

**BROCK NIAGARA AQUATICS**

**CLUB RECORDS: LONG COURSE METRES**

**2022/07/11**

Only relay records are kept for the 10/under age group

	<u>10/U GIRLS</u>	<u>10/U BOYS</u>
200 F/R	2:35.13 1989 Tara Bailey, Brianne McCann, Sue McKay, Bethanie Smith	2:28.90 2009 Joshua Allon, Kai Balogh, Orion Kevlar, Andrew Wiley
	2:38.92 2004 Alexandra Albert, Chloe Derksen, Kaitlyn McPherson, Melanie Tanguay	2:32.77 1998 Nick Bake, Bryan Caporicci, David Mongeri, Karl Trimble
	2:44.08 2011 Kayleigh Grover, Mara Di Persio, Jasmyn Traboulay-Drach, Kwynn VanderWerf	
200 M/R	2:53.56 1989 Tara Bailey, Sue McKay, Bethanie Smith, Brooke Storm	2:55.67 2009 Joshua Allon, Kai Balogh, Orion Kevlar, Justin Konik
	3:07.15 1998 Kelly Bartok, Dana Knisley, Alexandra Tatzel, Hilary White	3:04.77 1998 Nick Bake, Bryan Caporicci, David Mongeri, Karl Trimble

11/12 GIRLS11/12 BOYS

50 FREE	29.88	Deanna Hlywka	1987	29.11	Joshua Allon	2011
	30.32	Alex Moore	2003	30.32	Mark Johnston	1992
	30.66	Anna Szaflarski	1997	30.70	David Mongeri	2000
100 FREE	1:05.66	Andie Lloyd	2016	1:03.98	David Mongeri	2001
	1:06.11	Deanna Hlywka	1987	1:04.53	Mark Johnston	1992
	1:06.55	Mandy Melymuka	2004	1:04.96	Peter Szaflarski	1994
200 FREE	2:22.87	Rebecca Haight	1998	2:20.23	Mark Johnston	1992
	2:23.02	Kim Anderson	1985	2:20.63	Mike Strickland	1985
	2:24.39	Gill Coles	1998	2:21.34	Sean O'Donnell	2001
400 FREE	4:56.27	Kim Anderson	1985	4:45.81	Mike Strickland	1985
	4:59.26	Heather Skulj	1986	4:55.10	Mark Johnston	1992
	5:01.91	Rebecca Haight	1997	4:58.46	David Mongeri	2000
800 FREE	10:00.70	Kim Anderson	1985			
	10:14.67	Alexandra Albert	2006	10:23.43	Mark Johnston	1992
	10:19.45	Christina Gallagher	2001	10:26.80	Brad Childs	1999
1500 FREE				18:45.64	Mike Strickland	1985
				19:31.49	Mark Johnston	1992
				19:46.74	Brad Childs	1999
				1:14.75	Peter Szaflarski	1994
100 BACK	1:13.72	Madison Kryger	2020	1:16.03	David Sarzynick	1988
	1:13.94	Molly Morrice	1990	1:16.25	Joshua Allon	2011
	1:15.76	Anna Szaflarski	1997	2:39.78	Peter Szaflarski	1994
200 BACK	2:37.73	Madison Kryger	2020	2:44.56	Shane Strickland	1984
	2:40.39	Molly Morrice	1990	2:45.10	Mike Strickland	1985
	2:40.78	Gill Coles	1998	1:22.08	Joshua Allon	2011
100 BRST	1:20.60	Rebecca Haight	1997	1:23.97	Peyton Kipp	2015
	1:21.10	Heather Skulj	1986	1:24.69	Jason Kinnear	1994
	1:23.66	Stephanie Rodrigue	1985	3:01.61	Joshua Allon	2011
200 BRST	2:51.01	Rebecca Haight	1997	3:04.66	Jason Kinnear	1994
	2:55.32	Heather Skulj	1986	3:13.46	Mark Johnston	1992
	3:00.96	Mandy Melymuka	2004	1:12.12	Joshua Allon	2011
100 FLY	1:14.04	Gill Coles	1998	1:14.78	Karl Trimble	2001
	1:14.76	Amy Jarvis	1986	1:15.14	Mike Strickland	1985
	1:16.17	Monica Jensen	1996	2:36.14	Joshua Allon	2011
200 FLY	2:42.36	Gill Coles	1998	2:46.08	Mike Strickland	1985
	2:44.95	Amy Jarvis	1986	2:47.62	Karl Trimble	2001
	2:51.75	Monica Jensen	1996	2:39.21	Joshua Allon	2011
200 IM	2:36.00	Rebecca Haight	1998	2:42.53	Mark Johnston	1992
	2:38.96	Heather Skulj	1986	2:45.64	David Mongeri	2000
	2:43.28	Molly Morrice	1990	5:36.61	Joshua Allon	2011
400 IM	5:33.35	Heather Skulj	1986	5:39.64	Mike Strickland	1985
	5:40.03	Alexandra Albert	2006	5:46.11	Mark Johnston	1992
	5:40.06	Rebecca Haight	1997			

200 F/R	2:09.37	1985	2:10.75	2010	Boaz Allon, Joshua Allon, Ming Scott, Mony Tchervenelekov
	2:09.54	1998	2:11.69	2000	Nick Bake, Bryan Caporicci, David Mongeri, Karl Trimble
	2:11.25	2003	2:12.30	1989	Tyler Dunn, David Hallworth, Bob Pozzebon, Brock Smith
400 F/R	4:59.08	2005			Alexandra Albert, Courtney Braun, Michelle Gecan, Victoria Smith
200 M/R	2:22.55	1997	2:28.43	2000	Nick Bake, Bryan Caporicci, David Mongeri, Karl Trimble
	2:29.00	1985	2:29.19	1989	Tyler Dunn, David Hallworth, Bob Pozzebon, Brock Smith
	2:29.13	2005	2:35.69	2010	Mony Tchervenelekov, Joshua Allon, Boaz Allon, Andrew Wiley
400 M/R	5:29.60	2013			Lea Formicuccia, Sierra Spence, Chelsea Spence, Kayleigh Grover
	5:36.61	2005			Alexandra Albert, Kendra Bishop, Courtney Braun, Victoria Smith

13/14 GIRLS13/14 BOYS

50 FREE	27.95	Madison Kryger	2022	25.62	Jon Broven	1986
	28.92	Kim Anderson	1987	26.31	Nathan Ciccarelli	2011
	28.94	Lea Formicuccia	2016	26.36	Mark Johnston	1994
100 FREE	1:00.53	Madison Kryger	2022	55.98	Jon Broven	1986
	1:01.66	Andie Lloyd	2018	56.55	Mark Johnston	1994
	1:01.73	Alexandra Albert	2008	57.66	Nick Majtenyi	2005
200 FREE	2:10.53	Madison Kryger	2022	2:00.62	Mark Johnston	1994
	2:11.28	Jennifer Johnston	1997	2:05.18	Nick Majtenyi	2005
	2:12.03	Alexander Albert	2008	2:05.58	Bob Pearson	1985
400 FREE	4:29.46	Jennifer Smith	1984	4:15.10	Mark Johnston	1994
	4:32.88	Alexandra Albert	2008	4:20.18	Bob Pearson	1985
	4:36.05	Jennifer Johnston	1997	4:25.44	Nick Majtenyi	2005
800 FREE	9:11.79	Jennifer Smith	1984	8:53.74	Mark Johnston	1994
	9:25.51	Alexandra Albert	2008			
	9:31.70	Jennifer Johnston	1996	9:26.70	Nick Majtenyi	2005
1500 FREE	18:23.93	Kim Anderson	1987	16:46.99	Mark Johnston	1994
	18:30.03	Mandy Melymuka	2006	16:59.84	Bob Pearson	1985
	18:40.88	Melanie Pearson	1987	17:46.24	Nick Majtenyi	2005
100 BACK	1:05.48	Madison Kryger	2022	1:03.79	Doug Yarnell	1985
	1:09.02	C. Garrido-Morales	2018	1:07.32	Campbell Hastings	1984
	1:09.85	Sue McKay	1993	1:08.61	Tyler Dunn	1991
200 BACK	2:19.32	Madison Kryger	2022	2:18.60	Doug Yarnell	1985
	2:29.15	Anna Szaflarski	1999	2:25.64	Campbell Hastings	1984
	2:30.07	Molly Morrice	1991	2:26.60	Mark Johnston	1994
100 BRST	1:17.94	Heather Skulj	1986	1:08.50	Gregg Gleason	1995
	1:19.00	Rebecca Haight	1998	1:11.68	Peyton Kipp	2018
	1:19.59	Dena Durand	1996	1:15.89	Nicholas Woodruff	2018
200 BRST	2:46.00	Dena Durand	1995	2:28.99	Gregg Gleason	1995
	2:48.21	Rebecca Haight	1999	2:41.13	Peyton Kipp	2018
	2:49.19	Mandy Melymuka	2006	2:46.22	Joe Capka	1993
100 FLY	1:06.12	Madison Kryger	2022	1:04.39	Jon Broven	1986
	1:06.53	Syrah Mills	2020	1:05.83	Doug McKay	1988
	1:07.36	C. Garrido-Morales	2018	1:06.21	Nick Majtenyi	2005
200 FLY	2:25.88	Heather Skulj	1995	2:24.88	Doug McKay	1988
	2:29.32	Dena Durand	1995	2:26.43	Bob Pearson	1985
	2:29.61	Gill Coles	1999	2:27.16	Nick Majtenyi	2005
200 IM	2:27.48	Madison Kryger	2022	2:19.97	Mark Johnston	1994
	2:29.18	Dena Durand	1995	2:23.55	Gregg Gleason	1995
	2:31.26	Heather Skulj	1987	2:24.56	Doug Yarnell	1985
400 IM	5:15.15	Dena Durand	1995	4:57.47	Mark Johnston	1994
	5:19.65	Mandy Melymuka	2006	5:08.11	Bob Pearson	1985
	5:20.53	Heather Skulj	1987	5:09.10	Gregg Gleason	1995

200 F/R	1:58.42     1987 Kim Anderson, Deanna Hlywka, Amy Jarvis, Heather Skulj	1:54.09     1990 Tyler Dunn, Chris Palin, Bob Pozzebon, Ryan Smith
	2:02.13     1996 Kim Arnold, Jennifer Johnston, Lila Miners, Sarah Nickerson	1:54.72     1996 Jason Kinnear, Scott Ling, Bryan Mayer, Jason van der Sluis
	2:02.64     1983	1:55.31     1994 Gregg Gleason, Mark Johnston, Zenon Sharko, Peter Szaflarski
400 F/R	4:12.90     1987 Kim Anderson, Deanna Hlywka, Amy Jarvis, Heather Skulj	4:17.22     1990 Tyler Dunn, Chris Palin, Bob Pozzebon, Ryan Smith
	4:22.91     2007 Michelle Gecan, Alexandra Albert, Courtney Braun, Jamie Halucha	
	4:39.18     1989 Erica Greene, Jennifer Lawn, Brandie Smith, Sarah Whyte	
800 F/R	9:09.11     1987 Kim Anderson, Deanna Hlywka, Amy Jarvis, Heather Skulj	9:41.44     1990 Tyler Dunn, Chris Palin, Bob Pozzebon, Ryan Smith
	9:29.99     2007 Courtney Braun, Alexandra Albert, Jamie Halucha, Michelle Gecan	
200 M/R	2:14.67     1987 Kim Anderson, Deanna Hlywka, Amy Jarvis, Heather Skulj	2:09.04     1995 Gregg Gleason, Jason Kinnear, Scott Ling, Peter Szaflarski
	2:16.03     2007 Alexandra Albert, Courtney Braun, Victoria Smith, Jamie Halucha	2:11.61     1984
	2:19.22     1983	2:12.56     1994 Gregg Gleason, Mark Johnston, Zenon Sharko, Peter Szaflarski
400 M/R	4:51.43     1987 Kim Anderson, Deanna Hlywka, Amy Jarvis, Heather Skulj	4:52.74     1988 Brad Digweed, John Kuruziak, Tim Major, Doug McKay
	5:04.57     2007 Michelle Gecan, Courtney Braun, Alexandra Albert, Jamie Halucha	
	5:13.57     1989 Erica Greene, Jennifer Lawn, Brandie Smith, Sarah Whyte	

15-17 GIRLS15-17 BOYS

50 FREE	27.72	Tonya Lailey	1990	24.22	Peter Szaflarski	1998
	27.80	Jennifer Lailey	1986	24.81	Mark Johnston	1997
	28.40	Erica Greene	1992	25.07	Jon Broven	1987
100 FREE	1:00.58	Kara Demers	2008	52.75	Peter Szaflarski	1998
	1:00.82	Jennifer Lailey	1986	53.18	Mark Johnston	1997
	1:00.96	F. Zammit-Maempel	2016	54.66	Baldev Ahluwalia	1987
200 FREE	2:08.12	Jennifer Smith	1986	1:51.72	Mark Johnston	1997
	2:08.21	Jolie Pun	1998	1:56.52	Peter Szaflarski	1999
	2:10.84	Jennifer Johnston	1998	1:57.43	Doug McKay	1990
400 FREE	4:24.90	Jennifer Smith	1986	(NAGR) 3:55.37	Mark Johnston	1997
	4:25.71	Jolie Pun	1998	4:09.96	Aidan Iapicco	2019
	4:30.04	Jennifer Johnston	1997	4:10.54	Jason van der Sluis	1999
800 FREE	9:07.95	Jennifer Smith	1985	8:17.40	Mark Johnston	1997
	9:09.40	Jolie Pun	1998	8:33.40	Aidan Iapicco	2019
	9:09.57	Brittany Legal	2004	8:40.26	Bob Pearson	1986
1500 FREE	17:47.75	Jennifer Smith	1985	15:36.01	Mark Johnston	1997
	17:58.54	Gill Coles	2002	16:32.32	Jason van der Sluis	1999
	18:09.70	Alexandra Albert	2009	16:33.79	Bob Pearson	1986
100 BACK	1:08.47	Anna Szaflarski	2000	1:01.69	Mark Johnston	1997
	1:09.10	Nikki Huggins	1997	1:01.72	Doug Yarnell	1988
	1:09.70	Syrah Mills	2022	1:01.96	Eric Teixeira	2003
200 BACK	2:23.00	Dena Durand	1998	2:09.92	Mark Johnston	1997
	2:24.22	Anna Szaflarski	2001	2:12.52	Doug Yarnell	1988
	2:29.86	Nikki Huggins	1997	2:14.11	Eric Teixeira	2003
100 BRST	1:15.57	Megan Lloyd	2012	1:06.71	Aidan Iapicco	2019
	1:17.25	Dena Durand	1998	1:07.59	Gregg Gleason	1996
	1:17.36	Tammy Balkwill	1983	1:09.00	Doug McKay	1991
200 BRST	2:40.49	Megan Lloyd	2012	2:22.58	Aidan Iapicco	2019
	2:40.83	Dena Durand	1998	2:25.28	Gregg Gleason	1998
	2:45.27	Mandy Melymuka	2008	2:31.35	Karl Trimble	2005
100 FLY	1:06.31	Maggie Bird	1983	57.95	Mike Smerek	2008
	1:06.56	Sue McKay	1995	59.06	Doug McKay	1991
	1:06.61	Dena Durand	1997	59.57	Emmett Mills	2020
200 FLY	2:20.41	Dena Durand	1997	2:07.92	Doug McKay	1991
	2:22.63	Jennifer Smith	1986	2:13.94	Emmett Mills	2020
	2:23.71	Sue McKay	1995	2:14.66	Sean O'Donnell	2006
200 IM	2:21.49	Dena Durand	1997	2:09.94	Doug McKay	1991
	2:22.61	Tammy Balkwill	1983	2:10.42	Mark Johnston	1997
	2:26.77	Heather Skulj	1989	2:13.87	Gregg Gleason	1998
400 IM	4:53.53	Dena Durand	1998	4:39.83	Mark Johnston	1997
	5:06.82	Tammy Balkwill	1983	4:40.06	Doug McKay	1991
	5:09.08	Maggie Bird	1983	4:42.35	Todd Major	1988

15-17 GIRLS

15-17 BOYS

200 F/R	1:56.15 1990 Erica Greene, Deanna Hlywka, Amy Jarvis, Tanya Lailey 1:57.09 1997 Kim Arnold, Dena Durand, Nikki Huggins, Jennifer Johnston 1:57.78 1987 Kim Anderson, Beni Gras, Amy Jarvis, Jennifer Lailey	1:45.07 1997 Scott Ling, David Ling, Peter Szaflarski, Jason van der Sluis 1:47.49 1995 Gregg Gleason, Mark Johnston, Matthew Johnston, Peter Szaflarski 1:47.58 1987 Campbell Hastings, Nick Lezetc, Todd Major, Doug Yarnell
400 F/R	4:11.96 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith 4:12.34 1989 Erica Greene, Deanna Hlywka, Amy Jarvis, Tanya Lailey 4:12.34 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Meredith Sharpe	3:44.51 1997 David Ling, Scott Ling, Peter Szaflarski, Jason van der Sluis 3:46.22 1986 Campbell Hastings, Todd Major, Bob Pearson, Doug Yarnell 3:56.49 1987 Todd Major, Rick Morris, Bob Pearson, Doug Yarnell
800 F/R	8:47.27 1998 Dena Durand, Jennifer Johnston, Jolie Pun, Meghan White 9:03.37 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith 9:06.75 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Meredith Sharpe	8:12.33 1987 Baldev Ahluwalia, Nick Lezetc, Todd Major, Doug Yarnell
200 M/R	2:07.98 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Molly Morrice 2:08.41 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith 2:11.75 1998 Rebecca Haight, Sarah Nickerson, Anna Szaflarski, Cathy Wolowski	1:56.95 1997 Gregg Gleason, Mark Johnston, David Ling, Peter Szaflarski 2:02.42 1995  2:04.43 2005 Nick Bake, Nick Majtenyi Sean O'Donnell, Karl Trimble
400 M/R	4:40.62 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Meredith Sharpe 4:44.86 1997 Amanda Civak, Nikki Huggins, Sarah Nickerson, Meghan White 4:44.43 1991 Natalie Garrow, Erica Greene, Jennifer Lawn, Molly Morrice	4:15.18 1986 Campbell Hastings, Todd Major, Bob Pearson, Doug Yarnell

OPEN WOMENOPEN MEN

50 FREE	27.72	Tonya Lailey	1990	24.09	Ian Young	2001
	27.80	Jennifer Lailey	1986	24.22	Peter Szaflarski	1998
	27.95	Madison Kryger	2022	24.56	Alex Tropynine	2016
100 FREE	1:00.43	Victoria Culp	2011	51.88	Peter Szaflarski	2002
	1:00.53	Madison Kryger	2022	51.91	Ian Young	2001
	1:00.58	Kara Demers	2008	52.73	Baldev Ahluwalia	1989
200 FREE	2:08.05	Jolie Pun	2000	1:51.72	Mark Johnston	1997
	2:08.12	Jennifer Smith	1986	1:53.33	Ian Young	2001
	2:09.69	Victoria Culp	2011	1:53.37	Peter Szaflarski	2001
400 FREE	4:24.90	Jennifer Smith	1986	3:55.37	Mark Johnston	1997
	4:25.71	Jolie Pun	1998	3:57.59	David Shemilt	1985
	4:30.04	Jennifer Johnston	1997	4:01.22	Brian Wasylowich	1986
800 FREE	9:07.95	Jennifer Smith	1985	(CR) 8:13.00	David Shemilt	1984
	9:09.40	Jolie Pun	1998	8:17.40	Mark Johnston	1997
	9:09.57	Brittany Legal	2004	8:18.59	Gokhan Bozyigit	2019
1500 FREE	17:47.75	Jennifer Smith	1985	(CR) 15:24.78	David Shemilt	1984
	17:58.54	Gill Coles	2002	15:36.01	Mark Johnston	1997
	17:59.47	Kathy Richardson	1983	16:00.60	Bryan Wasylowich	1985
100 BACK	1:05.48	Madison Kryger	2022	1:00.96	Doug McKay	1994
	1:08.47	Anna Szaflarski	2000	1:01.53	Doug Yarnell	1992
	1:09.02	C. Garrido-Morales	2018	1:01.69	Mark Johnston	1997
200 BACK	2:19.32	Madison Kryger	2022	2:09.92	Mark Johnston	1997
	2:23.00	Dena Durand	1998	2:11.47	Doug McKay	1993
	2:24.22	Anna Szaflarski	2001	2:12.49	Brian Wasylowich	1986
100 BRST	1:14.38	Kathy Richardson	1983	1:05.24	Gregg Gleason	2003
	1:16.34	Megan Lloyd	2012	1:06.36	Rodney Thomas	1987
	1:16.89	Dena Durand	2000	1:06.61	Pieter Huysen	1995
200 BRST	2:36.45	Kathy Richardson	1982	2:19.80	Gregg Gleason	2000
	2:39.63	Dena Durand	2000	2:22.03	Aidan Iapicco	2020
	2:40.49	Megan Lloyd	2012	2:24.03	Rodney Thomas	1988
100 FLY	1:05.27	Kathy Richardson	1983	55.72	Mike Smerek	2010
	1:05.53	Fiona Woods	1987	57.93	Alex Tropynine	2016
				58.55	Steve Nordstrum	1983
200 FLY	2:19.05	Fiona Woods	1987	2:06.46	Steve Nordstrum	1983
	2:20.41	Dena Durand	1997	2:06.59	Gokhan Bozyigit	2018
	2:21.03	Kathy Richardson	1983	2:07.92	Doug McKay	1991
200 IM	2:20.50	Dena Durand	2000	2:08.80	Doug McKay	1993
	2:20.85	Kathy Richardson	1983	2:10.40	Steve Nordstrum	1983
	2:22.61	Tammy Balkwill	1983	2:10.42	Mark Johnston	1997
400 IM	4:51.76	Dena Durand	2000	4:36.31	Steve Nordstrum	1983
	4:52.35	Kathy Richardson	1984	4:39.83	Mark Johnston	1997
	5:06.82	Tammy Balkwill	1983	4:39.87	Brian Wasylowich	1985



OPEN WOMEN

OPEN MEN

200 F/R	1:56.15 1990 Erica Greene, Deanna Hlywka, Amy Jarvis, Tonya Lailey 1:56.33 2007 Kara Demers, Michelle Gecan, Victoria Culp, Alexandra Albert 1:56.65 1991 Erica Greene, Tonya Lailey Jennifer Lawn, Andrea Shemilt	1:39.12 1999 Gregg Gleason, Matt Johnston, Peter Szaflarski, Jason van der Sluis 1:42.08 (OR: 15-18) 1987 Baldev Ahluwalia, Jon Broven, Rick Morris, Doug Yarnell 1:42.11 1991 Baldev Ahluwalia, Ian Hunt, Todd Major, Doug McKay
400 F/R	4:07.19 2008 Kara Demers, Mandy Melymuka, Victoria Culp, Alexandra Albert 4:10.96 1987 Kim Anderson, Beni Gras, Deanna Hlywka, Amy Jarvis 4:11.96 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith	3:36.89 2000 Gregg Gleason, Peter Szaflarski, Jason van der Sluis, Ian Young 3:39.61 1999 Gregg Gleason, Matthew Johnston, Peter Szaflarski, Jason van der Sluis 3:41.70 1988 Baldev Ahluwalia, Todd Major, Brian Wasylowich, Doug Yarnell
800 F/R	8:47.27 1998 Dena Durand, Jennifer Johnston, Jolie Pun, Meghan White 9:02.85 2008 Victoria Culp, Mandy Melymuka, Kara Demers, Alex Albert 9:03.37 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith	7:53.15 1999 Gregg Gleason, Matthew Johnston, Peter Szaflarski, Jason van der Sluis 7:56.15 2001 Dave Ling, Peter Szaflarski, Jason van der Sluis, Ian Young 7:56.70 1986 Todd Major, Bob Pearson, David Shemilt, Brian Wasylowich
200 M/R	2:07.98 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Molly Morrice 2:08.41 1986 Andrea Boucher, Jennifer Lailey, Heather Skulj, Jennifer Smith 2:11.75 1998 Rebecca Haight, Sarah Nickerson, Anna Szaflarski, Cathy Wolowski	1:52.52 1990 Baldev Ahluwalia, Ian Hunt, Doug McKay, Doug Yarnell 1:52.98 1987 Jon Broven, Rodney Thomas, Brian Wasylowich, Doug Yarnell 1:53.59 1986 Campbell Hastings, Todd Major, David Shemilt, Brian Wasylowich
400 M/R	4:37.84 2000 Gill Coles, Dena Durand, Ashley Montague, Anna Szaflarski 4:40.62 1992 Natalie Garrow, Erica Greene, Jennifer Lawn, Meredith Sharpe 4:40.86 1997 Amanda Civak, Nikki Huggins, Sarah Nickerson, Meghan White	4:05.58 1988 Baldev Ahluwalia, Todd Major, Rodney Thomas, Doug Yarnell 4:07.11 2000 Gregg Gleason, David Ling, Peter Szaflarski, Jason van der Sluis 4:13.65 1989 Ian Hunt, Nick Lezetc, Doug McKay, Doug Yarnell