

Cascade Swim Club		ALBERTA PROVINCIAL RECORD		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	2:01.78	2022 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, Hoqan)	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					