

## MSABC MENS SHORT COURSE RECORDS AS OF JANUARY 2020

AGE	18-24	25-29	30-34	35-39	40-44	45-49	50-54
Free 50m	V.SHIROKOV PNW/Nat MAY13 24.11	R.LAURIN TAS/NAT MAY03 22.80	M.MARECHAL-McCOY DMSC/Prov Apr19 23.61	A.SWEET VIC/PROV APR19 23.98	R.LAURIN NSM/Prov APR16 24.40	M.McINTYRE UNAT/UBC MAR02 25.26	M.McINTRYE NVR/Hyac FEB04 25.42
Free 100m	V.SHIROKOV PNW/Prov Apr13 54.61	G.WELBOURN UBC/ETO May87 51.85	M.OLDHAM EBSC/TO JUL01 52.23	A.SWEET VIC/PROV APR19 53.67	R.LAURIN NSM/Prov APR16 53.93	G.WELBOURN GYTBS/Nat May06 55.03	J.VanBUUREN VDM/NAT MAY05 55.95
Free 200m	D.CUTLER UBC/VAN Apr87 2:02.67	G.WELBOURN UBC/ETO May87 1:55.71	M.OLDHAM EBSC/TO JUL01 1:56.54	R.CHARLAND HSSC/PROV APR14 1:59.76	R.CHARLAND GYTB/NAN APR15 1:57.93	G.WELBOURN GYTB/NAT May08 2:01.98	G.WELBOURN HYAC/Prov Apr14 2:04.12
Free 400m	T.RUSHTON Wave/Prov Apr03 4:13.83	G.WELBOURN UBC/ NOV87 4:04.50	T.RUSHTON WIN/PROV APR09 4:10.25	R.CHARLAND HSSC/PROV APR14 4:24.49	G.WELBOURN TAS/NAT MAY03 4:11.94	G.WELBOURN GYTB/BelvFEB08 4:20.74	G.WELBOURN UNA/NAT MAY12 4:23.19
Free 800m	J.MONK WIN/Prov Apr09 8:53.10	G.WELBOURN UBC/ Mar87 8:49.03	T.RUSHTON WIN/PROV APR09 8:40.25	S. SCORE ISM/SFU APR96 9:13.96	G.WELBOURN TAS/NAT MAY03 8:46.43	G.WELBOURN GYTBS/Prov Apr07 9:09.29	G.WELBOURN UNA/NAT MAY11 9:17.99
Free 1500	J. CATHERS LADY/VIC May95 17:59.00	G.WELBOURN UBC/ETO May87 16:41.55	T.RUSHTON WIN/WIN APR09 17:16.33	R.HUTTON UBC/ETO May87 17:35.29	B.HOBBS OMSC/Apr08 17:38.70	R.CRAIG NVM/NAT MAY05 18:00.53	R.CRAIG NSM/PROV APR13 18:26.64
Back 50m	T.RUSHTON WRW/Prov Apr03 27.85	W.FLEMONS WVAN/VAN May88 27.64	K.BATES WIN/NAT MAY05 28.58	J.MARKEY EBSC/PROV Apr11 28.67	D. BOTSFORD CRGW/ProvApr10 27.77	M.McINTYRE UNAT/UBC MAR02 29.27	M.McINTRYE NVR/Hyac FEB04 29.20
Back 100m	T.RUSHTON WIN/Tsaw FEB02 57.49	C.BRAZIER PNWM/Prov Apr19 59.41	T.RUSHTON WIN/PROV APR10 59.52	K.BATES WIN/NAT MAY06 1:01.79	D. BOTSFORD CRGW/ProvApr10 59.42	K.OUCH VERN/VERN JAN20 1:05.62	J.VanBUUREN VDM/NAT MAY05 1:04.52
Back 200m	T.RUSHTON WIN/Apr02 2:04.04	B.COOTE WIN/CALG MAY01 2:13.42	T.RUSHTON WIN/PROV APR09 2:04.76	N.HARVEY ISM/VIC MAY95 2:17.27	D. BOTSFORD CRGW/ProvApr10 2:09.30	G.HAMILTON VDUK/Prov Apr07 2:29.52	M.McINTYRE NVM/Prov Apr04 2:22.12
Brst 50m	V.SHIROKOV PNW/Nat MAY13 29.72	V.SHIROKOV EBSC/NAN APR15 29.70	V.SHIROKOV PNWM/Prov Apr19 29.20	A.SWEET VIC/PROV APR19 29.98	T.BREKKE DOG/Prov APR18 30.23	J.HOOPER UBC/WASH NOV18 30.56	D.HAMILTON VDUK/Prov Apr07 33.11
Brst 100m	T.RUSHTON WIN/TsawFEB02 1:08.78	V.SHIROKOV EBSC/NAN APR15 1:04.41	A.SWEET PNWM/Prov Apr19 1:03.24	A.SWEET VIC/PROV APR19 1:05.39	R.CHARLAND GYTB/NAN APR15 1:06.21	J.HOOPER UBC/WASH NOV18 1:07.94	P.HRDLITSCHKA VDM/NAT MAY05 1:14.94
Brst 200m	B.TRAJAN NEBB/Nan Dec05 2:33.43	S.SCORE Unat/WOR Apr91 2:26.84	S. SCORE ISM/VIC MAY95 2:24.52	S. SCORE ISM/SFU APR96 2:22.64	R.CHARLAND GYTB/NAN Apr15 2:26.36	J.HOOPER UBC/ONT MAY16 2:39.67	D.DOYLEY EBSC/EBSC FEB09 2:44.47
Fly 50m	F.TERPSTRA Vern/Vern Jan19 26.59	M.SIARKOWSKI PNWM/Prov Apr19 25.73	M.MARECHAL-McCOY DMSC/Prov Apr19 25.76	A.SWEET VIC/PROV APR19 26.33	K.OUCHI VERN/PROV APR19 26.83	D.BOTSFORD CRGW/Nat May12 26.45	J.VanBUUREN VDM/HYAC FEB04 27.30
Fly 100m	D. CUTLER UBC/VAN Apr87 59.94	G.WELBOURN UBC/ETO May87 58.64	J.CHO HYAC/Nat May06 58.32	J.MARKEY EBSC/Prov Apr11 59.42	K.OUCHI VERN/PROV APR19 59.44	D.BOTSFORD CRGW/Nat May12 56.78	J.VanBUUREN VDM/NAT MAY05 1:00.82
Fly 200m	T.RUSHTON WIN/Tsaw FEB02 2:08.59	B.COOTE WIN/CALG MAY01 2:13.10	T.RUSHTON WIN/PROV APR10 2:08.23	J.MARKEY EBSC/Prov Apr11 2:18.83	K.OUCHI VERN/PROV APR19 2:17.63	D.BOTSFORD CRGW/Nat May12 2:10.72	R.CRAIG NSM/Nvan Oct14 2:28.46
IM 100m	T.RUSHTON WIN/Twas FEB02 59.68	V.SHIROKOV EBSC/NAN APR15 59.50	A.SWEET VIC/PROV APR15 58.95	A.SWEET VIC/PROV APR19 59.75	D. BOTSFORD CRGW/Prov Apr10 1:01.36	D.BOTSFORD CRGW/Prov Apr14 1:00.48	J.VanBUUREN VDM/NAT MAY05 1:03.61
IM 200m	T.RUSHTON Wave/Prov Apr03 2:13.66	W.FLEMONS WVAN/VAN May88 2:13.33	M.OLDHAM EBSC/TO JUL01 2:13.96	K.BATES WIN/NAT MAY06 2:15.35	D. BOTSFORD CRGW/ProvApr10 2:11.82	D.BOTSFORD CRGW/Prov Apr14 2:16.45	J.VanBUUREN VDM/WIN MAR04 2:27.09
IM 400m	T.RUSHTON WIN/Apr02	YI-KHY SAW ST/PROV APR11	T.RUSHTON WIN/PROV APR10	M.OLDHAM EBSC/Prov Apr04	M.OLDHAM EBSC/NAT MAY11	D.BOTSFORD CRGW/Prov Apr14	D.DOYLEY EBSC/EBSC FEB09

4:35.01

4:46.75

4:37.10

5:03.82

5:00.95

4:51.51

5:33.94

## MSABC MEN'S SHORT COURSE RECORDS AS OF JANUARY 2020

MSABC MEN

AGE	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Free 50m	M.McINTYRE OKM/Prov Apr11 26.85	M.STAMHUIS VERN/Prov Apr14 28.03	M.STAMHUIS VERN/NAT May18 28.00	J.KELSO UBC/ProvApr09 29.87	J.KELSO UBC/Prov Apr14 31.15	J.KELSO UBC/NAN JAN19 33.50	P.GILCHRIST WCM/KELO MAR10 45.78
Free 100m	M.McINTYRE OKM/Prov Apr11 1:00.48	M.STAMHUIS VERN/Prov Apr14 1:02.29	M.STAMHUIS VERN/NAT May18 1:01.93	C.WATERER VERN/VernJan20 1:05.63	J.KELSO UBC/Prov Apr14 1:09.15	J.KELSO UBC/PROV APR19 1:14.48	H.McGREGOR UNAT/DUN JAN04 1:49.97
Free 200m	R.CRAIG CDSC/NAN APR15 2:09.63	M.STAMHUIS VERN/Prov Apr14 2:16.10	M.STAMHUIS VERN/NAT May18 2:18.90	C.WATERER VERN/VernJan20 2:29.11	K.DONOGHUE DM/NAT MAY15 2:54.37	G.HALL CSS/NAN APR15 3:23.31	P.LOFTS CSS/PROV APR08 4:24.19
Free 400m	R.CRAIG NSM/Prov APR16 4:38.56	G.CARLSEN KISU/Nat May17 4:44.49	M.STAMHUIS VERN/NAT MAY18 5:04.60	K.DONOGHUE OKO/Prov Apr10 5:46.96	K.DONOGHUE DM/NAT MAY15 6:13.13	K.DONOGHUE PENT/VernJan20 6:30.32	H.McGREGOR UNAT/DUN JAN04 9:10.48
Free 800m	G.CARLSEN KISU/Prov APR16 9:44.10	G.CARLSEN KISU/Nat May17 09:45.75	M.STAMHUIS VERN/Prov Apr18 10:31.63	K.DONOGHUE UNA/Nat May12 12:09.79	K.DONOGHUE DM/NAT MAY15 12:35.73	J.PORTELANCE VCSS/PROVAPR12 15:45.61	H.McGREGOR CSS/PROV APR04 19:11.96
Free 1500	G.CARLSEN KISU/NAT MAY16 18:29.29	G.CARLSEN KISU/Nat May17 18:35.51	M.STAMHUIS VERN/Prov Apr18 20:14.31	K.DONOGHUE KISU/Prov Apr13 23:19.36	K.DONOGHUE DM/Prov APR16 24:12.42	J.PORTELANCE VCSS/PROV APR12 30:05.50	H.McGREGOR CSS/PROV APR04 36:30.92
Back 50m	M.McINTYRE OKM/Prov Apr11 30.33	J.KELSO UBC/ONT MAY99 34.20	M.STAMHUIS VERN/Prov Apr18 34.14	A.MORRIS NSM/NAN NOV15 37.50	K.DONOGHUE DM/NAT MAY15 39.26	K.DONOGHUE PENT/VernJAN20 41.89	R.CARVIEL OKM/Prov APR16 51.56
Back 100m	M.McINTYRE OKM/ProvApr11 1:08.24	M.STAMHUIS OKM/PENT Mar13 1:15.32	M.STAMHUIS VERN/NAT May18 1:14.45	K.DONOGHUE OKM/Kelo Mar10 1:21.68	K.DONOGHUE DM/NAT MAY15 1:28.22	K.DONOGHUE PENT/VernJan20 1:30.49	A.SCHULHOF NVM/PROV APR04 2:00.92
Back 200m	M.McINTYRE OKM/Prov Apr11 2:26.54	M.STAMHUIS VERN/Prov Apr14 2:39.51	M.STAMHUIS VERN/VERN Jan18 2:38.99	K.DONOGHUE OKM/PENT Jan10 2:58.07	K.DONOGHUE DM/NAT MAY15 3:04.84	K.DONOGHUE PENT/VernJan20 3:17.15	A.SCHULHOF NVM/NAN DEC05 4:28.71
Brst 50m	S.SCORE LOSC/Prov Apr19 33.13	J.KELSO UBC/ONT MAY99 35.86	N.TEMPLEMAN NVR/DUN JAN96 36.33	P.BELL NVM/NAT May08 38.39	J.KELSO UBC/Prov Apr15 39.84	J.KELSO UBC/NAN JAN19 42.41	R.CARVIEL VIC/NAT MAY15 52.59
Brst 100m	S.SCORE LOSC/Prov APR19 1:11.99	J.KELSO UBC/ONT MAY99 1:17.85	N.TEMPLEMAN NVR/DUN JAN96 1:21.34	J.KELSO UBC/PROV Apr10 1:24.85	J.KELSO UBC/PROV APR14 1:29.66	P.BELL NSM/NAT MAY15 1:38.22	A.SCHULHOF NVM/PROV APR04 2:07.15
Brst 200m	S.SCORE LOSC/Prov APR19 2:36.61	G.CARLSEN KISU/Nat May17 2:59.35	P.BELL NVR/HAL MAY00 3:05.24	P.BELL NVM/NAT May05 3:09.86	P.BELL NSM/NAT MAY11 3:32.41	P.BELL NSM/NAN APR15 3:45.76	A.SCHULHOF NVM/UBC DEC04 4:49.45
Fly 50m	A.SZIRMAI RMSC/NAT May12 30.52	M.TESKY DOG/PROV APR15 31.08	M.STAMHUIS VERN/VERN Jan15 33.51	J.KELSO UBC/Prov Apr10 33.77	J.KELSO UBC/Prov Apr14 35.74	J.KELSO UBC/NAN JAN19 41.99	
Fly 100m	R.CRAIG CDSC/Apr17 1:08.43	D.READ WT/NAT MAY13 1:12.16	M.STAMHUIS VERN/PENT DEC15 1:20.01	J.KELSO UBC/WIN APR09 1:22.54	I.SZASZ UBC/EBSC FEB11 1:50.45	O.MINOVITZ UNAT/UBC MAR02 4:53.05	
Fly 200m	R.CRAIG CDSC/NAN APR15 2:28.33	D.READ WT/NAT MAY13 2:45.86	B.SUTHERLAND UBC/UBC NOV13 3:05.19	I.BURVILL NAN/NAN JAN19 3:51.15	I.SZASZ UBC/EBSC FEB11 4:17.72		
IM 100m	A.SZIRMAI RMSC/Nat May12 1:08.44	J.KELSO UBC/ONT MAY99 1:09.93	M.STAMHUIS VERN/NAT May18 1:13.37	J.KELSO UBC/PROV Apr09 1:14.73	J.KELSO UBC/Prov Apr15 1:20.43	J.KELSO UBC/PROV APR19 1:26.73	P.GILCHRIST WCM/PROV APR10 2:08.19
IM 200m	J.KELSO UBC/VIC MAY95 2:34.42	J.KELSO UBC/ONT MAY99 2:35.04	M.STAMHUIS VERN/NAT May18 2:43.05	J.KELSO UBC/PROV APR09 2:49.43	J.KELSO UBC/NAN APR15 3:03.21	J.KELSO UBC/PROV APR19 3:16.32	
IM 400m	G.CARLSEN KISU/Prov APR16	G.CARLSEN KISU/Nat May17	M.STAMHUIS VERN/KMS OCT18	J.KELSO UBC/WIN APR09	A.DYKSTRA HCM/NAN JAN16	O.MINOVITZ UNAT/UBC MAR02	

5:32.12

5:43.48

6:10.08

6:21.47

8:53.68

17:10.43

N'S SHORT COURSE RECORDS AS OF JANUARY 2020

AGE	90-94	95-99
Free 50m	H.McGREGOR CSS/NAT May12 1:01.81	H.McGREGOR CSS/NAN JAN14 1:08.48
Free 100m	H.McGREGOR CSS/NAT MAY09 2:11.09	H.McGREGOR CSS/NAN JAN14 2:31.83
Free 200m	H.McGREGOR CSS/DUN JAN09 4:46.74	H.McGREGOR CSS/NAN JAN14 5:46.73
Free 400m	H.McGREGOR CSS/NAT MAY09 10:05.85	H.McGREGOR CSS/NAN JAN14 12:08.80
Free 800m	H.McGREGOR CSS/NAT MAY09 20:33.27	
Free 1500	H.McGREGOR CSS/PROV APR09 38:53.33	
Back 50m	F.SCHULHOF NVM/SR SEP09 57.42	F.SCHULHOF NSM/Nvan Oct14 1:05.82
Back 100m	F.SCHULHOF NVM/Prov APR11 2:12.11	F.SCHULHOF NVM/NAN JAN14 2:33.97
Back 200m	F.SCHULHOF NVR/SR SEP10 4:54.70	F.SCHULHOF NVM/NAN JAN14 5:29.49
Brst 50m	F.SCHULHOF NVM/SR SEP10 1:00.37	F.SCHULHOF NSM/Nvan Oct14 1:11.36
Brst 100m	F.SCHULHOF NVR/SR SEP10 2:33.67	F.SCHULHOF NSM/NVAn Oct14 3:01.83
Brst 200m	F.SCHULHOF NVR/NAN NOV09 6:05.47	
Fly 50m		
Fly 100m		
Fly 200m		
IM 100m	F.SCHULHOF NSM/PROV APR11 2:59.18	
IM 200m		
IM 400m		

