



2023-2024 Season Kickoff and Awards Night September 2023

TOP RANKED PERFORMANCES – 2022-2023

CANADIAN TOP 25

CANADIAN TOP 10 RELAYS

Explanation: The swimmers of NKB not only want to achieve personal bests, they also want to be tops at regional championships... then provincial championships... then national championships... They never stop striving for the top. These awards recognize those NKB swimmers who ranked in the NKB Top 5 Age Group Performances, NKB Top 10 All-Time Performances and the Top 25 Canadian in their age group/event when the waves settled at the close of our 2022-2023 season.

2022-2023 CANADIAN TOP 25 SWIMS - SHORT COURSE

Swimmer	Event	Time
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15 Year Old Girls

Maizie Moustgaard	8th in 200 Fly	2:21.67
Maizie Moustgaard	14th in 100 Fly	1:04.11
Maizie Moustgaard	22 nd in 200 IM	2:24.64

16 Year Old Girls

Julie Brousseau	1 st in 200 BR	2:27.15
Julie Brousseau	2 nd in 200 FR	1:57.14
Julie Brousseau	2 nd in 400 FR	4:07.14
Julie Brousseau	2 nd in 400 IM	4:38.72
Julie Brousseau	3 rd in 200 IM	2:12.03
Julie Brousseau	4 th in 100 FR	55.20
Julie Brousseau	4 th in 50 BR	32.62
Julie Brousseau	5 th in 100 BR	1:10.98
Julie Brousseau	5 th in 200 BK	2:13.11
Julie Brousseau	7th in 100 IM	1:04.63
Julie Brousseau	16 th in 50 FR	26.59
Julie Brousseau	23rd in 100 Fly	1:04.27

Merielle Brousseau	20th in 200 BR	2:42.22
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17 Year Old Girls

Maya McGhan	18th in 200 FR	2:05.81
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Ella Moustgaard	13th in 400 IM	5:01.20
Ella Moustgaard	15th in 200 BK	2:19.91
Ella Moustgaard	18th in 200 IM	2:22.63



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Ella Moustguaard	18th in 50 BK	30.36
Ella Moustguaard	24th in 100 BK	1:04.56
Ella Moustguaard	24th in 100 IM	1:08.52

18 Year Old Girls

Lydia James-Brennan	5th in 1500 FR	17:25.82
Lydia James-Brennan	16th in 800 FR	9:15.11

10 & Under Boys

Brody Plummer	12th in 200 BK	2:53.20
Brody Plummer	14th in 100 BK	1:22.59
Brody Plummer	17th in 100 IM	1:25.85
Brody Plummer	20th in 50 BK	38.69
Brody Plummer	20th in 400 FR	5:40.76
Brody Plummer	22nd in 50 FR	33.27

14 Year Old Boys

Alexander Beyea	21st in 200 Fly	2:20.71
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15 Year Old Boys

Jordan Schaepper	2nd in 800 FR	8:25.29
Jordan Schaepper	4th in 400 FR	4:04.12
Jordan Schaepper	5th in 400 IM	4:39.19
Jordan Schaepper	6th in 1500 FR	16:18.28
Jordan Schaepper	9th in 200 IM	2:11.42
Jordan Schaepper	13th in 200 Fly	2:12.52
Jordan Schaepper	13th in 100 Fly	59.00
Jordan Schaepper	21st in 200 FR	1:57.45

Yuto Lee	1st in 200 BR	2:20.36
Yuto Lee	2nd in 100 BR	1:03.51
Yuto Lee	2nd in 50 BR	29.83
Yuto Lee	4th in 200 IM	2:09.59
Yuto Lee	8th in 100 IM	1:00.62
Yuto Lee	20th in 50 FLY	26.88
Yuto Lee	23rd in 400 IM	4:48.81

16 Year Old Boys

Jace Borden	10th in 50 Fly	25.63
Jace Borden	14th in 100 FR	52.10
Jace Borden	14th in 200 FR	1:55.07



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Jace Borden	15th in 50 FR	23.96
Jace Borden	16th in 100 Fly	57.19
Jace Borden	17th in 200 Fly	2:10.07

Alex Piliéci	17 th in 400 IM	4:40.62
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Jacob Pawlak	9th in 200 BR	2:23.98
Jacob Pawlak	22nd in 100 Fly	57.96
Jacob Pawlak	23rd in 100 IM	1:01.14
Jacob Pawlak	24th in 100 BR	1:07.10

17 Year Old Boys

Preston McMann	18th in 100 FR	51.91
Preston McMann	22nd in 200 FR	1:53.64



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2022-2023 CANADIAN TOP 25 SWIMS - LONG COURSE

Swimmer	Event	Time
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10 & Under Girls

Jessica Duford	15th in 400 FR	5:45.79
Jessica Duford	21st in 50 FR	33.35
Jessica Duford	24th in 200 BK	3:06.37

Eleanor Quan	17th in 400 IM	7:19.08
Eleanor Quan	21st in 100 FR	1:14.56

14 Year Old Girls

Edith Barton	19th in 1500 FR	18:31.37
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15 Year Old Girls

Maizie Moustgaard	13 th in 100 Fly	1:04.09
Maizie Moustgaard	13 th in 200 FLY	2:22.82
Maizie Moustgaard	18th in 400 IM	5:10.92
Maizie Moustgaard	24th in 200 IM	2:26.98

16 Year Old Girls

Julie Brousseau	3rd in 400 IM	4:51.45 *
Julie Brousseau	4th in 200 BR	2:35.53
Julie Brousseau	4th in 200 IM	2:16.55
Julie Brousseau	10th in 200 FR	2:04.99
Julie Brousseau	14th in 50 FR	58.14
Julie Brousseau	18th in 100 BR	1:14.56

Maizie Moustgaard	19th in 100 Fly	1:04.53
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17 Year Old Girls

Julie Brousseau	1st in 200 IM	2:13.66
Julie Brousseau	2nd in 100 FR	55.75
Julie Brousseau	2nd in 200 FR	1:58.60
Julie Brousseau	2nd in 400 Fr	4:12.42
Julie Brousseau	2nd in 400 IM	4:42.90
Julie Brousseau	3rd in 800 FR	8:50.16
Julie Brousseau	3rd in 100 BR	1:12.23
Julie Brousseau	3rd in 200 BR	2:30.79



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Julie Brousseau	7th in 50 FR	26.70
Julie Brousseau	7th in 50 BR	33.72
Julie Brousseau	7th in 200 Fly	2:17.03
Julie Brousseau	8th in 1500 FR	17:35.74
Julie Brousseau	9th in 100 Fly	1:02.57
Julie Brousseau	11th in 100 BK	1:04.38
Julie Brousseau	11th in 200 BK	2:18.63
Julie Brousseau	12th in 50 Fly	28.42

Ella Moustgarrd	25th in 100 BK	1:06.17
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Merielle Brousseau	11th in 200 BR	2:43.28
Merielle Brousseau	19th in 100 BR	1:15.82

18 Year Old Girls

Maya McGhan	11th in 400 IM	5:11.52
Maya McGhan	13th in 1500 FR	17:55.32
Maya McGhan	14th in 800 FR	9:20.93
Maya McGhan	23rd in 200 FR	2:09.82
Maya McGhan	23rd in 100 FR	59.90

Lydia James-Brennan	9th in 1500 FR	17:45.09
Lydia James-Brennan	15th in 800 FR	9:21.04
Lydia James-Brennan	18th in 400 FR	4:31.13
Lydia James-Brennan	22nd in 400 IM	5:20.99

10 & Under Boys

Osborn Zhang	20th in 50 BR	46.08
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11 Year Old Boys

Steffan Pshonka	13th in 200 BK	2:46.56
Steffan Pshonka	15th in 800 FR	10:58.80
Steffan Pshonka	22nd in 400 FR	5:19.54
Steffan Pshonka	23rd in 200 FR	2:31.06

Brody Plummer	21st in 100 BK	1:19.80
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12 Year Old Boys

Liam Elliot	24th in 100 BK	1:12.76
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15 Year Old Boys



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Jordan Schaepper	6th in 400 IM	4:43.34
Jordan Schaepper	7th in 1500 FR	16:37.29
Jordan Schaepper	7th in 200 Fly	2:11.51
Jordan Schaepper	8th in 800 FR	8:33.87
Jordan Schaepper	11th in 100 Fly	58.72
Jordan Schaepper	11th in 400 FR	4:09.84
Jordan Schaepper	13th in 200 IM	2:13.40
Jordan Schaepper	17th in 200 FR	1:59.25

Yuto Lee	3rd in 100 BR	1:05.75
Yuto Lee	4th in 50 BR	29.97
Yuto Lee	4th in 200 BR	2:23.51
Yuto Lee	11th in 200 IM	2:12.75
Yuto Lee	16th in 50 Fly	26.72

16 Year Old Boys

Jordan Schaepper	1st in 800 FR	8:24.53
Jordan Schaepper	3rd in 1500 FR	16:09.88
Jordan Schaepper	5th in 400 FR	4:04.91
Jordan Schaepper	7th in 200 Fly	2:07.27
Jordan Schaepper	8th in 400 IM	4:42.09
Jordan Schaepper	9th in 200 FR	1:56.05
Jordan Schaepper	9th in 200 IM	2:11.56
Jordan Schaepper	13th in 100 Fly	57.61
Jordan Schaepper	21st in 50 Fly	26.47

Yuto Lee	6th in 50 BR	30.32
Yuto Lee	6th in 200 BR	2:25.39
Yuto Lee	7th in 100 BR	1:06.59

Jace Borden	20th in 200 FR	1:57.89
Jace Borden	22nd in 50 Fly	26.54
Jace Borden	22nd in 100 Fly	58.64

Jacob Pawlak	20th in 200 BR	2:31.21
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Alex Piliéci	16th in 200 Fly	2:10.90
Alex Piliéci	19th in 100 Fly	58.37
Alex Piliéci	22nd in 400 IM	4:49.66

17 Year Old Boys



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Alex Piliéci	16th in 200 Fly	2:07.89
Alex Piliéci	21st in 200 IM	2:12. 09

18 Year Old Boys

Preston McMann	23rd in 100 FR	52.99
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2022-2023 CANADIAN TOP 10 RELAY SWIMS - LONG COURSE

10 & Under Girls

Charlotte Navarrete Espitia Eva Rasoulis Jessica Duford Eleanor Quan	3rd in 400 FR Relay	5:36.30
Emma Fairley Moy MacDonald Charlotte Navarrete Espitia Eleanor Quan	4th in 400 FR Relay	5:40.79
Emma Fairley Audrey Lu Trinity Stratton Moy MacDonald	7th in 400 FR Relay	6:20.68
Charlotte Navarrete Espitia Trinity Stratton Eleanor Quan Jessica Duford	3rd in 400 Medley Relay	6:26.00
Jessica Duford Trinity Stratton Charlotte Navarrete Espitia Eleanor Quan	4th in 400 Medley Relay	6:30.93

Open Girls

Maya McGhan Breckin Gormley Maizie Moustgaard Julie Brousseau	10th in 400 FR Relay	3:54.03
Breckin Gormley Meriella Brousseau Maizie Moustgaard Julie Brousseau	9th in 400 Medley Relay	4:18.82
Maya McGhan Breckin Gormley Maizie Moustgaard Julie Brousseau	8th in 200 FR Relay	1:47.94
Breckin Gormley Julie Brousseau Maizie Moustgaard Maya McGhan	6th in 200 Medley	1:59.07



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Ella Moustgaard Julie Brousseau Maizie Moustgaard Maya McGhan	10th in 200 Medley	2:00.87
Breckin Gormely Maya McGhan Maizie Moustgaard Julie Brousseau	8th in 800 FR Relay	8:26.32

10 & UnderBoys

Marcus Brun Osborn Zhang Jake Earle Simon Wang	6 th in 400 FR relay	5:54.87
Marcus Brun Noah Abdulla Samuel Zhang Simon Wang	7th in 400 FR relay	6:02.21
Daniel Mandyuk Larry Wang Osborn Zhang Kaden Lee	10th in 400 FR Relay	6:50.18
Jake Earle Marcus Brun Osborn Zhang Simon Wang	5th in 400 Medley Relay	6:27.31
Daniel Mandyuk Larry Wang Osborn Zhang Kaden Lee	7th in 400 Medley Relay	7:36.58

11/12 Boys

Liam Elliot Martins Pavlovics Brody Plummer Samuel Hong	10th in 400 FR Relay	4:46.73
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13/14 Boys

Jordan Jolly Ssamula Jordan Pawlak Logan Moreau Teagan MacDonald	9th in 800 FR Relay	9:09.74
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15/16 Boys

Alex Pilioci Yuto Lee Jordan Schaepper Jacob Pawlak	3rd in 400 Medley Relay	4:01.73
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