

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 Snodgrass	:28.16 2012 Brooklynn Snodgrass
100 Back	1:06.97 2007 Brooklynn Snodgrass	1:01.19 2009 Brooklynn Snodgrass	:59.19 2012 Brooklynn Snodgrass	:59.19 2012 Brooklynn Snodgrass
200 Back	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	: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 Snodgrass	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 Snodgrass	4:41.27 2012 Jessica Johnson
4x50 Free Relay	1:57:06 2001	1:49:44 2013 (Hedley, Bergen, Pratt, Wilm)	1:46.11 2005	1:45.22 2005
4x100 Free Relay	4:15:64 2011	4:00:16 2013 (Wilm, Bergen, Hedley, Pratt)	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	1:56.64 2005
4x100 Medley Relay	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	:22.89 2013 Joel Greenshields
100 Free	:58.23 2004 James Kendrick	:52.28 2011 Anthony Lyons	:49.50 2012 Scott McGillivray	:48.86 2013 Joel Greenshields
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	:30.64 2004 James Kendrick	:28.17 2009 Russell Wood	:24.86 2011 Russell Wood	:24.64 2013 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	:34.11 1998 Chase Reid	: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	1:35.14 2012 (Kisil, Lyons, Wolk, Greenshields)
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	1:46.63 2003
4x100 Medley Relay	4:43.90 2004	4:29.04 2010	3:47.00 2009	3:44.31 2012