

Cascade Swim Club		CASCADE SWIM CLUB SHORT COURSE RECORDS									
Club Records		CANADIAN AGE GROUP NATIONAL RECORD									
Girls		BROKEN 2022-2023									
		Indicates Canadian Senior (H!) or Age Group Record H									
Event	10 & Under	11 & 12	13 & 14	15 to 17	Open						
50 Free	:30.25 2009 Shayla Pogany	:27.93 2016 Ella Varga	:26.45 2018 Payton Kelly	:25.80 2005 Kirsten Pomerleau	:25.57 2021 Ingrid Wilm						
100 Free	1:04.59 2009 Shayla Pogany	1:00.92 2011 Shayla Pogany	:58.01 2018 Ella Varga	:55.23 2009 Sarah Sumner	:55.23 2009 Sarah Sumner						
200 Free	2:17.27 2009 Shayla Pogany	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	4:59.49 2009 Shayla Pogany	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	10:14.29 2008 Shayla Pogany	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	22:25.99 2002 Rayven Snodgrass	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	:34.34 2009 Shayla Pogany	:31.52 2007 Brooklynn Snodgrass	:28.82 2018 Ella Varga	:27.59 2015 Ingrid Wilm	:26.03 2021 Ingrid Wilm						
100 Back	1:13.25 2009 Shayla Pogany	1:06.97 2007 Brooklynn Snodgrass	1:01.19 2009 Brooklynn Snodgrass	:58.50 2015 Ingrid Wilm	:55.61 2021 Ingrid Wilm H!						
200 Back	2:32.29 2009 Shayla Pogany	2:21.59 2007 Brooklynn Snodgrass	2:11.37 2018 Ella Varga	2:06.40 2012 Brooklynn Snodgrass H	2:02.66 2021 Ingrid Wilm						
50 Breast	:39.31 2018 Madilyn Connell	:35.19 2019 Madilyn Connell	:33.41 2017 Tillie Claggett	:32.11 2005 Jillian Tyler	:32.11 2005 Jillian Tyler						
100 Breast	1:30.44 2009 Yuwei Xia	1:15.53 1998 Evangeline Blais	1:12.56 2011 Kelsey Crocker	1:08.84 2005 Jillian Tyler	1:08.66 2015 Bronwyn Pasloski						
200 Breast	3:12.92 2009 Samantha Wong	2:41.63 1998 Evangeline Blais	2:34.96 2012 Kelsey Crocker	2:28.11 2005 Jillian Tyler	2:27.51 2015 Bronwyn Pasloski						
50 Fly	:32.03 2009 Shayla Pogany	:30.48 2011 Shayla Pogany	:28.94 2013 Taryn Pratt	:27.71 2005 Jillian Tyler	:26.51 2021 Ingrid Wilm						
100 Fly	1:10.75 2009 Shayla Pogany	1:06.42 2011 Shayla Pogany	1:04.42 2007 Rayven Snodgrass	1:00.47 2015 Taryn Pratt	1:00.39 2012 Jessica Johnson						
200 Fly	2:50.87 2009 Shayla Pogany	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	1:20.58 2005 Brooklynn Snodgrass	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	2:47.98 2005 Brooklynn Snodgrass	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	5:58.60 2009 Shayla Pogany	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	2:10.23 2009 (Pogany, Pratt, Xia, Hedley)	1:57.06 2001	1:50.96 2002	1:45.15 2015 (Bergen, Pratt, Wilm, Hedley)	1:45.15 2015 (Bergen, Pratt, Wilm, Hedley)						
4x100 Free Relay	5:31.62 2014 (Claggett, Varga, Robertson, Pavicic)	4:15.64 2011	4:05.55 2012	3:52.17 2005	3:47.35 2008						
4x200 Free Relay	11:54.46 2014 (Claggett, Varga, Robertson, Pavicic)	9:51.02 2008	9:01.59 2009	8:43.51 2005	8:17.22 2008						
4x50 Medley Relay	2:23.68 2009 (Pratt, Xia, Pogany, Hedley)	2:12.48 2002	1:59.05 2013 (Wilm, Xia, Pratt, Hedley)	1:55.46 2015 (Wilm, Kolaric, Pratt, Bergen)	1:55.46 2015 (Wilm, Kolaric, Pratt, Bergen)						
4x100 Medley Relay	6:22.81 2014 (Robertson, Pavicic, Claggett, Varga)	5:00.63 2005	4:38.88 2015 (Kwan, ACharles,Baines, Free)	4:11.55 2015 (Wilm, Kolaric, Pratt, Bergen)	4:11.55 2015 (Wilm, Kolaric, Pratt, Bergen)						
Cascade Swim Club											
Club Records											
Boys											
Event	10 & Under	11 & 12	13 & 14	15 to 17	Open						
50 Free	:29.91 2019 Joey Molnar	:26.66 2009 Anthony Lyons	:24.17 2011 Anthony Lyons	:23.10 2012 Scott McGillivray	:22.03 2022 Yuri Kisil						
100 Free	1:05.80 2019 Joey Molnar	:58.23 2004 James Kendrick	:52.28 2011 Anthony Lyons	:48.93 2018 Alexander Pratt	:48.18 2020 Cole Pratt						
200 Free	2:24.62 2001 Jordie Szoo	2:05.47 2004 James Kendrick	1:52.75 2011 Anthony Lyons	1:44.90 2018 Alexander Pratt	1:44.90 2018 Alexander Pratt						
400 Free	5:10.08 2014 Adam Connell	4:25.71 1986 Curtis Myden	4:03.66 2008 Thomas Jobin	3:43.73 2018 Alexander Pratt H	3:43.73 2018 Alexander Pratt						
800 Free	11:07.22 2007 Connor Bayne	9:38.17 2009 Kyle Beatty	8:25.08 2009 Russell Wood	7:50.57 2018 Alexander Pratt H	7:50.57 2018 Alexander Pratt						
1500 Free	20:53.15 2001 Michael Lowenstein	17:48.81 2009 Connor Bayne	16:06.27 2009 Russell Wood	15:09.63 2016 Alexander Pratt	15:09.63 2016 Alexander Pratt						
50 Back	:34.50 2018 Joey Molnar	:30.28 2014 Stephen Hou	:27.06 2016 Cole Pratt	:24.60 2018 Cole Pratt	:23.89 2021 Cole Pratt						
100 Back	1:12.72 2019 Joey Molnar	1:04.52 2002 Taylor Maxey	:57.93 2016 Cole Pratt	:51.57 2019 Cole Pratt	:50.40 2020 Cole Pratt H!						
200 Back	2:41.22 2005 Russell Wood	2:18.94 1991 Matthew Henderson	2:05.16 2016 Cole Pratt	1:51.30 2019 Cole Pratt H!	1:50.82 2020 Cole Pratt						
50 Breast	:40.55 2019 Joey Molnar	:34.11 1998 Chase Reid	:30.86 2020 Addison Butler	:29.31 2021 Addison Butler	:28.14 2018 Jonathan Brown						
100 Breast	1:27.36 2019 Joey Molnar	1:13.98 2000 Rodale Estor	1:06.65 2002 Rodale Estor	1:04.28 2019 Parker Brown	1:00.25 2018 Jonathan Brown						
200 Breast	3:14.11 2002 Erik Nelson	2:40.30 1986 Curtis Myden	2:26.44 2010 Ken Stairs	2:17.36 2012 Ken Stairs	2:10.88 2018 Jonathan Brown						
50 Fly	:33.14 2002 Erik Nelson	:29.03 2015 Cole Pratt	:26.21 2015 Rhys Marlatt	:23.14 2004 Pascal Wollach	:23.14 2004 Pascal Wollach						
100 Fly	1:15.75 2001 Michael Lowenstein	1:03.25 2015 Cole Pratt	:57.24 2017 Cole Pratt	:53.36 2009 Karl Wolk	:53.36 2009 Karl Wolk						
200 Fly	2:27.21 2001 Michael Lowenstein	2:27.21 2006 Thomas Jobin	2:05.46 2008 Thomas Jobin	1:57.33 2018 Cole Pratt	1:56.38 2020 Cole Pratt						
100 IM	1:15.18 2019 Joey Molnar	1:10.75 2009 Anthony Lyons	:59.47 2020 Addison Butler	:55.86 2019 Cole Pratt	:55.86 2019 Cole Pratt						
200 IM	2:46.05 2001 Michael Lowenstein	2:21.25 1991 Matthew Henderson	2:10.71 1988 Curtis Myden	1:57.14 2019 Cole Pratt	1:56.48 2020 Cole Pratt						
400 IM	5:52.76 2001 Michael Lowenstein	5:00.35 1986 Curtis Myden	4:35.41 1988 Curtis Myden	4:09.22 2019 Cole Pratt H	4:09.22 2019 Cole Pratt						
4x50 Free Relay	2:08.25 2002 (JKendrick, Nelson, GBlattler, Odger)	1:53.32 2003 (BMaybury, MKendrick, DBlattler, Lowenstein)	1:41.28 2015 (Somerset, Gramatke, Hou, Pratt)	1:37.22 2015 (Pan, JKatelnikoff, APratt, SNeilson)	1:32.99 2015 (Hibberd, MacKinnon, Hallett, Bobrosky)						
4x100 Free Relay		4:07.99 1998	3:46.21 2015 (Somerset, Pratt, Hou, Hogan)	3:23.25 2018 (Nash, CPratt, APratt, Gramatke)	3:22.53 2013 (Greenshields, Wolk, Kisil, Lyons)						
4x200 Free Relay		9:24.07 2009	8:26.23 2007	7:18.37 2009 (Bobrosky, Wolk, Kriwitsky, JKendrick)	7:22.63 2012						
4x50 Medley Relay	2:26.70 1999	2:07.73 2003 (BMaybury, ENelson, Lowenstein, MKendrick)	1:54.89 1999	1:49.02 2006	1:45.06 2014 (Kisil, MacKinnon, Wolk, Lyons)						
4x100 Medley Relay		4:43.90 2004	4:12.67 2015 (Somerset, Hou, Pratt, Gramatke)	3:47.00 2009	3:44.31 2012						