

LASC TEAM RECORDS

Open - Short Course

Leah Troskot	2011	25.92	50 Free	22.07	2022	Owen Guyn
Leah Troskot	2011	56.12	100 Free	49.67	2014	Ryan Thornley
Leah Troskot	2012	2:04.65	200 Free	1:52.90	2018	Isaac Fletcher
Meaghan Morter	2016	4:21.81	400 Free	3:59.35	2013	Nathan Sawicki
Meaghan Morter	2015	8:51.25	800 Free	8:16.06	2013	Nathan Sawicki
Meaghan Morter	2015	17:14.29	1500 Free	15:44.30	2014	Nathan Sawicki
Taylor Ginther	2023	29.12	50 Back	25.52	2014	Ryan Thornley
Leah Troskot	2011	1:02.64	100 Back	56.90	2011	Tiha Konyves
Taylor Ginther	2023	2:19.02	200 Back	2:05.05	2011	Tiha Konyves
Rachel Nicol	2019	30.38	50 Breast	27.92	2021	Apollo Hess
Rachel Nicol	2016	1:05.15	100 Breast	1:01.52	2015	Kaelan Freund
Rachel Nicol	2019	2:25.68	200 Breast	2:13.14	2015	Kaelan Freund
Leah Troskot	2011	28.53	50 Fly	24.36	2014	Ryan Thornley
Sarah Little	2016	1:03.67	100 Fly	55.33	2014	Ryan Thornley
Carleen Ready	2001	2:22.69	200 Fly	2:05.40	2006	Taylor Graham
Rachel Nicol	2019	1:04.62	100 IM	56.65	2021	Apollo Hess
Rachel Nicol	2010	2:21.12	200 IM	2:04.66	2015	Kaelan Freund
Carleen Ready	2002	5:05.74	400 IM	4:30.22	1998	Chad Murray
Kate Hill / Calyn Lothian Gouttin / Noaise Gelber	2023	1:48.63	200 FR	1:34.01	1993	
Sarah Hill / Calyn Lothian Amelie Gouttin / Carly Beck	2022	4:00.91	400 FR	3:34.05	2009	Adam Krysiak / Gordon Heine Kent Aitchison / Kyle Troskot
Rachel Nicol / Melissa Stoker Sydney Postmus / Kylie Warne	2010	8:56.26	800 FR	7:56.58	2009	Adam Krysiak / Eric Carmichael Liam Quinlan / Kyle Troskot
Aki Oshima / Amelie Gouttin Kate Hill / Calyn Lothian	2023	2:00.14	200 MR	1:43.23	2015	Devon Chernow / Kaelan Freund Ryan Thornley / Joshua Freund
Leah Troskot / Kristy Gabruck Jessie Olsen-Heisler / Rachel Nicol	2011	4:22.02	400 MR	3:56.13	2006	Gordon Heine / Stanley Huynh Taylor Graham / Kent Aitchison

Open - Long Course

Leah Troskot	2016	25.59	50 Free	22.61	2022	Owen Guyn
Leah Troskot	2016	55.53	100 Free	50.48	2012	Kyle Troskot
Leah Troskot	2012	2:06.30	200 Free	1:56.06	2022	Raine Arden
Meaghan Morter	2015	4:29.69	400 Free	4:04.48	1999	Chad Murray
Meaghan Morter	2016	9:17.91	800 Free	8:33.35	2014	Nathan Sawicki
Meaghan Morter	2014	17:49.86	1500 Free	16:05.90	2014	Nathan Sawicki
Jessica Kelly	2011	30.23	50 Back	26.81	2021	Chris Alexander
Shyanne Shannon	1996	1:04.96	100 Back	57.56	2021	Chris Alexander
Shyanne Shannon	1996	2:18.84	200 Back	2:09.67	2018	Chris Alexander
Rachel Nicol	2017	30.49	50 Breast	27.91	2022	Apollo Hess
Rachel Nicol	2016	1:06.68	100 Breast	1:02.01	2017	Kaelan Freund
Rachel Nicol	2016	2:27.04	200 Breast	2:14.92	2021	Apollo Hess
Leah Troskot	2015	27.36	50 Fly	24.67	2011	Kyle Troskot
Leah Troskot	2017	1:02.13	100 Fly	54.44	2014	Kyle Troskot
Carleen Ready	2002	2:26.64	200 Fly	2:08.20	1974	Lorne Kemmet
Rachel Nicol	2015	2:17.98	200 IM	2:08.58	2016	Kaelan Freund
Kylie Warne	2011	5:16.77	400 IM	4:29.36	1999	Chad Murray
Brittany Freund / Leah Troskot Rachel Nicol / Kylie Warne	2013	1:50.70	200 FR	1:31.80	2022	Owen Guyn / Raine Arden Chris Alexander / Apollo Hess
Kylie Warne / Brittany Freund Leah Troskot / Sydney Postmus	2013	4:03.13	400 FR	3:31.88	2018	Raine Arden / Chris Alexander Isaac Fletcher / Josh Freund
Sydney Postmus / Kylie Warne Rachel Nicol / Leah Troskot	2010	9:08.35	800 FR	8:03.28	2018	Raine Arden / Isaac Fletcher Josh Freund / Chris Alexander
Sydney Postmus / Rachel Nicol Caprice Rosentreter / Leah Troskot	2013	2:01.62	200 MR	1:48.19	2015	Joshua Freund / Kaelan Freund Ryan Thornley / Matt Alexander
Leah Troskot / Rachel Nicol Heather Dutton / Kristy Gabruck	2010	4:32.00	400 MR	3:57.24	2019	Chris Alexander / Apollo Hess Matt Kovacs / Raine Arden

LASC TEAM RECORDS

15-17 - Short Course

Leah Troskot	2011	25.92	50 Free	22.36	2009	Kyle Troskot
Leah Troskot	2011	56.12	100 Free	50.11	2009	Kyle Troskot
Leah Troskot	2012	2:04.65	200 Free	1:52.90	2018	Isaac Fletcher
Meaghan Morter	2016	4:21.81	400 Free	3:59.35	2013	Nathan Sawicki
Meaghan Morter	2015	8:51.25	800 Free	8:16.06	2013	Nathan Sawicki
Meaghan Morter	2015	17:14.29	1500 Free	15:44.30	2013	Nathan Sawicki
Leah Troskot	2012	30.30	50 Back	26.33	2018	Isaac Fletcher
Leah Troskot	2011	1:02.64	100 Back	56.90	2011	Tiha Konyves
Jennifer Anderson	1994	2:20.32	200 Back	2:05.05	2011	Tiha Konyves
Rachel Nicol	2009	31.31	50 Breast	28.70	2015	Kaelan Freund
Rachel Nicol	2009	1:07.91	100 Breast	1:01.52	2015	Kaelan Freund
Rachel Nicol	2009	2:25.69	200 Breast	2:13.14	2015	Kaelan Freund
Leah Troskot	2011	28.53	50 Fly	24.63	2009	Kyle Troskot
Sarah Little	2016	1:03.67	100 Fly	55.54	2010	Kyle Troskot
Carleen Ready	2009	2:26.97	200 Fly	2:08.22	1998	Chad Murray
Rachel Nicol	2009	1:06.00	100 IM	58.70	2014	Kaelan Freund
Rachel Nicol	2010	2:21.12	200 IM	2:04.66	2015	Kaelan Freund
Meaghan Morter	2015	5:07.40	400 IM	4:30.22	1998	Chad Murray
<i>Kate Hill / Calyn Lothian</i> <i>Goultin / Noaïse Gelber</i>	<i>Amelie</i> 2023	1:48.63	200 FR	1:36.97	2017	Raine Arden / Chris Alexander Isaac Fletcher / Joshua Freund
<i>Sarah Hill / Calyn Lothian</i> <i>Amelie Goultin / Carly Beck</i>	2022	4:00.91	400 FR	3:43.80	2007	Gordon Heine / Peter Quinlan Owen Topolinsky / Stanley Huynh
			800 FR			
<i>Aki Oshima / Amelie Goultin</i> <i>Kate Hill / Calyn Lothian</i>	2023	2:00.14	200 MR	1:46.23	2019	Issac Fletcher / Apollo Hess Thomas Alexander / Jozsef Babits
<i>Taylor Ginther / Amelie Goultin</i> <i>Mackenzie Leroux / Calyn Lothian</i>	2022	4:29.47	400 MR	4:10.72	2007	Gordon Heine / Jeffrey Nicol Dwight Holmen / Stanley Huynh

15-17 - Long Course

Leah Troskot	2012	26.57	50 Free	22.93	2009	Kyle Troskot
Leah Troskot	2012	57.13	100 Free	50.74	2009	Kyle Troskot
Leah Troskot	2012	2:06.30	200 Free	1:57.12	2018	Raine Arden
Meaghan Morter	2015	4:29.69	400 Free	4:04.48	1999	Chad Murray
Meaghan Morter	2016	9:17.91	800 Free	8:33.35	2014	Nathan Sawicki
Meaghan Morter	2015	17:52.97	1500 Free	16:05.90	2014	Nathan Sawicki
Leah Troskot	2012	31.44	50 Back	27.65	2019	Isaac Fletcher
Leah Troskot	2012	1:05.72	100 Back	59.24	2017	Chris Alexander
Jennifer Anderson	1994	2:27.33	200 Back	2:10.49	1994	Kevin Mertz
Rachel Nicol	2010	32.06	50 Breast	28.58	2016	Kaelan Freund
Rachel Nicol	2009	1:09.01	100 Breast	1:03.26	2016	Kaelan Freund
Rachel Nicol	2010	2:29.87	200 Breast	2:20.86	2019	Apollo Hess
Sarah Little	2015	28.51	50 Fly	25.16	2009	Kyle Troskot
Sarah Little	2015	1:04.41	100 Fly	56.86	2009	Kyle Troskot
Carleen Ready	2002	2:34.31	200 Fly	2:14.51	2000	Brock Murray
Rachel Nicol	2010	2:22.61	200 IM	2:08.58	2016	Kaelan Freund
Kylie Warne	2010	5:18.44	400 IM	4:29.36	1999	Chad Murray
<i>Amelie Goultin / Taylor Ginther</i> <i>Makena Wood / Sarah Hill</i>	2022	1:52.34	200 FR	1:40.83	1994	
<i>Amelie Goultin / Calyn Lothian</i> <i>Finley Lothian / Makena Wood</i>	2022	4:11.77	400 FR	3:42.72	2017	Joshua Freund / Raine Arden Isaac Fletcher / Apollo Hess
<i>Calyn Lothian / Finley Lothian</i> <i>Amelie Goultin / Lola O'Brien</i>	2022	9:23.81	800 FR	8:27.40	2017	Joshua Freund / Raine Arden Isaac Fletcher / Chris Alexander
<i>Taylor Ginther / Makena Wood</i> <i>Sarah Hill / Amelie Goultin</i>	2022	2:05.55	200 MR	1:53.36	2019	Jozsef Babits / Apollo Hess Isaac Fletcher / Thomas Alexander
<i>Finley Lothian / Makena Wood</i> <i>Lola O'Brien / Calyn Lothian</i>	2022	4:41.03	400 MR	4:09.68	2016	Chris Alexander / Kaelan Freund Raine Arden / Joshua Freund

LASC TEAM RECORDS

13 & 14 - Short Course

Leah Troskot	2010	26.39	50 Free	25.41	1993	Paul Dixon
Leah Troskot	2010	57.88	100 Free	55.18	1993	Paul Dixon
Leah Troskot	2009	2:08.27	200 Free	2:00.86	2014	Joshua Freund
Meaghan Morter	2013	4:26.90	400 Free	4:15.52	1996	Chad Murray
Meaghan Morter	2014	9:15.73	800 Free	9:02.00	2014	Joshua Freund
Emma Morter	2016	17:48.04	1500 Free	17:20.31	1996	Chad Murray
Taylor Ginther	2023	29.12	50 Back	29.68	2016	Isaac Fletcher
Taylor Ginther	2023	1:03.28	100 Back	1:03.86	2016	Isaac Fletcher
Taylor Ginther	2023	2:19.02	200 Back	2:17.19	2013	Kaelan Freund
Rachel Nicol	2007	32.94	50 Breast	32.14	2016	Apollo Hess
Rachel Nicol	2008	1:10.12	100 Breast	1:08.68	2013	Kaelan Freund
Rachel Nicol	2007	2:31.69	200 Breast	2:28.52	2013	Kaelan Freund
Leah Troskot	2010	29.20	50 Fly	28.53	2013	Kaelan Freund
Sarah Little	2014	1:05.48	100 Fly	1:01.73	2012	Vincenzo Sljuka
Carleen Ready	2001	2:22.69	200 Fly	2:15.74	2012	Vincenzo Sljuka
Taylor Ginther	2023	1:08.31	100 IM	1:03.46	2012	Kaelan Freund
Carleen Ready	2001	2:22.97	200 IM	2:15.70	2013	Kaelan Freund
Carleen Ready	2002	5:05.74	400 IM	4:48.91	1996	Chad Murray
<i>Taylor Ginther / Emery MacKenzie Kya Pratt / Riley Ginther</i>	2023	1:51.59	200 FR	1:46.14	1993	-----
			400 FR			-----
			800 FR			-----
<i>Taylor Ginther / Riley Ginther Emery MacKenzie / Kya Pratt</i>	2023	2:01.56	200 MR	2:01.95	1993	-----
			400 MR			-----

13 & 14 - Long Course

Taylor Ginther	2023	27.02	50 Free	25.50	1993	Paul Dixon
Calyn Lothian	2023	59.96	100 Free	56.71	2014	Joshua Freund
Leah Troskot	2009	2:11.01	200 Free	2:02.10	2014	Joshua Freund
Meaghan Morter	2014	4:31.47	400 Free	4:18.16	2014	Joshua Freund
Meaghan Morter	2014	9:18.92	800 Free	8:56.61	2014	Joshua Freund
Meaghan Morter	2014	17:49.86	1500 Free	17:46.58	1996	Chad Murray
Taylor Ginther	2023	30.38	50 Back	30.22	1991	Kevin Mertz
Taylor Ginther	2023	1:06.25	100 Back	1:04.10	2017	Isaac Fletcher
Meaghan Morter	2014	2:28.38	200 Back	2:18.99	2017	Isaac Fletcher
Rachel Nicol	2007	33.16	50 Breast	31.46	2013	Kaelan Freund
Rachel Nicol	2007	1:11.33	100 Breast	1:07.92	2013	Kaelan Freund
Rachel Nicol	2008	2:33.93	200 Breast	2:27.82	2013	Kaelan Freund
Leah Troskot	2009	29.52	50 Fly	28.82	2013	Kaelan Freund
Carleen Ready	2001	1:06.74	100 Fly	1:03.71	2012	Vincenzo Sljuka
Carleen Ready	2001	2:26.54	200 Fly	2:17.55	2012	Vincenzo Sljuka
Andrea Kilam	1991	2:28.73	200 IM	2:15.47	2013	Kaelan Freund
Carleen Ready	2001	5:17.26	400 IM	4:51.04	2013	Kaelan Freund
<i>Taylor Ginther / Calyn Lothian Kya Pratt / Emery MacKenzie</i>	2023	1:53.30	200 FR	1:52.56	1992	-----
			400 FR			-----
			800 FR			-----
<i>Taylor Ginther / Emery MacKenzie Kya Pratt / Calyn Lothian</i>	2023	2:03.52	200 MR	2:07.24	1992	-----
<i>Finley Lothian / Makena Wood Katrina Davis / Amelie Gouttin</i>	2019	4:43.55	400 MR			-----

LASC TEAM RECORDS

11 & 12 - Short Course

Leah Troskot	2008	27.46	50 Free	27.40	2000	Darren Tso
Leah Troskot	2008	1:01.66	100 Free	1:00.63	2000	Darren Tso
Leah Troskot	2008	2:12.38	200 Free	2:12.60	2000	Pascal Wollach
Emma Morter	2014	4:41.91	400 Free	4:38.95	2000	Pascal Wollach
Emma Morter	2014	9:38.89	800 Free	9:51.58	2013	Joshua Freund
Corissa Reid	1994	20:53.54	1500 Free	18:33.27	2013	Joshua Freund
Taylor Ginther	2021	31.42	50 Back	32.39	2000	Pascal Wollach
Taylor Ginther	2021	1:08.74	100 Back	1:10.40	2000	Pascal Wollach
Emma Morter	2014	2:32.42	200 Back	2:27.84	2000	Pascal Wollach
Rachel Nicol	2005	34.57	50 Breast	35.43	2000	Darren Tso
Rachel Nicol	2005	1:15.15	100 Breast	1:17.33	1992	Mark Kilam
Rachel Nicol	2005	2:42.69	200 Breast	2:48.96	1992	Mark Kilam
Carleen Ready	2000	30.72	50 Fly	30.36	1999	Shane Kemmet
Carleen Ready	2000	1:06.63	100 Fly	1:10.41	2010	Vincenzo Sljuka
Carleen Ready	2000	2:28.57	200 Fly	2:38.93	2011	Kaelan Freund
Leah Troskot	2008	1:11.22	100 IM	1:12.55	2012	Joshua Freund
Andrea Kilam	1989	2:27.83	200 IM	2:32.65	1999	Darren Tso
Carleen Ready	2000	5:15.99	400 IM	5:25.38	2010	Kaelan Freund
.....	1989	1:58.12	200 FR	1:58.54	1991
.....			400 FR		
.....			800 FR		
.....	1994	2:14.32	200 MR	2:15.07	1991
B. Stromssoe / J. Goertzen C. Reid / J. Leavitt	1993	4:54.08	400 MR			

11 & 12 - Long Course

Taylor Ginther	2022	27.87	50 Free	28.01	1999	Shane Kemmet
Taylor Ginther	2022	1:03.19	100 Free	1:01.32	1999	Darren Tso
Carleen Ready	2000	2:18.37	200 Free	2:16.85	2000	Pascal Wollach
Carleen Ready	2000	4:55.42	400 Free	4:46.94	2000	Pascal Wollach
Carleen Ready	2000	10:15.43	800 Free	9:52.01	2012	Joshua Freund
			1500 Free	18:41.47	2000	Pascal Wollach
Taylor Ginther	2022	31.65	50 Back	32.31	2000	Pascal Wollach
Taylor Ginther	2022	1:10.39	100 Back	1:08.83	2000	Pascal Wollach
Andrea Kilam	1989	2:35.79	200 Back	2:30.18	2000	Pascal Wollach
Rachel Nicol	2006	34.99	50 Breast	34.97	2003	Kelly Tso
Rachel Nicol	2006	1:15.34	100 Breast	1:18.74	2003	Kelly Tso
Rachel Nicol	2006	2:45.98	200 Breast	2:51.38	2003	Kelly Tso
Katrina Davis	2019	30.35	50 Fly	31.23	1999	Shane Kemmet
Katrina Davis	2019	1:07.41	100 Fly	1:09.87	1989	Joe Clark
Carleen Ready	2000	2:31.70	200 Fly	2:39.88	2011	Kaelan Freund
Carleen Ready	2000	2:31.02	200 IM	2:35.19	2011	Kaelan Freund
Carleen Ready	2000	5:26.54	400 IM	5:27.99	2011	Kaelan Freund
.....	1989	2:01.14	200 FR	2:02.86	1991
.....			400 FR		
.....			800 FR		
.....	1989	2:15.04	200 MR	2:16.98	1991
.....			400 MR		

LASC TEAM RECORDS

10 & Under - Short Course

Andrea Kilam	1987	30.75	50 Free	30.72	2010	Joshua Freund
Janay Hamilton	1992	1:09.10	100 Free	1:09.22	92/10	Chad Murray/Joshua Freund
Carleen Ready	1998	2:30.08	200 Free	2:30.22	2010	Joshua Freund
Janay Hamilton	1992	5:21.46	400 Free	5:02.98	2010	Joshua Freund
Andrea Kilam	1987	34.94	50 Back	36.29	2010	Joshua Freund
Andrea Kilam	1987	1:15.71	100 Back	1:19.83	2010	Joshua Freund
Siera Dakin-Kuiper	2002	2:59.43	200 Back	3:12.69	2019	Cohen Ross
Riley Ginther	2022	39.93	50 Breast	39.75	2010	Joshua Freund
Elizabeth Rypien	2002	1:28.01	100 Breast	1:26.77	1992	Chad Murray
Siera Dakin-Kuiper	2002	3:11.08	200 Breast	3:07.06	2010	Joshua Freund
Carleen Ready	1998	34.50	50 Fly	34.59	1992	Chad Murray
Carleen Ready	1998	1:17.62	100 Fly	1:16.13	1992	Chad Murray
Carleen Ready	1998	1:20.51	100 IM	1:19.79	2010	Joshua Freund
Carleen Ready	1998	2:47.54	200 IM	2:46.49	1992	Chad Murray
-----	1993	2:17.51	200 FR	2:18.63	1992	-----
Alex Ginther / Riley Ginther Taya Odorski / Anelise Linder	2022	2:37.77	200 MR	2:42.33	1992	

10 & Under - Long Course

Andrea Kilam	1987	31.06	50 Free	31.83	2010	Joshua Freund
Andrea Kilam	1987	1:10.77	100 Free	1:08.61	1992	Chad Murray
Andrea Kilam	1987	2:35.23	200 Free	2:36.70	2010	Joshua Freund
Andrea Kilam	1987	5:39.89	400 Free	5:16.45	2010	Joshua Freund
Andrea Kilam	1987	35.70	50 Back	37.57	1990	Graham Wood
Andrea Kilam	1987	1:17.24	100 Back	1:21.95	1990	Graham Wood
Sierra Dakin-Kuiper	2002	3:01.33	200 Back	3:03.57	2010	Joshua Freund
Sierra Dakin-Kuiper	2002	42.07	50 Breast	40.85	2001	Kelly Tso
Amelie Gouttin	2016	1:32.18	100 Breast	1:32.86	2010	Joshua Freund
Riley Ginther	2022	3:14.85	200 Breast	3:19.67	2010	Joshua Freund
Jennifer Willoughby	1987	37.50	50 Fly	34.63	1992	Chad Murray
Jan Leavitt	1991	1:25.25	100 Fly	1:18.41	1992	Chad Murray
Andrea Kilam	1987	2:57.15	200 IM	2:47.67	1992	Chad Murray
-----	1993	2:22.89	200 FR	2:23.54	1993	-----
-----	1993	2:49.30	200 MR	2:47.49	1993	-----