie	08	APSC	1:36.80	Apr 24	Calgary
WICKENS, Jade	07	APSC	1:38.21	May 23	Medicine Hat
FEDUN, Ashley	08	APSC	1:40.62	May 24	Calgary
LEE, Zalia	06	APSC	1:41.41	Jun 23	Red Deer
CLARK, Aiva	08	APSC	1:42.34	Jun 24	Red Deer
MCKEOWN, Molly	07	APSC	1:42.51	May 23	Medicine Hat

200m Breaststroke

PHILLIPS, Ava	10	APSC	2:54.26	Jul 24	Edmonton
DUNHAM, Aysiah	06	APSC	3:06.68	May 24	Calgary
CARMAN, Eva	10	APSC	3:13.02	Jul 23	Calgary
WICKENS, Jade	07	APSC	3:28.17	Apr 24	Calgary
MANNING, Camryn	06	APSC	3:28.36	Feb 20	Calgary
JONES, Sadie	08	APSC	3:31.09	May 23	Medicine Hat
FEDUN, Ashley	08	APSC	3:35.78	Jun 24	Red Deer
LEE, Zalia	06	APSC	3:38.47	Jun 24	Red Deer
LEE, Olivia	10	APSC	3:46.48	Jun 24	Red Deer
QUASHIE, Kira	08	APSC	3:49.86	May 23	Medicine Hat

200m Medley

DUNHAM, Aysiah	06	APSC	2:37.43	Mar 23	Edmonton
PHILLIPS, Ava	10	APSC	2:41.10	Jul 24	Edmonton
FAST, Madison	08	APSC	3:01.99	May 24	Calgary
CARMAN, Eva	10	APSC	3:02.45	Jul 23	Edmonton
WICKENS, Jade	07	APSC	3:07.07	Jun 23	Red Deer
ASTROM, Lauren	06	APSC	3:09.08	May 22	Medicine Hat
DEMERS COOK, K.	10	APSC	3:09.09	Apr 24	Calgary
LEE, Zalia	06	APSC	3:09.42	Jun 23	Red Deer
CARDENAS, Marianne	10	APSC	3:10.50	Jun 24	Red Deer
CLARK, Aiva	08	APSC	3:10.90	Jun 24	Red Deer

400m Medley

DUNHAM, Aysiah	06	APSC	5:51.46	May 23	Medicine Hat
PHILLIPS, Ava	10	APSC	5:59.09	Jul 23	Edmonton
FAST, Madison	08	APSC	6:31.83	Apr 24	Calgary
CARDENAS, Marianne	10	APSC	6:36.08	Apr 24	Calgary
CLARK, Aiva	08	APSC	6:44.62	Apr 24	Calgary
WICKENS, Jade	07	APSC	6:49.52	Apr 24	Calgary
JONES, Sadie	08	APSC	7:01.59	Apr 24	Calgary
WATSON, Mikayla	07	APSC	7:02.41	Apr 24	Calgary

5000m Freestyle

Airdrie Phoenix Swim Club

Women

Top Ten Rankings

Long Course (50m)
Alltime

4 x 50m Freestyle

Airdrie Phoenix Swim Club	APSC	2:04.36	Jun 23	Calgary	Dunham, Aysiah / Cardenas, Marianne / Phillips, Ava / Fast, Madison
Airdrie Phoenix Swim Club	APSC	2:04.88	May 24	Calgary	Phillips, Ava / Cardenas, Marianne / Demers Cook, Kayleen / Park, Sophie
Airdrie Phoenix Swim Club	APSC	2:05.21	Jul 24	Edmonton	Phillips, Ava / Demers Cook, Kayleen / Park, Sophie / Cardenas, Marianne
Airdrie Phoenix Swim Club	APSC	2:11.42	May 23	Medicine Hat	Watson, Mikayla / Wickens, Jade / Dunham, Aysiah / McKeown, Molly
Airdrie Phoenix Swim Club	APSC	2:12.06	May 22	Medicine Hat	Dunham, Aysiah / Astrom, Lauren / Wickens, Jade / McKeown, Molly
Airdrie Phoenix Swim Club	APSC	2:15.19	Jul 23	Calgary	Phillips, Ava / Da Silva-Spence, Sian / Carman, Eva / Cardenas, Marianne
Airdrie Phoenix Swim Club	APSC	2:20.83	May 23	Medicine Hat	Carman, Eva / Ward, Emma / Quashie, Kira / Fast, Madison
Airdrie Phoenix Swim Club	APSC	2:21.81	May 23	Medicine Hat	Cardenas, Marianne / Park, Sophie / Demers Cook, Kayleen / Phillips, Ava
Airdrie Phoenix Swim Club	APSC	2:27.06	May 22	Medicine Hat	Jones, Sadie / Tweten, Lili / McKeown, Molly / Tapia, Bianca
Airdrie Phoenix Swim Club	APSC	2:33.79	May 22	Medicine Hat	Carman, Eva / Ward, Emma / Cardenas, Marianne / Phillips, Ava

4 x 100m Freestyle

4 x 200m Freestyle

4 x 50m Medley

Airdrie Phoenix Swim Club	APSC	2:16.18	Jun 23	Calgary	Dunham, Aysiah / Phillips, Ava / Fast, Madison / Cardenas, Marianne
Airdrie Phoenix Swim Club	APSC	2:19.57	Jul 24	Edmonton	Cardenas, Marianne / Phillips, Ava / Demers Cook, Kayleen / Park, Sophie
Airdrie Phoenix Swim Club	APSC	2:21.41	Jun 24	Calgary	Cardenas, Marianne / Phillips, Ava / Demers Cook, Kayleen / Park, Sophie
Airdrie Phoenix Swim Club	APSC	2:26.41	May 22	Medicine Hat	Dunham, Aysiah / Phillips, Ava / Astrom, Lauren / Wickens, Jade
Airdrie Phoenix Swim Club	APSC	2:29.37	May 23	Medicine Hat	Watson, Mikayla / Wickens, Jade / Dunham, Aysiah / McKeown, Molly
Airdrie Phoenix Swim Club	APSC	2:38.40	May 23	Medicine Hat	Ward, Emma / Quashie, Kira / Fast, Madison / Carman, Eva
Airdrie Phoenix Swim Club	APSC	2:50.78	May 23	Medicine Hat	Cardenas, Marianne / Phillips, Ava / Demers Cook, Kayleen / Park, Sophie
Airdrie Phoenix Swim Club	APSC	2:55.85	May 22	Medicine Hat	Ward, Emma / Carman, Eva / Phillips, Ava / Cardenas, Marianne
Airdrie Phoenix Swim Club	APSC	2:59.34	May 22	Medicine Hat	Jones, Sadie / McKeown, Molly / Tweten, Lili / Tapia, Bianca

4 x 100m Medley

50m Freestyle Lap

CARDENAS, Marianne	10	APSC	30.42	May 24	Calgary
PHILLIPS, Ava	10	APSC	31.52	May 23	Medicine Hat
ASTROM, Lauren	06	APSC	31.61	May 22	Medicine Hat
CARMAN, Eva	10	APSC	32.47	Jul 23	Calgary
FAST, Madison	08	APSC	32.63	Jun 23	Calgary
MCKEOWN, Molly	07	APSC	33.22	May 23	Medicine Hat
PARK, Sophie	11	APSC	33.45	Jun 24	Calgary
WICKENS, Jade	07	APSC	33.84	May 22	Medicine Hat
QUASHIE, Kira	08	APSC	33.91	May 23	Medicine Hat
TWETEN, Lili	07	APSC	35.53	May 22	Medicine Hat

100m Freestyle Lap