

Cascade Swim Club		ALBERTA PROVINCIAL RECORD		CASCADE SWIM CLUB LONG COURSE RECORDS							
Club Records		CANADIAN NATIONAL RECORD									
Girls		BROKEN 2015-2016									
Event		10 & Under		11 & 12		13 & 14		15 to 17		Open	
50 Free	:30.17	2009 Shayla Pogany	:28.31	2011 Shayla Pogany	:26.98	1979 Gabrielle Sponheimer	0:26.41	2009 Sarah Sumner	:26.00	2007 Seanna Mitchell	
100 Free	1:05.83	2009 Shayla Pogany	1:01.35	2011 Shayla Pogany	:59.64	2012 Taryn Pratt	0:57.11	2010 Sarah Sumner	0:56.31	2007 Sarah Sumner	
200 Free	2:18.82	2009 Shayla Pogany	2:11.32	2011 Shayla Pogany	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 Pogany	4:34.38	2010 Shayla Pogany	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 Pogany	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 Pogany	:32.62	2002 Brittany Ozar	:29.47	2013 Ingrid Wilm	:28.45	2015 Ingrid Wilm	:27.97	2014 Brooklynn Snodgrass	
100 Back	1:15.08	2009 Shayla Pogany	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 Pogany	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	:36.63	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 Pogany	:30.30	2011 Shayla Pogany	:28.98	2003 Jillian Tyler	:28.02	2015 Taryn Pratt	:28.02	2015 Taryn Pratt	
100 Fly	1:10.58	2009 Shayla Pogany	1:08.94	2011 Shayla Pogany	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 Pogany	2:29.78	1988 Lori Eshorn	2:22.41	1989 Lori Eshom	2:17.00	2000 Michaela Schmidt	2:15.06	2012 Jessica Johnson	
200 IM	2:43.77	2009 Shayla Pogany	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 Coperance	4:57.32	2011 Brooklynn Snodgrass	4:57.32	2011 Brooklynn Snodgrass	
4x50 Free Relay	2:19.03	2015 Thompson, Fedderson, Newman	1:58.68	2001 Wardale / Ozar / Mackley / Snod	1:53.27	2013 Hedley / Bergen / Wilm / Zhao	1:48.75	2015 Bergen / Wilm / Kaluznick / Pratt	1:47.88	2015 Bergen / Wilm / Pasloski / Pratt	
4x100 Free Relay			4:22.60	2001 Cascade	4:06.15	2015 Natale / Schuettler / Free / Baines	3:54.61	2015 Bergen / Pratt / Wilm / Kasko	3:51.56	2015 Bergen / Snodgrass / Pratt / Pasloski	
4x200 Free Relay			9:45.55	2006 Snodgrass / Bayne / Mackley / W	9:01.96	2015 Baines / Schuettler / Free / Natale	8:23.60	2010 Sproule / Sumner / Bsnodrgass / Rooney	8:23.60	2010 Sproule / Sumner / Bsnodrgass / R	
4x50 Medley Rela	2:32.72	2000 Ozar / Hahto / Uhrlich / Carlsen	2:14.19	2001 Wardale / Hahto / Sayles / Ozar	2:05.93	2015 Kasko / Charles / Baines / Kolaric	2:00.30	2015 Wilm / Kolaric / Pratt / Bergen	1:57.02	2016 Wilm / Pasloski / Pratt / Berge	
4x100 Medley Relay			5:05.54	2015 Robertson / Roth / Claggett / Gu	4:36.49	2015 Baines / Charles / Natale / Free	4:17.79	2015 Wilm / MacDonald / Pratt / Bergen	4:08.15	2015 Wim / Pasloski / Pratt / Snodgrass	
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	4:33.59	2015 Cole Pratt	4:10.02	2015 Alex Katelnikoff	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 Katelnikoff	8:37.09	2015 Alex Katelnikoff	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	16:13.36	2015 Alex Katelnikoff	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	2:24.97	2015 Cole Pratt	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	:30.65	2016 David Hibberd	
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	:29.35	2015 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	1:04.06	2015 Cole Pratt	: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	1:04.06	2015 Cole Pratt	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 / ENelson / Lowenstein	1:55.23	2003 Bmaybury / Lowenstein / Szoo /	1:44.41	2015 Nash / Katelnikoff / Somerset / Hou	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 / MKendrick / Maybury / Jken	3:28.14	2009 Wolk / Jobin / Charmey / Bobrosky	3:24.85	2013 Greenshields / Lyons / Bobrosky / V	
4x200 Free Relay			9:26.74	2011 Thomson / Gcrocker / Ketchin / J	8:28.86	2010 Stairs / Warrack / Lyons / BCrocker	8:05.99	2015 Neilson / Szentmiklossy / JKatelnikoff / Nas	7:29.83	2013 Lyons / Wood / Bobrosky / Greensh	
4x50 Medley Rela	2:28.77	1999 Cascade	2:11.26	2015 Chan / Fedderson / Pratt / Conne	1:57.99	1991 Alberta Provincials	1:51.80	1999 Youth Champs	1:46.75	2013 Wood / AMaybury / Jobin / Greensh	
4x100 Medley Relay			4:46.35	1998 Blair / Reid / Ng / Adam	4:19.82	2015 Nash / Hou / Somerset / AKatelnikoff	4:08.09	2015 Nash / Ketchin / Wist / JKatelnikoff	3:48.62	2013 Wood / Bobrosky / Nelson / Greens	