

Cascade Swim Club									
Club Records									
Girls									
Event		11 & 12		13 & 14		15 to 17		Open	
50 Free	:28.31	2011 Shayla Pogany	0:26.98	1979 G. Sponheimer	0:26.41	2009 Sarah Sumner	:26.00	2007 Seanna Mitchell	
100 Free	1:01.35	2011 Shayla Pogany	0:59.80	2003 Jillian Tyler	0:57.11	2010 Sarah Sumner	0:56.31	2007 Sarah Sumner	
200 Free	2:11.32	2011 Shayla Pogany	2:06.38	2013 Taryn Pratt	2:03.58	2010 Sarah Sumner	2:03.58	2010 Sarah Sumner	
400 Free	4:34.38	2010 Shayla Pogany	4:20.81	2009 Tyra Rooney	4:19.93	2012 Tyra Rooney	4:11.51	2012 Emma Sproule	
800 Free	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									
100 Back	1:10.39	2002 Brittany Ozar	1:03.53	2013 Ingrid Wilm	1:02.00	2012 Brooklynn Snodgrass	1:00.98	2013 Brooklynn Snodgrass	
200 Back	2:30.16	2011 Shayla Pogany	2:17.69	2013 Ingrid Wilm	2:14.03	2010 Brooklynn Snodgrass	2:12.05	2013 Brooklynn Snodgrass	
50 Breast									
100 Breast	1:19.04	1984 Susan Melcom	1:14.76	2013 Emily Wagner	1:10.19	2004 Jillian Tyler	1:07.18	2012 Jillian Tyler	
200 Breast	2:49.73	2004 Shelbi Snodgrass	2:37.51	2012 Emily Wagner	2:33.65	2005 Jillian Tyler	2:27.57	2012 Jillian Tyler	
50 Fly									
100 Fly	1:08.94	2011 Shayla Pogany	1:04.19	1996 Sara Stanbury	1:02.00	2000 Michaela Schmidt	1:01.52	2012 Jessica Johnson	
200 Fly	2:29.76	1998 Lori Eshorn	2:23.30	1989 Jennifer Yanko	2:17.10	2000 Michaela Schmidt	2:15.06	2012 Jessica Johnson	
100 IM									
200 IM	2:33.90	1988 Samantha Stevenson	2:27.19	2003 Jillian Tyler	2:20.24	2009 Brooklynn Snodgrass	2:17.10	2006 Sarah Sumner	
400 IM	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	1:58.68	2001 Wardale/Ozar/Mackley/SnodgrassB	1:53.27	2013 Hedley/Bergen/Wilm/Zhao	1:51.53	1997 Alberta Provincials	1:49.31	2013 Peterson/Pratt/Sproule/Wilm	
4x100 Free Relay	4:22.60	2001 Cascade	4:12.11	2013 Pratt/Wilm/Skrlac/Anderson	4:07.39	2004 Tyler/StarrattP/Sayles/StarrattC	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/Chowane	9:02.24	2013 Pratt/ThorneT/Wilm/ThorneL	8:40.09	2007 Beninger/Mitchell/Grant/Johnson	
4x50 Medley Relay	2:14.19	2001 Wardale/Hahto/Sayles/Ozar	2:06.02	2013 Pratt/Reichert/Wong/Hedley	2:04.15	2004 Club Nationals	2:02.69	2013 Wilm, Wagner, Pratt, Peterson	
4x100 Medley Rel	5:07.93	2006 SnodgrassB/Mills/Whitaker/Bayne	4:40.77	2013 Wilm/Reichert/Wong/Bergen	4:36.69	2005 Wardale/SnodgrassR/Toth/Wood	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	:26.80	1992 Garrett Mitchell	:25.29	2006 James Kendrick	:23.19	2013 Yuri Kisil	:23.19	2013 Yuri Kisil	
100 Free	:58.85	2004 James Kendrick	:54.43	2012 Anthony Lyons	:50.68	2009 Karl Wolk	:50.36	2013 Joel Greenshields	
200 Free	2:07.94	2004 James Kendrick	1:56.75	2010 Anthony Lyons	1:52.34	2013 Anthony Lyons	1:49.01	2011 Chad Bobrosky	
400 Free	4:33.94	2009 Connor Bayne	4:13.22	1988 Curtis Myden	3:51.46	2010 Chad Bobrosky	3:51.46	2011 Chad Bobrosky	
800 Free	9:40.00	2013 Alexander Katelnikoff	8:50.17	2011 Connor Bayne	8:09.59	2009 Chad Bobrosky	7:34.10	2010 Russell Wood	
1500 Free	18:01.02	1980 Sean Gallagher	17:00.88	2011 Connor Bayne	15:50.04	2009 Chad Bobrosky	15:25.79	2013 Sean Penhale	
50 Back									
100 Back	1:06.07	1992 Garrett Mitchell	1:01.22	1991 Chris Renaud	:57.12	2011 Russell Wood	:55.50	2013 Russell Wood	
200 Back	2:26.54	2004 James Kendrick	2:09.83	2009 Adam Maybury	2:03.55	2013 Yuri Kisil	2:01.01	2013 Russell Wood	
50 Breast									
100 Breast	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	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									
100 Fly	1:07.11	1986 Mike Derochers	1:00.62	2007 Thomas Jobin	:53.93	2009 Karl Wolk	:53.93	2009 Karl Wolk	
200 Fly	2:29.75	1986 Mike Derochers	2:10.66	2008 Thomas Jobin	1:59.78	2009 Thomas Jobin	1:59.78	2009 Karl Wolk	
100 IM									
200 IM	2:28.12	1992 Garrett Mitchell	2:13.24	1988 Curtis Myden	2:07.09	2009 Chad Bobrosky	2:04.01	2009 Chad Murray	
400 IM	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	1:56.08	2001 Schmidt/Michie/Szoo/Odger	1:46.52	2003 Alberta Provincials	1:40.32	1995 Youth Camps	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	3:44.92	2007 Wolk/Krywitsky/Bobrosky/Jobin	3:24.85	2013 Greenshields/Lyons/Bobrosky/Wood	
4x200 Free Relay	9:40.81	2006 Mills/Nelson/Wood/Pham	8:44.20	2007 Bobrosky/Mills/Pham/Jobin	8:18.30	2005 Szoo/Kautz/Doerksen/Lefsrud	7:29.83	2013 Lyons/Wood/Bobrosky/Greenshields	
4x50 Medley Relay	2:12.01	1998 Blue Bear	1:57.99	1991 Alberta Provincials	1:51.80	1999 Youth Camps	1:46.75	2013 Wood/MayburyA/Jobin/Greenshields	
4x100 Medley Rel	4:46.35	1998 Cascade	4:27.56	2006 Novak/Stenhouse/Jobin/Krywitsky	4:09.69	2007 Wolk/Dalen/Jobin/Krywitsky	3:48.62	2013 Wood/Bobrosky/Nelson/Greenshields	