

| Cascade Swim Club | | CASCADE SWIM CLUB SHORT COURSE RECORDS | | | | | | | | | | | | | |
|--------------------|------------|--|----------|---|----------|---------------------------------------|----------|---|----------|--|--|--|------|--|--|
| Club Records | | CANADIAN NATIONAL RECORD | | | | | | | | | | | | | |
| Girls | | BROKEN 2015-2016 SEASON | | | | | | | | | | | | | |
| Event | 10 & Under | | | 11 & 12 | | | 13 & 14 | | | 15 to 17 | | | Open | | |
| 50 Free | :30.25 | 2009 Shayla Pogany | :28.09 | 2011 Shayla Pogany | :26.95 | 2003 Jillian Tyler | :25.80 | 2005 Kirsten Pomerleau | :25.80 | 2005 Kirsten Pomerleau | | | | | |
| 100 Free | 1:04.59 | 2009 Shayla Pogany | 1:00.92 | 2011 Shayla Pogany | :58.43 | 2012 Taryn Pratt | :55.23 | 2009 Sarah Sumner | :55.23 | 2009 Sarah Sumner | | | | | |
| 200 Free | 2:17.27 | 2009 Shayla Pogany | 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 | 4:59.49 | 2009 Shayla Pogany | 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 | 10:14.29 | 2008 Shayla Pogany | 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 | 22:25.99 | 2002 Rayven Snodgrass | 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 | :34.34 | 2009 Shayla Pogany | :31.52 | 2007 Brooklynn Snodgrass | :28.91 | 2013 Ingrid Wilm | :27.59 | 2015 Ingrid Wilm | :27.59 | 2015 Ingrid Wilm | | | | | |
| 100 Back | 1:13.25 | 2009 Shayla Pogany | 1:06.97 | 2007 Brooklynn Snodgrass | 1:01.19 | 2009 Brooklynn Snodgrass | :58.50 | 2015 Ingrid Wilm | :58.50 | 2015 Ingrid Wilm | | | | | |
| 200 Back | 2:32.29 | 2009 Shayla Pogany | 2:21.59 | 2007 Brooklynn Snodgrass | 2:12.09 | 2009 Brooklynn Snodgrass | 2:06.40 | 2012 Brooklynn Snodgrass | 2:06.40 | 2012 Brooklynn Snodgrass | | | | | |
| 50 Breast | :40.92 | 2009 Samantha Wong | :36.79 | 2015 Isabelle Roth | :33.95 | 2012 Kelsey Crocker | :32.11 | 2005 Jillian Tyler | :32.11 | 2005 Jillian Tyler | | | | | |
| 100 Breast | 1:30.44 | 2009 Yuwei Xia | 1:15.53 | 1998 Evangeline Blais | 1:12.56 | 2011 Kelsey Crocker | 1:08.84 | 2005 Jillian Tyler | 1:08.66 | 2015 Bronwyn Pasloski | | | | | |
| 200 Breast | 3:12.92 | 2009 Samantha Wong | 2:41.63 | 1998 Evangeline Blais | 2:34.96 | 2012 Kelsey Crocker | 2:28.11 | 2005 Jillian Tyler | 2:27.51 | 2015 Bronwyn Pasloski | | | | | |
| 50 Fly | :32.03 | 2009 Shayla Pogany | :30.48 | 2011 Shayla Pogany | :28.94 | 2013 Taryn Pratt | :27.71 | 2005 Jillian Tyler | :27.71 | 2005 Jillian Tyler | | | | | |
| 100 Fly | 1:10.75 | 2009 Shayla Pogany | 1:06.42 | 2011 Shayla Pogany | 1:04.42 | 2007 Rayven Snodgrass | 1:00.47 | 2015 Taryn Pratt | 1:00.39 | 2012 Jessica Johnson | | | | | |
| 200 Fly | 2:50.87 | 2009 Shayla Pogany | 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 | 1:20.58 | 2005 Brooklynn Snodgrass | 1:10.05 | 2011 Taryn Pratt | 1:05.67 | 2009 Brooklynn Snodgrass | 1:02.73 | 2012 Brooklynn Snodgrass | 1:02.73 | 2012 Brooklynn Snodgrass | | | | | |
| 200 IM | 2:47.98 | 2005 Brooklynn Snodgrass | 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 | 5:58.60 | 2009 Shayla Pogany | 5:12.61 | 2002 Brittany Ozar | 4:49.15 | 2009 Brooklynn Snodgrass | 4:45.22 | 2009 Brooklynn Snodgrass | 4:41.27 | 2012 Jessica Johnson | | | | | |
| 4x50 Free Relay | 2:10.23 | 2009 (Pogany, Pratt, Xia, Hedley) | 1:57.06 | 2001 | 1:50.96 | 2002 | 1:45.15 | 2015 (Bergen, Pratt, Wilm, Hedley) | 1:45.15 | 2015 (Bergen, Pratt, Wilm, Hedley) | | | | | |
| 4x100 Free Relay | 5:31.62 | 2014 (Claggett, Varga, Robertson, Pavicic) | 4:15.64 | 2011 | 4:05.55 | 2012 | 3:52.17 | 2005 | 3:47.35 | 2008 | | | | | |
| 4x200 Free Relay | 11:54.46 | 2014 (Claggett, Varga, Robertson, Pavicic) | 9:51.02 | 2008 | 9:01.59 | 2009 | 8:43.51 | 2005 | 8:17.22 | 2008 | | | | | |
| 4x50 Medley Relay | 2:23.68 | 2009 (Pratt, Xia, Pogany, Hedley) | 2:12.48 | 2002 | 1:59.05 | 2013 (Wilm, Xia, Pratt, Hedley) | 1:55.46 | 2015 (Wilm, Kolaric, Pratt, Bergen) | 1:55.46 | 2015 (Wilm, Kolaric, Pratt, Bergen) | | | | | |
| 4x100 Medley Relay | 6:22.81 | 2014 (Robertson, Pavicic, Claggett, Varga) | 5:00.63 | 2005 | 4:38.88 | 2015 (Kwan, ACharles, Baines, Free) | 4:11.55 | 2015 (Wilm, Kolaric, Pratt, Bergen) | 4:11.55 | 2015 (Wilm, Kolaric, Pratt, Bergen) | | | | | |
| Cascade Swim Club | | | | | | | | | | | | | | | |
| Club Records | | | | | | | | | | | | | | | |
| Boys | | | | | | | | | | | | | | | |
| Event | 10 & Under | | | 11 & 12 | | | 13 & 14 | | | 15 to 17 | | | Open | | |
| 50 Free | :30.24 | 2014 Adam Connell | :26.66 | 2009 Anthony Lyons | :24.17 | 2011 Anthony Lyons | :23.10 | 2012 Scott McGillivray | :22.38 | 2014 Yuri Kisil | | | | | |
| 100 Free | 1:06.36 | 2014 Adam Connell | :58.23 | 2004 James Kendrick | :52.28 | 2011 Anthony Lyons | :49.50 | 2012 Scott McGillivray | :48.60 | 2014 Yuri Kisil | | | | | |
| 200 Free | 2:24.62 | 2001 Jordie Szoo | 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 | 5:10.08 | 2014 Adam Connell | 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 | 11:07.22 | 2007 Connor Bayne | 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 | 20:53.15 | 2001 Michael Lowenstein | 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 | :34.60 | 2005 Russell Wood | :30.28 | 2014 Stephen Hou | :27.57 | 2015 Rhys Marlatt | :24.86 | 2011 Russell Wood | :24.86 | 2011 Russell Wood | | | | | |
| 100 Back | 1:15.49 | 2005 Russell Wood | 1:04.52 | 2002 Taylor Maxey | :58.61 | 2015 Rhys Marlatt | :52.81 | 2011 Russell Wood | :52.81 | 2011 Russell Wood | | | | | |
| 200 Back | 2:41.22 | 2005 Russell Wood | 2:18.94 | 1991 Matthew Henderson | 2:06.68 | 2015 Rhys Marlatt | 1:57.38 | 2011 Russell Wood | 1:57.38 | 2011 Russell Wood | | | | | |
| 50 Breast | :40.62 | 2002 Erik Nelson | :34.11 | 1998 Chase Reid | :31.59 | 2012 Lucas Graboski | :29.90 | 2010 Chad Bobrosky | :29.90 | 2010 Chad Bobrosky | | | | | |
| 100 Breast | 1:30.86 | 1998 Gregory Galloway | 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 | 3:14.11 | 2002 Erik Nelson | 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 | :33.14 | 2002 Erik Nelson | :29.03 | 2015 Cole Pratt | :26.21 | 2015 Rhys Marlatt | :23.14 | 2004 Pascal Wollach | :23.14 | 2004 Pascal Wollach | | | | | |
| 100 Fly | 1:15.75 | 2001 Michael Lowenstein | 1:03.25 | 2015 Cole Pratt | :58.15 | 2015 Rhys Marlatt | :53.36 | 2009 Karl Wolk | :53.36 | 2009 Karl Wolk | | | | | |
| 200 Fly | 2:27.21 | 2001 Michael Lowenstein | 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 | 1:19.71 | 2012 Daniel Yang | 1:10.75 | 2009 Anthony Lyons | 1:02.64 | 2006 James Kendrick | :57.76 | 2012 Russell Wood | :57.76 | 2012 Russell Wood | | | | | |
| 200 IM | 2:46.05 | 2001 Michael Lowenstein | 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 | 5:52.76 | 2001 Michael Lowenstein | 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 | 2:08.25 | 2002 (JKendrick, Nelson, GBlattler, Odger) | 1:53.32 | 2003 (BMaybury, MKendrick, DBlattler, Lowenstein) | 1:41.28 | 2015 (Somerset, Gramatke, Hou, Pratt) | 1:37.22 | 2015 (Pan, JKatelnikoff, APratt, SNeilson) | 1:32.99 | 2015 (Hibberd, MacKinnon, Hallett, Bobrosky) | | | | | |
| 4x100 Free Relay | | | 4:07.99 | 1998 | 3:46.21 | 2015 (Somerset, Pratt, Hou, Hogan) | 3:23.54 | 2009 (Wolk, JKendrick, Charmey, Bobrosky) | 3:22.53 | 2013 (Greenshields, Wolk, Kisil, Lyons) | | | | | |
| 4x200 Free Relay | | | 9:24.07 | 2009 | 8:26.23 | 2007 | 7:18.37 | 2009 (Bobrosky, Wolk, Kriwitsky, JKendrick) | 7:22.63 | 2012 | | | | | |
| 4x50 Medley Relay | 2:26.70 | 1999 | 2:07.73 | 2003 (BMaybury, ENelson, Lowenstein, MKendrick) | 1:54.89 | 1999 | 1:49.02 | 2006 | 1:45.06 | 2014 (Kisil, MacKinnon, Wolk, Lyons) | | | | | |
| 4x100 Medley Relay | | | 4:43.90 | 2004 | 4:12.67 | 2015 (Somerset, Hou, Pratt, Gramatke) | 3:47.00 | 2009 | 3:44.31 | 2012 | | | | | |