

A		B		C		D		E		F		G		H		I		J		K	
				ALBERTA PROVINCIAL RECORD						CASCADE SWIM CLUB LONG COURSE RECORDS											
Club Records				CANADIAN AGE GROUP NATIONAL RECORD																	
Girls				BROKEN 2022-2023																	
				Indicates Canadian Senior (M) or Age Group Record M																	
Event		10 & Under		11 & 12		13 & 14		15 to 17		Open											
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											
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											
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											
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	16:38.75	2021 Abby Dunford	16:38.75	2021 Abby Dunford											
50 Back	:35.56	2009 Shayla Pogany	:32.50	2019 Aden Goetz	:29.47	2013 Ingrid Wilm	:28.45	2015 Ingrid Wilm	:27.39	2022 Ingrid Wilm											
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	:59.47	2022 Ingrid Wilm											
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 Brooklynn Snodgrass											
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											
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											
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											
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											
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											
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											
200 IM	2:43.77	2009 Shayla Pogany	2:33.90	1988 Samantha Stevenson	2:25.54	2017 Liz Harper	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, Schwindt	1:58.68	2001 Wardale / Ozar / Mackley / SnodgrassB	1:53.27	2013 Hedley / Bergen / Wilm / Zhao	1:47.45	2019 Almasi / Butler / Kelly / Varga	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 / Whitaker	9:01.14	2019 Angus / Neilson / Idle / Brown	8:23.60	2010 Sproule / Sumner / Bsnodgrass / Rooney	8:23.60	2010 Sproule / Sumner / Bsnodgrass / Rooney											
4x50 Medley Relay	2:32.72	2000 Ozar / Hahto / Uhrich / Carlsen	2:13.17	2019 Goetz / Connell / Warren / Moore	2:05.93	2015 Kasko / Charles / Baines / Kolaric	2:00.30	2015 Wilm / Kolaric / Pratt / Bergen	1:57.02	2016 Wilm / Pasloski / Pratt / Bergen											
4x100 Medley Relay			5:05.54	2015 Robertson / Roth / Claggett / Guo	4:36.03	2017 Varga / Roth / Harper / Sutton	4:16.28	2019 Kelly / Roth / Varga / Almasi	4:08.15	2015 Wilm / Pasloski / Pratt / Snodgrass											
Cascade Swim Club																					
Club Records																					
Boys																					
Event		10 & Under		11 & 12		13 & 14		15 to 17		Open											
50 Free	:30.61	2019 Joey Molnar	:26.80	1992 Garrett Mitchell	:25.05	2010 Scott McGillivray	:22.81	2013 Yuri Kisil	:22.52	2015 Yuri Kisil											
100 Free	1:06.41	2019 Joey Molnar	:58.85	2004 James Kendrick	:52.93	2017 Cole Pratt	:50.68	2009 Karl Wolk	:49.23	2015 Yuri Kisil											
200 Free	2:22.63	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											
400 Free	5:14.53	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											
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											
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											
50 Back	:34.15	2019 Joey Molnar	:30.41	2014 Stephen Hou	:27.19	2017 Cole Pratt	:25.87	2019 Cole Pratt	:25.56	2021 Cole Pratt											
100 Back	1:13.15	2019 Joey Molnar	1:06.07	1992 Garrett Mitchell	:56.82	2017 Cole Pratt	:54.64	2019 Cole Pratt	:53.54	2021 Cole Pratt											
200 Back	2:38.65	2019 Joey Molnar	2:24.97	2015 Cole Pratt	2:06.84	2017 Cole Pratt	1:58.07	2019 Cole Pratt	1:57.96	2021 Cole Pratt											
50 Breast	:41.21	2019 Joey Molnar	:34.30	2000 Rodale Estor	:31.99	2010 Josiah Butt	:29.93	2021 Kameron Brill	:29.07	2021 Kameron Brill											
100 Breast	1:30.23	2022 Bennett Thiessen	1:15.02	2000 Rodale Estor	1:08.54	2020 Addison Butler	1:05.72	2009 Christopher Dalen	1:03.47	2021 Justin Lisoway											
200 Breast	3:13.79	2022 Bennett Thiessen	2:43.82	2000 Rodale Estor	2:28.58	2020 Addison Butler	2:21.24	2009 Christopher Dalen	2:21.24	2009 Christopher Dalen											
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											
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											
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											
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	2:00.49	2021 Cole Pratt											
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											
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											
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											
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											
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											
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											