

Cascade Swim Club								
Club Records								
Girls								
Event	11 & 12		13 & 14		15 to 17		Open	
50 Free	:28.09	2011 Shayla Pogany	:26.95	2003 Jillian Tyler	:25.80	2005 Kirsten Pomerleau	:25.80	2005 Kirsten Pomerleau
100 Free	1:00.92	2011 Shayla Pogany	:58.43	2012 Taryn Pratt	:55.23	2009 Sarah Sumner	:55.23	2009 Sarah Sumner
200 Free	2:10.48	2011 Shayla Pogany	2:02.38	2009 Tyra Rooney	1:59.41	2010 Sarah Sumner	1:59.10	2012 Emma Sproule
400 Free	4:30.74	2010 Shayla Pogany	4:15.47	2009 Tyra Rooney	4:11.97	2010 Tyra Rooney	4:11.51	2012 Emma Sproule
800 Free	9:24.20	2010 Shayla Pogany	8:43.73	2009 Tyra Rooney	8:35.41	2010 Tyra Rooney	8:35.41	2010 Tyra Rooney
1500 Free	18:01.25	2008 Tyra Rooney	16:43.18	2009 Tyra Rooney	16:32.51	2011 Tyra Rooney	16:32.51	2011 Tyra Rooney
50 Back	:31.52	2007 Brooklynn Snodgrass	:28.91	2013 Ingrid Wilm	:28.16	2012 Brooklynn Snodgra	:28.16	2012 Brooklynn Snodgrass
100 Back	1:06.97	2007 Brooklynn Snodgrass	1:01.19	2009 Brooklynn Snodgrass	:59.19	2012 Brooklynn Snodgra	:59.19	2012 Brooklynn Snodgrass
200 Back	2:21.59	2007 Brooklynn Snodgrass	2:12.09	2009 Brooklynn Snodgrass	2:06.40	2012 Brooklynn Snodgra	2:06.40	2012 Brooklynn Snodgrass
50 Breast	:36.85	2011 Samantha Wong	:33.95	2012 Kelsey Crocker	:32.11	2005 Jillian Tyler	:32.11	2005 Jillian Tyler
100 Breast	1:15.53	1998 Evangeline Blais	1:12.56	2011 Kelsey Crocker	1:08.84	2005 Jillian Tyler	1:08.84	2005 Jillian Tyler
200 Breast	2:41.63	1998 Evangeline Blais	2:34.96	2012 Kelsey Crocker	2:28.11	2005 Jillian Tyler	2:28.11	2005 Jillian Tyler
50 Fly	:30.48	2011 Shayla Pogany	:28.94	2013 Taryn Pratt	:27.71	2005 Jillian Tyler	:27.71	2005 Jillian Tyler
100 Fly	1:06.42	2011 Shayla Pogany	1:04.42	2007 Rayven Snodgrass	1:01.49	2000 Michaela Schmidt	1:00.39	2012 Jessica Johnson
200 Fly	2:30.37	2010 Shayla Pogany	2:22.23	1992 Jodi Hindley	2:15.74	2000 Michaela Schmidt	2:12.44	2012 Jessica Johnson
100 IM	1:10.05	2011 Taryn Pratt	1:05.67	2009 Brooklynn Snodgrass	1:02.73	2012 Brooklynn Snodgra	1:02.73	2012 Brooklynn Snodgrass
200 IM	2:26.82	1998 Evangeline Blais	2:16.96	2009 Brooklynn Snodgrass	2:15.14	2005 Jillian Tyler	2:14.91	2012 Jessica Johnson
400 IM	5:12.61	2002 Brittany Ozar	4:49.15	2009 Brooklynn Snodgrass	4:45.22	2009 Brooklynn Snodgra	4:41.27	2012 Jessica Johnson
4x50 Free Relay	1:57.06	2001	1:50.96	2002	1:46.11	2005	1:45.22	2005
4x100 Free Relay	4:15.64	2011	4:05.55	2012	3:52.17	2005	3:47.35	2008
4x200 Free Relay	9:51.02	2008	9:01.59	2009	8:43.51	2005	8:17.22	2008
4x50 Medley Relay	2:12.48	2002	1:59.05	2013 (Wilm, Xia, Pratt, Hedley)	1:56.64	2005	1:55.93	2014 (Wilm, Skrlac, Pratt, Peterson)
4x100 Medley Rel	5:00.63	2005	4:49.54	2010	4:14.66	2005	4:14.66	2005
Cascade Swim Club								
Club Records								
Boys								
Event	11 & 12		13 & 14		15 to 17		Open	
50 Free	:26.66	2009 Anthony Lyons	:24.17	2011 Anthony Lyons	:23.10	2012 Scott McGillivray	:22.38	2014 Yuri Kisil
100 Free	:58.23	2004 James Kendrick	:52.28	2011 Anthony Lyons	:49.50	2012 Scott McGillivray	:48.60	2014 Yuri Kisil
200 Free	2:05.47	2004 James Kendrick	1:52.75	2011 Anthony Lyons	1:47.00	2010 Chad Bobrosky	1:47.00	2010 Chad Bobrosky
400 Free	4:25.71	1986 Curtis Myden	4:03.66	2008 Thomas Jobin	3:46.45	2010 Chad Bobrosky	3:46.45	2010 Chad Bobrosky
800 Free	9:38.17	2009 Kyle Beatty	8:25.08	2009 Russell Wood	7:52.53	2009 Chad Bobrosky	7:52.53	2009 Chad Bobrosky
1500 Free	17:48.81	2009 Connor Bayne	16:06.27	2009 Russell Wood	15:19.95	2009 Chad Bobrosky	15:16.57	2011 Sean Penhale
50 Back	<b>:30.28</b>	<b>2014 Stephen Hou</b>	:28.17	2009 Russell Wood	:24.86	2011 Russell Wood	:24.86	2011 Russell Wood
100 Back	1:04.77	1992 Matthew Henderson	1:00.18	1991 Chris Renaud	:52.81	2011 Russell Wood	:52.81	2011 Russell Wood
200 Back	2:18.94	1991 Matthew Henderson	2:07.06	2009 Adam Maybury	1:57.38	2011 Russell Wood	1:57.38	2011 Russell Wood
50 Breast	<b>:30.24</b>	<b>2014 Sebastian Somerse</b>	:31.59	2012 Lucas Graboski	:29.90	2010 Chad Bobrosky	:29.90	2010 Chad Bobrosky
100 Breast	1:13.98	2000 Rodale Estor	1:06.65	2002 Rodale Estor	1:04.44	2012 Dustin Warrack	1:03.26	1995 Robert Fox
200 Breast	2:40.30	1986 Curtis Myden	2:26.44	2010 Ken Stairs	2:17.36	2012 Ken Stairs	2:17.36	2012 Ken Stairs
50 Fly	:30.84	2004 Erik Nelson	:26.63	2011 Anthony Lyons	:23.14	2004 Pascal Wollach	:23.14	2004 Pascal Wollach
100 Fly	1:05.21	1991 Matthew Henderson	:59.05	2008 Thomas Jobin	:53.36	2009 Karl Wolk	:53.36	2009 Karl Wolk
200 Fly	2:27.21	2006 Thomas Jobin	2:05.46	2008 Thomas Jobin	1:57.67	2009 Thomas Jobin	1:57.67	2009 Thomas Jobin
100 IM	1:10.75	2009 Anthony Lyons	1:02.64	2006 James Kendrick	:57.76	2012 Russell Wood	:57.76	2012 Russell Wood
200 IM	2:21.25	1991 Matthew Henderson	2:10.71	1988 Curtis Myden	2:00.32	2012 Russell Wood	2:00.32	2012 Russell Wood
400 IM	5:00.35	1986 Curtis Myden	4:35.41	1988 Curtis Myden	4:22.94	2009 Chad Bobrosky	4:21.87	2008 Chad Murray
4x50 Free Relay	1:53.32	2003	1:43.27	1999	1:38.14	1995	1:33.94	2014 (Kisil, Wolk, Lyons, MacKinnon)
4x100 Free Relay	4:07.99	1998	3:50.65	2007	3:23.54	2009	3:22.53	2013 (Greenshields, Wolk, Kisil, Lyons)
4x200 Free Relay	9:24.07	2009	8:26.23	2007	7:18.37	2009	7:22.63	2012
4x50 Medley Relay	2:07.73	2003	1:54.89	1999	1:49.02	2006	1:45.06	2014 (Kisil, MacKinnon, Wolk, Lyons)
4x100 Medley Rel	4:43.90	2004	4:29.04	2010	3:47.00	2009	3:44.31	2012