

A	B	C	D	E	F	G	H	I	J	K	
1	Cascade Swim Club	ALBERTA PROVINCIAL RECORD	CASCADE SWIM CLUB LONG COURSE RECORDS								
2	Club Records	CANADIAN NATIONAL RECORD									
3	Girls	BROKEN 2018-2019									
5	Event	10 & Under	11 & 12			13 & 14		15 to 17		Open	
6	50 Free	:30.17 2009 Shayla Pogany	:28.01	2016 Ella Varga	:26.98	1979 Gabrielle Sponheimer	:25.46	2016 Rebecca Smith	:25.46	2016 Rebecca Smith	
7	100 Free	1:05.83 2009 Shayla Pogany	1:01.35	2011 Shayla Pogany	:59.15 2019 Payton Kelly		:55.06	2016 Rebecca Smith	:55.06	2016 Rebecca Smith	
8	200 Free	2:18.82 2009 Shayla Pogany	2:11.32	2011 Shayla Pogany	2:06.38	2012 Taryn Pratt	1:58.90 2016 Rebecca Smith		1:58.90	2016 Rebecca Smith	
9	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	
10	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	
11	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	
13	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 Brooklyn Snodgrass	
14	100 Back	1:15.08 2009 Shayla Pogany	1:09.32	2016 Ella Varga	1:03.53 2013 Ingrid Wilm		1:00.98	2015 Ingrid Wilm	1:00.23	2014 Brooklyn Snodgrass	
15	200 Back	2:36.61 2009 Shayla Pogany	2:26.82	2016 Ella Varga	2:17.69 2013 Ingrid Wilm		2:13.55	2015 Ingrid Wilm	2:09.76 2014 Brooklyn Snodgrass		
17	50 Breast	:39.56 2018 Madilyn Connell	:35.62	2016 Tillie Claggett	:34.17	2017 Tillie Claggett	:33.06	2005 Jillian Tyler	:31.55	2012 Jillian Tyler	
18	100 Breast	1:29.28 2000 Tara Hahto	1:18.21 2016 Tillie Claggett		1:13.74 2012 Emily Wagner		1:10.19 2004 Jillian Tyler		1:07.18 2012 Jillian Tyler		
19	200 Breast	3:17.25 2018 Amelia Mayr	2:49.73	2004 Shelbi Snodgrass	2:36.11	2012 Emily Wagner	2:33.01	2006 Jillian Tyler	2:27.57	2012 Jillian Tyler	
21	50 Fly	:31.85 2009 Shayla Pogany	:30.30	2011 Shayla Pogany	:28.98	2003 Jillian Tyler	:27.21	2016 Rebecca Smith	:27.21	2016 Rebecca Smith	
22	100 Fly	1:10.58 2009 Shayla Pogany	1:08.94	2011 Shayla Pogany	1:04.19	1996 Sara Stanbury	:58.84 2016 Rebecca Smith		:58.84	2016 Rebecca Smith	
23	200 Fly	2:38.70 2009 Shayla Pogany	2:29.78	1988 Lori Eshom	2:22.41	1989 Lori Eshom	2:17.00	2000 Michaela Schmidt	2:15.06	2012 Jessica Johnson	
25	200 IM	2:43.77 2009 Shayla Pogany	2:33.90	1988 Samantha Stevenson	2:25.54	2017 Liz Harper	2:20.24	2009 Brooklyn Snodgrass	2:17.40	2011 Jessica Johnson	
26	400 IM	6:16.92 2001 Brittany Ozar	5:26.14	2007 Madison Mackley	5:05.68	1984 Serena Coperance	4:57.32	2011 Brooklyn Snodgrass	4:57.32	2011 Brooklyn Snodgrass	
28	4x50 Free Relay	2:19.03 2015 Thompson, Fedderson, Newman, Schwindt	1:58.68	2001 Wardale / Ozar / Mackley / SnodgrassB	1:53.27	2013 Hedley / Bergen / Wilm / Zhao	1:48.75 2015 Bergen / Wilm / Kaluznick / Pratt		1:47.88	2015 Bergen / Wilm / Pasloski / Pratt	
29	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	
30	4x200 Free Relay		9:45.55	2006 Snodgrass / Bayne / Mackley / Whitaker	9:01.96	2015 Baines / Schuettler / Free / Natale	8:23.60 2010 Sproule / Sumner / Bsnodgrass / Rooney		8:23.60	2010 Sproule / Sumner / Bsnodgrass / Rooney	
32	4x50 Medley Relay	2:32.72 2000 Ozar / Hahto / Uhrich / 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 / Bergen		
33	4x100 Medley Relay		5:05.54	2015 Robertson / Roth / Claggett / Guo	4:36.03	2017 Varga / Roth / Harper / Sutton	4:17.79	2015 Wilm / MacDonald / Pratt / Bergen	4:08.15 2015 Wilm / Pasloski / Pratt / Snodgrass		
36	Cascade Swim Club										
37	Club Records										
38	Boys										
40	Event	10 & Under	11 & 12			13 & 14		15 to 17		Open	
41	50 Free	:30.78 2019 Joey Molnar	:26.80	1992 Garrett Mitchell	:25.05	2010 Scott McGillivray	:22.81 2013 Yuri Kisil		:22.52	2015 Yuri Kisil	
42	100 Free	1:07.70 2019 Joey Molnar	:58.85	2004 James Kendrick	:52.93	2017 Cole Pratt	:50.68	2009 Karl Wolk	:49.23	2015 Yuri Kisil	
43	200 Free	2:27.89 2019 Joey Molnar	2:07.94	2004 James Kendrick	1:54.04 2017 Cole Pratt		1:49.39	2018 Alexander Pratt	1:48.32	2018 Alexander Pratt	
44	400 Free	5:17.98 2019 Joey Molnar	4:33.59	2015 Cole Pratt	4:08.93 2017 Cole Pratt		3:52.32	2018 Alexander Pratt	3:51.46	2011 Chad Bobrosky	
45	800 Free	10:37.47 2019 Joey Molnar	9:40.00	2013 Alexander Katelnikoff	8:37.09	2015 Alex Katelnikoff	8:08.20	2018 Alexander Pratt	8:03.12	2018 Alexander Pratt	
46	1500 Free	23:01.99 2013 Cole Pratt	18:01.02	1980 Sean Gallagher	16:13.36 2015 Alex Katelnikoff		15:30.89 2018 Alexander Katelnikoff		15:25.79	2013 Sean Penhale	
48	50 Back	:33.19 2019 Joey Molnar	:30.41	2014 Stephen Hou	:27.19	2017 Cole Pratt	:25.87 2019 Cole Pratt		:25.69	2014 Russell Wood	
49	100 Back	1:13.15 2019 Joey Molnar	1:06.07	1992 Garrett Mitchell	:56.82	2017 Cole Pratt	:54.64 2019 Cole Pratt		:54.64 2019 Cole Pratt		
50	200 Back	2:26.42 2005 Russell Wood	2:24.97	2015 Cole Pratt	2:06.84 2017 Cole Pratt		1:58.07 2019 Cole Pratt		1:58.07 2019 Cole Pratt		
52	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	
53	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	1:05.72	2009 Christopher Dalen	
54	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	
56	50 Fly	:33.29 2019 Joey Molnar	:29.35	2015 Cole Pratt	:26.20	2015 Rhys Marlatt	:24.78 2009 Karl Wolk		:24.78	2009 Karl Wolk	
57	100 Fly	1:14.77 2013 Cole Pratt	1:04.06	2015 Cole Pratt	:55.65 2017 Cole Pratt		:53.93 2009 Karl Wolk		:53.93	2009 Karl Wolk	
58	200 Fly	3:09.36 2004 Thomas Jobin	2:29.75	1986 Mike Derochers	2:03.42 2017 Cole Pratt		1:59.78 2009 Karl Wolk		1:59.78	2009 Karl Wolk	
60	200 IM	2:43.70 1999 Michael Hamilton	2:28.12	1992 Garrett Mitchell	2:05.26 2017 Cole Pratt		2:01.51 2019 Cole Pratt		2:01.51 2019 Cole Pratt		
61	400 IM	5:57.32 2019 Joey Molnar	5:12.33	1986 Curtis Myden	4:35.41 2017 Cole Pratt		4:22.41 2019 Cole Pratt		4:22.41 2019 Cole Pratt		
63	4x50 Free Relay	2:10.80 1999 Kendrick / ENelson / Lowenstein / Szoo	1:55.23	2003 Bmaybury / Lowenstein / Szoo / JKendrick	1:41.32	2017 Cyr / KPratt / CPratt / Cariaga	1:37.63	2011 Lyons / McGillivray / Kisil / Beatty	1:35.92	2013 Greenshields / Jobin / Kisil / Lyons	
64	4x100 Free Relay		4:17.63	2006 Mills / Nelson / Ogg / Wood	3:44.38	2017 Cpratt / Kpratt /Cyr / Woodrow	3:28.14	2009 Wolk / Jobin / Charmey / Bobrosky	3:24.85	2013 Greenshields / Lyons / Bobrosky / V	
65	4x200 Free Relay		9:26.74	2011 Thomson / Gcrocker / Ketchin / JKatelnikoff	8:13.36	2017 Cpratt / Kpratt /Cyr / Woodrow	7:51.13	2017 Nash / Neilson / AKatelnikoff / APratt	7:29.83	2013 Lyons / Wood / Bobrosky / Greensh	
67	4x50 Medley Relay	2:28.77 1999 Cascade	2:11.26	2015 Chan / Fedderson / Pratt / Connell	1:53.47 2017 CPratt / Woodrow / Cyr / KPratt		1:51.80	1999 Youth Champs	1:46.75	2013 Wood / AMaybury / Jobin / Greensh	
68	4x100 Medley Relay		4:46.35 1998 Blair / Reid / Ng / Adam		4:19.82	2015 Nash / Hou / Somerset / AKatelnikoff	3:53.90	2018 Somerset / Cyr / CPratt / Neilson	3:48.62	2013 Wood / Bobrosky / Nelson / Greens	