

Carleton Masters Records

2025-04-05

(records set in 2025 are shaded grey)

(records set in latest update in yellow)

Records are for meters (SC or LC, with no conversion)

		Women		72+ Free Relay		Men		
				200M				
				400M				
				800M				
		Women		72+ Medley Relay		Men		
				200M				
				400M				
				800M				
		Free		72+ Mixed Relay		Medley		
NepLC-Feb	02	Jeff Furry, Michelle St-Jean Katie Matheson, Brock Clayden	2:11.80	200M	2:10.19	Warren Taylor, Wendy Million Brock Clayden, Judy Overton	03	NepLC-Feb
				400M				
				800M				
		Women		100+ Free Relay		Men		
Ottawa U	90	Lynn Marshall, Wendy Ungar Joanie Conrad, Wendy Jardine	2:12.39	200M	1:47.78	Geoff Camp, Jim Wright Jonathon Korchuk, Jim Hobson	85	Winnipeg
UofO-Apr	02	Katie Matheson, Lynn Marshall Patricia Murphy, Barb Mystkowska	4:55.75	400M	4:34.47	Peter Lithgow, Don Wells Erik Apedaile, Bill Pezoulas	94	Arnprior
				800M				
		Women		100+ Medley Relay		Men		
UofO-Nov	06	Laura Seanor, Crystal Clark Kelys Montero, Melanie Patina	2:17.86	200M	2:03.67	Geoff Camp, Jim Wright Jonathon Korchuk, Jim Hobson	85	Winnipeg
				400M				
				800M				
		Free		100+ Mixed Relay		Medley		
NepLC-Feb	02	Warren Taylor, Judy Overton Morgan Paulhus, Tarek Raafat	1:54.27	200M	2:07.39	Laura Seanor, Steve Morris Steve Kennedy, Melanie Patina	06	UofO-Nov
NatIsNepean	13	Andrea Zarins, Julie Mouris Mark Blenkinsop, Sean Dawson	4:16.03	400M				
				800M				

		Women		120+ Free Relay		Men		
NatlsNepean	13	Julie Mouris, Andrea Zarins Luz Osorio, Carolyn Odecki	2:06.03	200M	1:45.87	Geoff Camp, John MacMaster Don Wells, Jim Wright	88	Vancouver
Etobicoke	96	Debbie Ozarko, MaryBeth Burrows Debby Whately, Lynn Marshall	4:35.59	400M	4:09.05	Tony Revitt, Ian Lorimer Mark Blenkinsop, Sean Dawson	13	NatlsNepean
				800M	12:42.95	Jocelyn Lavoie, Bill Chisholm Jose Vivanco, Aaron MacKnight	05	NepLC-FebLC
				Women		120+ Medley Relay		Men
Brewer	98	MaryBeth Burrows, Sharon Yake Joanne Hemstead, Lynn Marshall	2:21.77	200M	2:01.64	Geoff Camp, Jim Wright Mike Sorensen, Georges Mensink	87	Etobicoke
Etobicoke	96	MaryBeth Burrows, Debbie Ozarko Lynn Marshall, Debby Whately	5:07.93	400M	4:47.51	Pat Bonnilla, Don Wells John Waring, Marty Raymond	96	Etobicoke
				800M				
				Free		120+ Mixed Relay		Medley
UofO-Apr	06	Lynn Marshall, Benjamin Daniels Laura Seanor, Steve Morris	1:51.57	200M	2:05.96	Lynn Marshall, Steve Morris Steve Kennedy, Melanie Patina	07	UofO-Mar
Etobicoke	96	Marty Raymond, Lynn Marshall Debbie Ozarko, John Waring	4:04.64	400M	4:36.79	MB Burrows, Marty Raymond John Waring, Lynn Marshall	96	Etobicoke
				800M				
				Women		160+ Free Relay		Men
Nepean	99	Lina Vincent, Lynn Marshall Claudia Cronin-Schlote, MaryBeth Burrows	2:07.29	200M	1:58.43	Tony Revitt, Jamie Chalmers Mark Blenkinsop, Sean Dawson	13	NatlsNepean
UofO-Jan	11	Maureen Mahoney, Tamsin Douglas Sandy Lawson, Natalie Aucoin	5:19.75	400M	5:08.65	Bernie Sloan, Jim Lee Andrew Kmetic, David Moore	02	UofO-Jan
				800M				
				Women		160+ Medley Relay		Men
Nepean	99	Claudia Cronin-Schlote, Lina Vincent MaryBeth Burrows, Kim Kennedy	2:33.96	200M	2:05.78	Harley Gifford, Jian-Lok Chang Steve Kennedy, Gi Wu	18	MSOPrNepean
MontNordDec	14	Dawn Walsh, Claire Robinson Natalie Aucoin, Sandy Lawson	6:03.38	400M				
				800M				
				Free		160+ Mixed Relay		Medley
Nepean	99	Don Wells, Lynn Marshall Claudia Cronin-Schlote, Marty Raymond	1:56.18	200M	2:11.95	Don Wells, Marty Raymond Lynn Marshall, Claudia Cronin-Schlote	99	Nepean
				400M				
				800M				

		Women		200+ Free Relay		Men		
Montreal	97	Lina Vincent, Ann Kilby, Rita Markland, Lynn Marshall	2:24.78	200M	2:10.53	Ian Lorimer, Dave Bourdon, Harley Gifford, Jamie Chalmers	14	WorldLCMont
				400M				
				800M				
		Women		200+ Medley Relay		Men		
Montreal	97	Rita Markland, Lina Vincent, Nicole Delisle, Ann Kilby	2:50.07	200M	2:36.83	Dave Bourdon, Harley Gifford, Ian Lorimer, Jamie Chalmers	14	WorldLCMont
QueCityNtIs	17	Sandy Lawson, Claire Robinson Natalie Aucoin, Robin Henderson	6:20.47	400M				
				800M				
		Free		200+ Mixed Relay		Medley		
WorldLCMont	14	Ian Lorimer, Natalie Aucoin, Sandy Lawson, Harley Gifford	2:11.12	200M	2:36.67	Sandy Lawson, Sam Gamble Natalie Aucoin, Jamie Chalmers	16	NepeanLC
Etobicoke	96	George Tombler, Ann Kilby Debby Whately, Don Wells	5:43.06	400M	6:31.25	Debby Whately, George Tombler Don Wells, Ann Kilby	96	Etobicoke
				800M	13:28.00	Sandy Lawson, Francois Jacques, Natalie Aucoin, Ian Lorimer	15	NepeanLC
		Women		240+ Free Relay		Men		
				200M				
				400M				
				800M				
		Women		240+ Medley Relay		Men		
				200M				
				400M				
				800M				
		Free		240+ Mixed Relay		Medley		
UofO-Oct	05	Bozena Lech, George Tombler, Margaret D King, Francois Parent	3:32.89	200M	2:50.92	Jamie Chalmers, Lina Vincent Carolyn Odecki, Ian Lorimer	13	NatIsNepean
				400M				
				800M				

		Women			18-24			Men			

		Women		30-34		Men			
				Freestyle					
Etobicoke	92	Lynn Marshall	:27.32	50M	:24.95	Jian-Lok Chang	17	QueCityNtlis	
Calgary	91	Lynn Marshall	:58.58	100M	:54.93	Jian-Lok Chang	17	QueCityNtlis	
Calgary	91	Lynn Marshall	2:04.98	200M	2:04.14	Marty Raymond	95	Montreal	
Calgary	91	Lynn Marshall	4:26.91	400M	4:23.86	Marty Raymond	95	Montreal	
Hull	93	Lynn Marshall	9:08.32	800M	9:38.71	Don Wells	91	Hull	
Etobicoke	92	Lynn Marshall	17:21.99	1500M	17:45.26	Marty Raymond	95	Victoria	
Indianapolis	92	Lynn Marshall	1:02.51	5KM	1:11.10	Jim Wright	87	Etobicoke	
				Backstroke					
Hull	92	Lynn Marshall	:34.81	50M	:27.19	Jian-Lok Chang	17	QueCityNtlis	
Nepean	95	Lynn Marshall	1:11.05	100M	1:01.56	Jian-Lok Chang	16	QuePrCIRob	
Victoria	95	Lynn Marshall	2:27.73	200M	2:26.60	Don Wells	92	Etobicoke	
				Breaststroke					
UofO-Mar	04	Julia Smith	:39.28	50M	:32.88	Mike Ritcey	04	RiccioneWLC	
Hull	93	Lynn Marshall	1:24.11	100M	1:12.82	Jian-Lok Chang	18	MSOPrNepean	
Barbados	94	Lynn Marshall	3:03.48	200M	2:40.29	Mike Ritcey	04	RiccioneWLC	
				Butterfly					
Nepean	95	Lynn Marshall	:30.96	50M	:27.04	John Waring	98	Etobicoke	
Calgary	91	Lynn Marshall	1:07.63	100M	:59.24	John Waring	98	Brewer	
Victoria	95	Lynn Marshall	2:28.42	200M	2:15.16	John Waring	96	Etobicoke	
				Individual Medley					
Carleton	95	Lynn Marshall	1:10.12	100M	1:01.22	Jian-Lok Chang	17	QueCityNtlis	
Calgary	91	Lynn Marshall	2:28.21	200M	2:19.31	Jian-Lok Chang	15	BrewerNov	
Etobicoke	93	Lynn Marshall	5:12.36	400M	5:12.61	Don Wells	92	Etobicoke	
		Women		35-39		Men			
				Freestyle					
Carleton	96	Lynn Marshall	:28.49	50M	:25.18	Tarek Raafat	03	UofO-Jan	
Sheffield	96	Lynn Marshall	1:00.86	100M	:54.58	Tarek Raafat	03	RidSpeed	
Montreal	97	Lynn Marshall	2:09.52	200M	2:02.71	Tarek Raafat	03	RidSpeed	
Montreal	97	Lynn Marshall	4:31.98	400M	4:32.33	Marty Raymond	99	Nepean	
Barbados	96	Lynn Marshall	9:21.94	800M	9:30.63	Marty Raymond	99	Nepean	
UofO-Apr	00	Lynn Marshall	17:47.18	1500M	17:49.63	Blair Christie	05	UofO-Dec	
St. Marys	96	Lynn Marshall	1:07.01	5KM	1:15.00	Jim Wright	90	St.Marys	
				Backstroke					
Hull	97	Lynn Marshall	:35.31	50M	:32.52	Don Wells	98	Etobicoke	
Brockville	97	Lynn Marshall	1:12.31	100M	1:06.65	Tarek Raafat	02	NepLC-Feb	
Etobicoke	96	Lynn Marshall	2:28.55	200M	2:28.20	Tarek Raafat	03	RidSpeed	
				Breaststroke					
UofO-Jan	97	Lynn Marshall	:41.84	50M	:34.25	Steve Kennedy	19	Tech-Dec	
UofO-Mar	00	Lynn Marshall	1:28.90	100M	1:15.03	Steve Kennedy	19	Tech-Dec	
UofO-Apr	99	Lynn Marshall	3:05.02	200M	2:45.21	Jim Wright	88	Vancouver	
				Butterfly					
NepLC-Feb	96	Lynn Marshall	:31.83	50M	:27.94	Tarek Raafat	03	NepProv	
Montreal	97	Lynn Marshall	1:08.08	100M	1:03.16	Tarek Raafat	03	UofO-Mar	
Etobicoke	96	Lynn Marshall	2:29.68	200M	2:24.31	Tim Kilby	98	Etobicoke	
				Individual Medley					
Brockville	97	Lynn Marshall	1:12.32	100M	1:04.55	Tarek Raafat	03	RidSpeed	
Etobicoke	96	Lynn Marshall	2:32.50	200M	2:19.49	Tarek Raafat	03	UofO-Jan	
Montreal	97	Lynn Marshall	5:16.74	400M	5:06.77	Tarek Raafat	03	RidSpeed	

		Women	40-44		Men			
			Freestyle					
Etobicoke	02	Lynn Marshall	:28.60	50M	:25.99	Steve Kennedy	22	NepMSOJun
Calgary	01	Lynn Marshall	1:01.55	100M	:56.87	Steve Kennedy	19	OlymPINKbrew
Etobicoke	02	Lynn Marshall	2:11.43	200M	2:09.60	Steve Kennedy	21	BTrainBrewDec
Etobicoke	01	Lynn Marshall	4:32.89	400M	4:45.35	Steve Kennedy	22	NepMSOJun
Etobicoke	01	Lynn Marshall	9:21.44	800M	9:36.15	Steve Kennedy	22	NepMSOJun
Etobicoke	02	Lynn Marshall	17:38.37	1500M	20:13.57	Mark Blenkinsop	19	NatlsMont
StMarys	01	Lynn Marshall	1:05.40	5KM	1:18.00	Jim Wright	93	Montreal
			Backstroke					
UofO-Mar	05	Lynn Marshall	:34.76	50M	:32.06	Tony Revitt	13	NatlsNepean
Calgary	01	Lynn Marshall	1:12.27	100M	1:14.53	Don Wells	04	UofO-Mar
UofO-Apr	05	Lynn Marshall	2:31.83	200M	2:50.05	Jim Wright	93	Montreal
			Breaststroke					
Etobicoke	98	Sharon Yake	:39.00	50M	:34.97	Steve Kennedy	19	OlymPINKbrew
Etobicoke	98	Sharon Yake	1:26.50	100M	1:15.23	Steve Kennedy	21	BTrainBrewDec
RidSpeed	04	Lynn Marshall	3:02.09	200M	2:45.60	Steve Kennedy	22	NepMSOJun
			Butterfly					
Calgary	01	Lynn Marshall	:31.24	50M	:28.87	Steve Kennedy	19	OlymPINKbrew
Calgary	01	Lynn Marshall	1:08.75	100M	1:06.97	Steve Kennedy	21	BTrainBrewDec
UofO-Mar	04	Lynn Marshall	2:28.50	200M				
			Individual Medley					
Calgary	01	Lynn Marshall	1:11.91	100M	1:06.27	Steve Kennedy	19	OlymPINKbrew
Etobicoke	01	Lynn Marshall	2:33.78	200M	2:26.13	Steve Kennedy	22	NepMSOJun
Etobicoke	01	Lynn Marshall	5:21.60	400M	6:05.63	Lee Storm	12	LaSalle-Feb
		Women	45-49		Men			
			Freestyle					
UofO-Apr	08	Lynn Marshall	:28.86	50M	:29.81	Francois Audet	03	NepProv
DDO-Mar	06	Lynn Marshall	1:02.20	100M	1:03.60	Francois Audet	06	UofO-Apr
WpgPr-Apr	06	Lynn Marshall	2:11.00	200M	2:18.52	Francois Audet	06	RidSp-Feb
WpgPr-Apr	06	Lynn Marshall	4:33.09	400M	4:53.97	Francois Audet	06	UofO-Apr
RidSp-Feb	06	Lynn Marshall	9:21.65	800M	10:06.93	Francois Audet	06	RidSp-Feb
WpgNat-Apr	07	Lynn Marshall	17:46.32	1500M	19:50.59	Francois Audet	05	RidSpeedFeb
StMarys	07	Lynn Marshall	1:05:32	5KM				
			Backstroke					
UofO-Dec	10	Lynn Marshall	:34.69	50M	:37.55	Jim Wright	97	Brewer
UofO-Jan	06	Lynn Marshall	1:12.39	100M	1:22.93	Dave Bourdon	14	WorldLCMont
UofO-Jan	06	Lynn Marshall	2:31.24	200M	2:50.00	Jim Wright	97	Montreal
			Breaststroke					
UofO-Apr	06	Lynn Marshall	:40.57	50M	:35.91	Francois Audet	06	ISHMtILCJul
RidSp-Feb	06	Lynn Marshall	1:27.25	100M	1:18.31	Francois Audet	06	UofO-Apr
WpgPr-Apr	06	Lynn Marshall	3:04.92	200M	2:51.11	Francois Audet	05	RidSpeedFeb
			Butterfly					
BrockvilleJan	06	Lynn Marshall	:32.48	50M	:31.19	Jim Wright	97	Brewer
DDO-Mar	08	Lynn Marshall	1:09.17	100M				
UofO-Apr	06	Lynn Marshall	2:28.27	200M				
			Individual Medley					
DDO-Mar	06	Lynn Marshall	1:13.33	100M	1:11.84	Jim Wright	97	Montreal
DDO-Mar	06	Lynn Marshall	2:33.25	200M	2:40.04	Francois Audet	06	RidSp-Feb
UofO-JanDist	06	Lynn Marshall	5:19.13	400M	5:41.57	Francois Audet	06	RidSp-Feb

		Women		50-54		Men		
Freestyle								
Bracebridge	11	Lynn Marshall	:29.32	50M	:29.84	Francois Jacques	14	BrewerNov
Etob-May	11	Lynn Marshall	1:02.75	100M	1:07.03	Francois Jacques	14	BrewerNov
St John	11	Lynn Marshall	2:13.21	200M	2:36.72	Francois Jacques	13	Brewer
PointeClaire	11	Lynn Marshall	4:34.81	400M	6:09.12	Ian Lorimer	12	QuePr-Apr
Bracebridge	11	Lynn Marshall	9:23.45	800M	14:08.87	Rob Trimbee	07	CoupeMtlNov
CoteStLuc	13	Lynn Marshall	17:49.23	1500M	27:08.41	Rob Trimbee	07	CoupeMtlNov
StMarys	06	Bozena Lech	2:05:55	5KM				
Backstroke								
Brockville	11	Lynn Marshall	:34.40	50M	:42.34	Bernie Sloan	02	UofO-Oct
UofO-Jan	11	Lynn Marshall	1:10.21	100M	1:34.77	Bernie Sloan	02	UofO-Mar
Bracebridge	11	Lynn Marshall	2:25.94	200M				
Breaststroke								
Bracebridge	11	Lynn Marshall	:39.92	50M	:39.46	Francois Jacques	14	BrewerNov
St John	11	Lynn Marshall	1:27.39	100M	1:30.57	Sean Kelly	06	UofO-Nov
Brew-Oct	11	Lynn Marshall	3:04.07	200M	3:31.61	Francois Jacques	14	NepeanLC
Butterfly								
Nep-Mar	11	Lynn Marshall	:32.13	50M	:37.76	Rob Trimbee	06	Mont-Apr
LaSalle-Feb	12	Lynn Marshall	1:09.54	100M	1:44.05	Bernie Sloan	02	UofO-Mar
Etob-May	11	Lynn Marshall	2:28.08	200M				
Individual Medley								
Tech-Dec	11	Lynn Marshall	1:13.47	100M	1:26.21	Rob Trimbee	06	Etob-Nov
St John	11	Lynn Marshall	2:33.09	200M	3:09.11	Francois Jacques	13	NatlsNepean
Bracebridge	11	Lynn Marshall	5:14.65	400M				
		Women		55-59		Men		
Freestyle								
ClaRobACCJn	16	Lynn Marshall	:29.57	50M	:32.15	Harley Gifford	14	UofO-Dec
MarkhamProv	16	Lynn Marshall	1:04.08	100M	1:13.15	Ian Lorimer	14	WorldLCMont
ThornMarkham	16	Lynn Marshall	2:13.58	200M	2:50.41	Ian Lorimer	15	NatsMtl
PointeClaire	16	Lynn Marshall	4:37.35	400M	6:52.79	Ian Lorimer	16	NepeanLC
QCProvCIRob	17	Lynn Marshall	9:32.63	800M	13:55.70	Ian Lorimer	16	NepeanLC
QCProvCIRob	17	Lynn Marshall	18:01.79	1500M	26:57.62	Guy Phillips	09	Brock-Jan
				5KM				
Backstroke								
ClaRobACCJn	16	Lynn Marshall	:34.64	50M	:37.23	Harley Gifford	13	Brewer
ThornMarkham	16	Lynn Marshall	1:12.87	100M	1:21.97	Harley Gifford	14	BrewerNov
ClaRobACCNv	16	Lynn Marshall	2:31.71	200M	3:09.13	Harley Gifford	14	UofO-Apr
Breaststroke								
ClaRobACCNv	16	Lynn Marshall	:40.42	50M	:42.26	Andrew Pery	06	ISHMtlLCJul
ClaRobACCNv	16	Lynn Marshall	1:26.93	100M	1:31.95	Andrew Pery	06	King-Nov
EtobProv	19	Lynn Marshall	3:01.34	200M				
Butterfly								
ClaRobACCJn	16	Lynn Marshall	:32.68	50M	:38.00	Ian Lorimer	15	NepeanLC
ClaRobACCJn	16	Lynn Marshall	1:09.67	100M	1:59.01	Jim Lee	13	Brewer
PointeClaire	19	Lynn Marshall	2:33.98	200M				
Individual Medley								
ClaRobACCJn	16	Lynn Marshall	1:13.32	100M	1:25.88	Harley Gifford	14	UofO-Jan
PointeClaire	16	Lynn Marshall	2:34.01	200M	3:16.97	Harley Gifford	13	Brewer
MarkhamProv	16	Lynn Marshall	5:23.08	400M				

Women			60-64		Men		
Freestyle							
EtobProvMay 23	Lynn Marshall	:31.67	50M	:31.67	Harley Gifford	15	BrewerNov
ClaRobACCNv 22	Lynn Marshall	1:07.93	100M	1:10.26	Harley Gifford	17	BrewerNov
SherQPrApr 22	Lynn Marshall	2:18.45	200M	2:44.13	Harley Gifford	18	BrewerNov
DDOMtIMarch 22	Lynn Marshall	4:48.80	400M				
DDOMtIMarch 23	Lynn Marshall	9:55.61	800M				
CSLMtIJan 23	Lynn Marshall	18:52.68	1500M				
			5KM				
Backstroke							
NepRdBIDec 22	Lynn Marshall	:37.38	50M	:36.29	Harley Gifford	18	MSOPrNepean
SherQPrApr 22	Lynn Marshall	1:16.40	100M	1:18.77	Harley Gifford	18	MSOPrNepean
SherQPrApr 22	Lynn Marshall	2:34.72	200M	3:02.38	Harley Gifford	17	BudapestLC
Breaststroke							
NepRdBIDec 22	Lynn Marshall	:42.69	50M	:46.55	Harley Gifford	15	UofO-Nov
NepRdBIDec 22	Lynn Marshall	1:31.58	100M	1:48.94	Harley Gifford	15	UofO-Dec
EtobSprMarch 22	Lynn Marshall	3:12.15	200M				
Butterfly							
ClaRobACCNv 22	Lynn Marshall	:35.01	50M	:38.08	Harley Gifford	16	BrewerNov
SherQPrApr 22	Lynn Marshall	1:14.45	100M				
EtobSprMarch 22	Lynn Marshall	2:42.40	200M				
Individual Medley							
SherQPrApr 22	Lynn Marshall	1:18.47	100M	1:25.84	Harley Gifford	15	UofO-Nov
SherQPrApr 22	Lynn Marshall	2:40.29	200M	3:08.01	Harley Gifford	18	MSOPrNepean
EtobSprMarch 22	Lynn Marshall	5:37.15	400M				
Women			65-69		Men		
Freestyle							
OlymPINKBr 25	Karen Jensen	:44.67	50M	:34.49	Ian Lorimer	24	OSM-Jan/ NepLC-Feb
OlymPINKBr 25	Karen Jensen	1:44.96	100M	1:19.11	Ian Lorimer	24	MarkhLC-Mar
NepeanLC 14	Angela Davis	4:26.56	200M	3:03.84	Ian Lorimer	24	MarkhLC-Mar
QueCityNtIs 17	Liliane Cardinal	8:54.89	400M	6:45.95	Ian Lorimer	24	MarkhLC-Mar
QueCityNtIs 17	Liliane Cardinal	18:45.38	800M	16:30.27	George Tombler	92	Etobicoke
QueCityNtIs 17	Liliane Cardinal	35:16.50	1500M	34:48.06	Jamie Chalmers	12	QuePr-Apr
			5KM				
Backstroke							
NatIsNepean 13	Angela Davis	:54.61	50M	:40.24	Larry Durr	07	QuePr-Apr
NatIsNepean 13	Angela Davis	2:10.92	100M	1:33.07	Larry Durr	07	QuePr-Apr
NatIsNepean 13	Angela Davis	4:39.78	200M	3:51.41	Jamie Chalmers	12	Etob-Prov
Breaststroke							
OlymPINKBr 25	Karen Jensen	:52.35	50M	:43.62	Larry Durr	07	QuePr-Apr
NepeanLC 17	Liliane Cardinal	2:36.38	100M	1:36.96	Larry Durr	07	QuePr-Apr
BrewerNov 16	Liliane Cardinal	5:14.00	200M	4:59.46	Jamie Chalmers	12	LaSalle-Feb
Butterfly							
OlymPINKBr 25	Karen Jensen	:52.35	50M	:40.25	Ian Lorimer	24	MarkhLC-Mar
NepeanLC 14	Angela Davis	2:32.70	100M	2:12.10	Jamie Chalmers	12	QuePr-Apr
NatIsNepean 13	Angela Davis	6:04.45	200M	5:29.39	Jamie Chalmers	12	MtINord-Dec
Individual Medley							
OlymPINKBr 25	Karen Jensen	1:51.86	100M	1:30.31	Larry Durr	07	QuePr-Apr
NatIsNepean 13	Angela Davis	4:45.55	200M	3:27.18	Larry Durr	07	QuePr-Apr
QueCityNtIs 17	Liliane Cardinal	10:56.89	400M	9:40.23	Jamie Chalmers	12	QuePr-Apr

		Women	70-74		Men			
			Freestyle					
NatlsCalgary	23	Liliane Cardinal	:59.06	50M	:36.00	Jamie Chalmers	15	WorldsKazan
NatlsQuebec	22	Liliane Cardinal	2:14.75	100M	1:25.31	Jamie Chalmers	14	CoteStLucMar
CoupeMont	19	Liliane Cardinal	4:26.86	200M	3:36.63	Jamie Chalmers	13	Pointe-Claire
CoupeMont	19	Liliane Cardinal	9:19.23	400M	8:11.78	Jamie Chalmers	13	Clarington
CoupeMont	19	Liliane Cardinal	18:42.25	800M	18:14.30	Jamie Chalmers	15	CoteStLucFeb
NatlsMont	19	Liliane Cardinal	36:34.79	1500M 5KM	33:58.66	Jamie Chalmers	15	CoteStLucFeb
			Backstroke					
NatlsCalgary	23	Liliane Cardinal	1:13.13	50M	:47.22	Jamie Chalmers	15	NatlsMont
PointeClaire	19	Liliane Cardinal	2:33.97	100M	1:47.08	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	5:28.50	200M	3:55.44	Jamie Chalmers	16	NatlsEtobicoke
			Breaststroke					
USLCNatsMV	19	Liliane Cardinal	1:15.78	50M	:51.69	George Tombler	97	Brantford
SherQPrApr	22	Liliane Cardinal	2:51.71	100M	2:00.20	George Tombler	97	UofO-Jan
CoupeMont	19	Liliane Cardinal	5:33.46	200M	4:30.13	George Tombler	96	Etobicoke
			Butterfly					
NatlsMont	19	Liliane Cardinal	1:23.20	50M	:52.61	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	2:56.30	100M	2:16.57	Jamie Chalmers	14	NepeanLC
NatlsMont	19	Liliane Cardinal	6:31.22	200M	5:26.69	Jamie Chalmers	14	DDO
			Individual Medley					
NatlsMont	19	Liliane Cardinal	2:26.78	100M	1:53.73	Jamie Chalmers	13	DDO
PointeClaire	19	Liliane Cardinal	5:19.49	200M	4:06.18	Jamie Chalmers	14	WindsorProv
NatlsMont	19	Liliane Cardinal	11:13.86	400M	9:28.38	Jamie Chalmers	14	WindsorProv
		Women	75-79		Men			
			Freestyle					
UofO-Apr	06	Margaret Dibben King	1:14.25	50M	:39.87	Jamie Chalmers	19	GwangjuWorLC
UofO-Apr	06	Margaret Dibben King	2:52.13	100M	1:37.06	Jamie Chalmers	19	GwangjuWorLC
UofO-Mar	06	Margaret Dibben King	6:15.31	200M	4:03.63	George Tombler	99	Hull
			Backstroke					
UofO-Nov	07	Margaret Dibben King	1:39.42	50M	:55.36	Jamie Chalmers	19	GwangjuWorLC
UofO-Nov	07	Margaret Dibben King	3:32.04	100M	2:01.58	Jamie Chalmers	19	PointeClaire
				200M	4:40.82	Jamie Chalmers	19	GwangjuWorLC
			Breaststroke					
UofO-Mar	06	Margaret Dibben King	1:53.41	50M	:57.10	George Tombler	99	Nepean
				100M	2:09.93	George Tombler	00	Brockville
				200M	4:54.73	George Tombler	99	Nepean
			Butterfly					
				50M				
				100M				
				200M				
			Individual Medley					
				100M	2:11.20	George Tombler	99	Brewer
				200M				
				400M				

Women

80-84

Men

Freestyle

50M	:42.92	Jamie Chalmers	23	MSOLC-Mar
100M	1:49.83	Jamie Chalmers	23	OlymPINKApr
200M	4:19.32	George Tomblor	06	UofO-Mar
400M	9:05.78	George Tomblor	05	UofO-Nov
800M	18:57.94	George Tomblor	06	UofO-JanDist
1500M				
5KM				

Backstroke

50M	:58.34	Jamie Chalmers	23	EtobProvMay
100M	2:13.64	George Tomblor	04	UofO-Mar
200M	5:07.63	George Tomblor	05	KingstonNov

Breaststroke

50M	:59.90	George Tomblor	04	UofO-AprLC
100M	2:15.36	George Tomblor	04	EtobProv
200M	5:23.65	George Tomblor	04	Riccione

Butterfly

50M	1:19.02	Jamie Chalmers	23	WrldJapanAug
100M				
200M				

Individual Medley

100M
200M
400M

Women

85-89

Men

Freestyle

50M	1:03.32	George Tomblor	09	OntPr-Mar
100M	2:30.20	George Tomblor	09	OntPr-Mar
200M	5:04.24	George Tomblor	09	OntPr-Mar
400M				
800M				
1500M				
5KM				

Backstroke

50M	1:15.10	George Tomblor	09	OntPr-Mar
100M	2:46.36	George Tomblor	09	OntPr-Mar
200M				

Breaststroke

50M	1:15.35	George Tomblor	09	OntPr-Mar
100M	2:58.77	George Tomblor	09	OntPr-Mar
200M				

Butterfly

50M
100M
200M

Individual Medley

100M
200M
400M