

Cascade Swim Club		ALBERTA PROVINCIAL RECORD				CASCADE SWIM CLUB LONG COURSE RECORDS			
Club Records		CANADIAN NATIONAL RECORD							
Girls		BROKEN 2013-2014 SEASON							
Event	10 & Under	11 & 12	13 & 14	15 to 17	Open				
50 Free	:30.17 2009 Shayla Pogony	:28.31 2011 Shayla Pogony	:26.98 1979 Gabrielle Sponheimer	0:26.41 2009 Sarah Sumner	:26.00 2007 Seanna Mitchell				
100 Free	1:05.83 2009 Shayla Pogony	1:01.35 2011 Shayla Pogony	:59.64 2012 Taryn Pratt	0:57.11 2010 Sarah Sumner	0:56.31 2007 Sarah Sumner				
200 Free	2:18.82 2009 Shayla Pogony	2:11.32 2011 Shayla Pogony	2:06.38 2012 Taryn Pratt	2:03.58 2010 Sarah Sumner	2:03.45 2014 Brooklynn Snodgrass				
400 Free	4:48.56 2009 Shayla Pogony	4:34.38 2010 Shayla Pogony	4:20.81 2009 Tyra Rooney	4:19.93 2012 Tyra Rooney	4:19.93 2012 Tyra Rooney				
800 Free	11:51.01 2008 Shayla Pogony	9:26.87 2011 Taryn Pratt	8:53.61 2009 Tyra Rooney	8:54.39 2012 Tyra Rooney	8:53.61 2009 Tyra Rooney				
1500 Free		18:23.70 1998 Haley Doody	17:01.74 2009 Tyra Rooney	17:06.80 2011 Tyra Rooney	17:01.74 2009 Tyra Rooney				
50 Back	:35.56 2009 Shayla Pogony	:32.62 2002 Brittany Ozar	:29.47 2013 Ingrid Wilm	:28.71 2015 Ingrid Wilm	:27.97 2014 Brooklynn Snodgrass				
100 Back	1:15.08 2009 Shayla Pogony	1:10.39 2002 Brittany Ozar	1:03.53 2013 Ingrid Wilm	1:01.67 2015 Ingrid Wilm	1:00.23 2014 Brooklynn Snodgrass				
200 Back	2:36.61 2009 Shayla Pogony	2:28.43 1997 Evangeline Blais	2:17.69 2013 Ingrid Wilm	2:14.03 2010 Brooklynn Snodgrass	2:09.76 2014 Brooklynn Snodgrass				
50 Breast	:41.51 2000 Tara Hahto	:37.24 2002 Tara Hahto	:34.21 2012 Emily Wagner	:33.06 2005 Jillian Tyler	:31.55 2012 Jillian Tyler				
100 Breast	1:29.28 2000 Tara Hahto	1:19.04 1984 Susan Melcom	1:13.74 2012 Emily Wagner	1:10.19 2004 Jillian Tyler	1:07.18 2012 Jillian Tyler				
200 Breast	3:18.99 2013 Isabelle Roth	2:49.73 2004 Shelbi Snodgrass	2:36.11 2012 Emily Wagner	2:33.01 2006 Jillian Tyler	2:27.57 2012 Jillian Tyler				
50 Fly	:31.85 2009 Shayla Pogony	:30.30 2011 Shayla Pogony	:28.98 2003 Jillian Tyler	:28.25 2005 Jillian Tyler	:28.25 2005 Jillian Tyler				
100 Fly	1:10.58 2009 Shayla Pogony	1:08.94 2011 Shayla Pogony	1:04.19 1996 Sara Stanbury	1:02.22 2000 Michaela Schmidt	1:01.52 2012 Jessica Johnson				
200 Fly	2:38.70 2009 Shayla Pogony	2:29.78 1988 Lori Eshorn	2:22.41 1989 Lori Eshorn	2:17.00 2000 Michaela Schmidt	2:15.06 2012 Jessica Johnson				
200 IM	2:43.77 2009 Shayla Pogony	2:33.90 1988 Samantha Stevenson	2:27.19 2003 Jillian Tyler	2:20.24 2009 Brooklynn Snodgrass	2:17.40 2011 Jessica Johnson				
400 IM	6:16.92 2001 Brittany Ozar	5:26.14 2007 Madison Mackley	5:05.68 1984 Serena Copercane	4:57.32 2011 Brooklynn Snodgrass	4:57.32 2011 Brooklynn Snodgrass				
4x50 Free Relay	2:21.18 1997 Cascade	1:58.68 2001 Wardale/Ozar/Mackley/SnodgrassB	1:53.27 2013 Hedley/Bergen/Wilm/Zhao	1:48.75 2015 Bergen / Wilm / Kaluznick / Pratt	1:48.75 2015 Bergen / Wilm / Kaluznick / Pratt				
4x100 Free Relay		4:22.60 2001 Cascade	4:12.11 2013 Pratt/Wilm/Sklac/Anderson	3:57.35 2015 Bergen / Pratt / Wilm / Kaluznick	3:53.89 2007 Beninger/Starratt/Johnson/Mitchell				
4x200 Free Relay		9:45.55 2006 Snodgrass/Bayne/Mackley/Whitaker	9:14.70 2007 Sproule/SnodgrassB/SnodgrassR/Chowanetz	8:23.60 2010 Sproule, Sumner, BSnodgrass, Rooney	8:23.60 2010 Sproule, Sumner, BSnodgrass, Rooney				
4x50 Medley Relay	2:32.72 2000 Ozar/Hahto/Uhrich/Carlsen	2:14.19 2001 Wardale/Hahto/Sayles/Ozar	2:06.02 2013 Pratt/Reichert/Wong/Hedley	2:00.30 2015 Wilm / Kolaric / Pratt / Bergen	2:00.30 2015 Wilm / Kolaric / Pratt / Bergen				
4x100 Medley Relay		5:07.93 2006 SnodgrassB/Mills/Whitaker/Bayne	4:40.77 2013 Wilm/Reichert/Wong/Bergen	4:22.91 2015 Wilm / Kolaric / Pratt / Bergen	4:13.51 2013 SnodgrassB/Pasloski/Nesbitt/Sproule				
Cascade Swim Club									
Club Records									
Boys									
Event	11 & 12	13 & 14	15 to 17	Open					
50 Free	:30.90 2014 Adam Connell	:26.80 1992 Garrett Mitchell	:25.05 2010 Scott McGillivray	:22.81 2013 Yuri Kisil	:22.52 2015 Yuri Kisil				
100 Free	1:08.11 2014 Adam Connell	:58.85 2004 James Kendrick	:54.16 2010 Scott McGillivray	:50.68 2009 Karl Wolk	:49.23 2015 Yuri Kisil				
200 Free	2:28.80 1999 Graham Doody	2:07.94 2004 James Kendrick	1:56.75 2010 Anthony Lyons	1:50.37 2009 Karl Wolk	1:49.01 2011 Chad Bobrosky				
400 Free	5:21.68 1999 Graham Doody	4:33.94 2009 Connor Bayne	4:13.22 1988 Curtis Myden	3:54.43 2010 Chad Bobrosky	3:51.46 2011 Chad Bobrosky				
800 Free	11:39.22 2013 Cole Pratt	9:40.00 2013 Alexander Kotelnikoff	8:50.17 2011 Connor Bayne	8:09.59 2009 Chad Bobrosky	8:09.59 2009 Chad Bobrosky				
1500 Free	23:01.99 2013 Cole Pratt	18:01.02 1980 Sean Gallagher	16:51.83 2014 Adrian Szentmiklossy	15:50.04 2009 Chad Bobrosky	15:25.79 2013 Sean Penhale				
50 Back	:36.12 2006 Anthony Lyons	:30.41 2014 Stephen Hou	:28.05 2015 Rhys Marlatt	:27.14 2011 Russell Wood	:25.69 2014 Russell Wood				
100 Back	1:16.36 2005 Russell Wood	1:06.07 1992 Garrett Mitchell	1:01.02 2015 Rhys Marlatt	:57.12 2011 Russell Wood	:54.71 2014 Russell Wood				
200 Back	2:26.42 2005 Russell Wood	2:25.80 2014 Stephen Hou	2:09.93 2009 Adam Maybury	2:03.02 2009 Karl Wolk	1:59.50 2014 Russell Wood				
50 Breast	:41.96 2000 Adam Driedger	:34.30 2000 Rodale Estor	:31.99 2010 Josiah Butt	:30.83 2014 Josh Smigel	:31.33 2009 Daniel Blattler				
100 Breast	1:30.50 1999 Cam Kochorek	1:15.02 2000 Rodale Estor	1:10.09 2012 Lucas Graboski	1:05.72 2009 Christopher Dalen	1:06.21 2006 Adam Szoo				
200 Breast	3:20.25 1999 Adam Kautz	2:43.82 2000 Rodale Estor	2:30.41 2010 Josiah Butt	2:21.24 2009 Christopher Dalen	2:21.24 2009 Christopher Dalen				
50 Fly	:33.34 2013 Cole Pratt	:30.94 2014 Cole Pratt	:26.20 2015 Rhys Marlatt	:24.78 2009 Karl Wolk	:24.78 2009 Karl Wolk				
100 Fly	1:14.77 2013 Cole Pratt	1:07.11 1986 Mike Derochers	:58.27 2015 Rhys Marlatt	:53.93 2009 Karl Wolk	:53.93 2009 Karl Wolk				
200 Fly	3:09.36 2004 Thomas Jobin	2:29.75 1986 Mike Derochers	2:10.29 2014 Adrian Szentmiklossy	1:59.78 2009 Karl Wolk	1:59.78 2009 Karl Wolk				
200 IM	2:43.70 1999 Michael Hamilton	2:28.12 1992 Garrett Mitchell	2:13.24 1988 Curtis Myden	2:07.19 2009 Chad Bobrosky	2:04.01 2009 Chad Murray				
400 IM	6:12.00 1984 Curtis Myden	5:12.33 1986 Curtis Myden	4:39.03 2009 Adam Maybury	4:29.96 2011 Russell Wood	4:25.71 2009 Chad Murray				
4x50 Free Relay	2:10.80 1999 Kendrick/Nelson/Lowenstein/Szoo	1:55.23 2003 BMaybury, Lowenstein, Szoo, JKendrick	1:46.52 2003	1:37.63 2011 Lyons, McGillivray, Kisil, Beatty	1:35.92 2013 Greenshields/Jobin/Kisil/Lyons				
4x100 Free Relay		4:17.63 2006 Mills/Nelson/Ogg/Wood	3:57.44 2004 McAuley/KendrickM/Maybury/KendrickJ	3:28.14 2009 Wolk, Jobin, Charney, Bobrosky	3:24.85 2013 Greenshields/Lyons/Bobrosky/Wood				
4x200 Free Relay		9:26.74 2011 Thomson, GCrocker, Ketchin, JKatelnik	8:28.86 2010 Stairs, Warrack, Lyons, BCrocker	8:06.49 2014 Wist, Jubenville, Kotelnikoff, Pan	7:29.83 2013 Lyons/Wood/Bobrosky/Greenshields				
4x50 Medley Relay	2:28.77 1999 Cascade	2:11.68 2003 DBlattler, ENeilson, Lowenstein, JKendrick	1:57.99 1991 Alberta Provincials	1:51.80 1999 Youth Champs	1:46.75 2013 Wood/MayburyA/Jobin/Greenshields				
4x100 Medley Relay		4:46.35 1998 Blair, Reid, Ng, Adam	4:27.56 2006 Novak/Stenhouse/Jobin/Krywitsky	4:09.69 2007 Wolk/Dalen/Jobin/Krywitsky	3:48.62 2013 Wood/Bobrosky/Nelson/Greenshields				