

**Nepean Kanata Barracudas - Age Group Top 5 LCM**  
**FEMALE - 11 & 12**



|                  |         |                        |      |                   |          |                        |      |                   |          |                        |      |
|------------------|---------|------------------------|------|-------------------|----------|------------------------|------|-------------------|----------|------------------------|------|
| <b>50 Free</b>   |         |                        |      | <b>100 Free</b>   |          |                        |      | <b>200 Free</b>   |          |                        |      |
| 1                | 28.47   | Duford, Jessica        | 2026 | 1                 | 1:01.60  | Duford, Jessica        | 2026 | 1                 | 2:14.49  | Pilon, Josee           | 1979 |
| 2                | 28.81   | Yu, Jessica            | 2010 | 2                 | 1:02.56  | Cook, Madison          | 2005 | 2                 | 2:17.09  | Zahab, Mia             | 2014 |
| 3                | 28.82   | Cook, Madison          | 2004 | 3                 | 1:02.57  | Yu, Jessica            | 2010 | 3                 | 2:17.17  | Duford, Jessica        | 2025 |
| 4                | 28.84   | Duford, Jessica        | 2025 | 4                 | 1:02.68  | Duford, Jessica        | 2025 | 4                 | 2:17.63  | Yu, Jessica            | 2010 |
| 5                | 28.89   | Le, Cattuong           | 2012 | 5                 | 1:03.12  | Quan, Eleanor          | 2025 | 5                 | 2:19.28  | Bensebaa, Leticia      | 2017 |
| <b>400 Free</b>  |         |                        |      | <b>800 Free</b>   |          |                        |      | <b>1500 Free</b>  |          |                        |      |
| 1                | 4:41.76 | Pilon, Josee           | 1979 | 1                 | 9:35.79  | Pilon, Josee           | 1979 | 1                 | 18:44.83 | Zahab, Mia             | 2014 |
| 2                | 4:47.02 | Zahab, Mia             | 2014 | 2                 | 9:46.62  | Zahab, Mia             | 2014 | 2                 | 19:26.73 | Kennedy, MaKenzy       | 2014 |
| 3                | 4:53.21 | Yu, Jessica            | 2010 | 3                 | 10:06.64 | Stonebridge, Lesley    | 2004 | 3                 | 19:37.66 | Pulfer, Madison        | 2009 |
| 4                | 4:53.99 | Duford, Jessica        | 2026 | 4                 | 10:07.23 | Yu, Jessica            | 2011 | 4                 | 19:39.24 | Duford, Jessica        | 2025 |
| 5                | 4:54.36 | Bensebaa, Leticia      | 2017 | 5                 | 10:14.74 | Yang, Chuchu           | 2011 | 5                 | 19:50.58 | Asselin, Sarah         | 2009 |
| <b>50 Back</b>   |         |                        |      | <b>100 Back</b>   |          |                        |      | <b>200 Back</b>   |          |                        |      |
| 1                | 33.11   | Alexander, Emily       | 2005 | 1                 | 1:12.12  | Vogt, Lauren           | 1996 | 1                 | 2:33.27  | Yang, Chuchu           | 2011 |
| 2                | 33.79   | Duford, Jessica        | 2025 | 2                 | 1:12.26  | Alexander, Emily       | 2005 | 2                 | 2:35.08  | Bensebaa, Leticia      | 2017 |
| 3                | 33.88   | Krogh, Emily           | 2016 | 3                 | 1:12.79  | You, Sherry            | 2014 | 3                 | 2:38.56  | Zou, Lillian           | 2020 |
| 4                | 34.11   | Mackay, Lauren         | 2017 | 4                 | 1:12.84  | Seltenreich-Hodgson, E | 2008 | 4                 | 2:38.62  | Papoulias, Maria       | 2009 |
| 5                | 34.16   | You, Sherry            | 2014 | 5                 | 1:13.09  | Duford, Jessica        | 2025 | 5                 | 2:38.69  | Duford, Jessica        | 2025 |
| <b>50 Breast</b> |         |                        |      | <b>100 Breast</b> |          |                        |      | <b>200 Breast</b> |          |                        |      |
| 1                | 37.68   | Baxter, Penny          | 2001 | 1                 | 1:19.39  | Zhao, Janet            | 2010 | 1                 | 2:48.65  | Zhao, Janet            | 2010 |
| 2                | 37.70   | Zhao, Janet            | 2009 | 2                 | 1:21.64  | Seltenreich-Hodgson, E | 2008 | 2                 | 2:56.24  | Ruttan, Laura          | 2007 |
| 3                | 37.71   | Seltenreich-Hodgson, E | 2008 | 3                 | 1:22.18  | Ruttan, Laura          | 2007 | 3                 | 2:57.13  | Seltenreich-Hodgson, E | 2008 |
| 4                | 38.16   | Le, Cattuong           | 2012 | 4                 | 1:23.15  | Ho, Antonia            | 2018 | 4                 | 2:58.02  | Dahlgren, Anna         | 2013 |
| 5                | 38.31   | Corcoran, Caitlin      | 2004 | 5                 | 1:23.50  | Dahlgren, Anna         | 2013 | 5                 | 2:59.15  | Deng, Mirella          | 2014 |
| <b>50 Fly</b>    |         |                        |      | <b>100 Fly</b>    |          |                        |      | <b>200 Fly</b>    |          |                        |      |
| 1                | 30.21   | Yu Jessica             | 2011 | 1                 | 1:07.89  | Yu, Jessica            | 2010 | 1                 | 2:27.80  | Pilon, Josee           | 1979 |
| 2                | 30.70   | Le, Cattuong           | 2012 | 2                 | 1:10.41  | Le, Cattuong           | 2012 | 2                 | 2:33.35  | Zahab, Mia             | 2014 |
| 3                | 31.38   | Cook, Madison          | 2005 | 3                 | 1:10.47  | Zahab, Mia             | 2014 | 3                 | 2:36.18  | Moffitt, Emma          | 2019 |
| 4                | 31.62   | Duford, Jessica        | 2025 | 4                 | 1:11.59  | Quirie, Rebecca        | 2006 | 4                 | 2:39.99  | Bensebaa, Leticia      | 2017 |
| 5                | 32.11   | Little, Ava            | 2012 | 5                 | 1:11.60  | Granville, Diana       | 2002 | 5                 | 2:40.10  | Moustgaard, Maizie     | 2020 |
|                  |         |                        |      | <b>200 IM</b>     |          |                        |      | <b>400 IM</b>     |          |                        |      |
|                  |         |                        |      | 1                 | 2:33.76  | Leury, Angela          | 1996 | 1                 | 5:22.50  | Pilon, Josee           | 1979 |
|                  |         |                        |      | 2                 | 2:33.93  | Zhao, Janet            | 2010 | 2                 | 5:25.76  | Zahab, Mia             | 2014 |
|                  |         |                        |      | 3                 | 2:34.31  | Zahab, Mia             | 2014 | 3                 | 5:31.74  | Zhao, Janet            | 2010 |
|                  |         |                        |      | 4                 | 2:35.07  | Yu, Jessica            | 2010 | 4                 | 5:33.24  | Bensebaa, Leticia      | 2017 |
|                  |         |                        |      | 5                 | 2:36.98  | Bensebaa, Leticia      | 2017 | 5                 | 5:39.22  | Seltenreich-Hodgson, E | 2008 |