

OAK TOP 10 - ALL TIME - LONG COURSE

50 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR	PLACE	NAME	SWIMTIME	YEAR
1	PARTRIDGE, Duncan	23.06	4/1/2012	1	KEIRE, Jacqueline	25.56	4/9/2017
2	ASSAAD, Gamal	23.72	8/4/2016	2	POMEROY, Laura	26.13	6/23/2005
3	ARAF, Omar Mahmoud	23.74	7/28/2012	3	SCHOLES, Dylan	26.37	4/7/2019
4	KWIECIEN-DELANEY, Bryce	23.87	7/27/2012	4	ZAVAROS, Mabel	26.46	3/1/2018
5	MACPHERSON, Callum	23.97	6/30/2018	5	LECKIE, Aysia	26.52	4/9/2017
6	HARDING, Grant	24.10	7/20/2013	6	CARTY, Danielle	26.71	4/1/2012
7	WORMALD, Lukas	24.23	6/29/2019	7	MISSIUNA, Sharalynn	26.80	4/2/2011
8	TOMIC, Luka	24.33	7/1/2017	8	MOULSON, Sara	27.17	6/1/2019
9	SCARROW, Reid	24.39	4/5/2014	9	FABUGAIS-INABA, Alexandra	27.18	4/5/2016
10	HAAS, Kyle	24.42	4/5/2014	10	KILGER, Kennady	27.19	3/3/2017



100 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR	PLACE	NAME	SWIMTIME	YEAR
1	ARAF, Omar Mahmoud	50.41	8/23/2012	1	KEIRE, Jacqueline	54.78	4/9/2016
2	WHITE, Evan	50.55	4/8/2016	2	SCHOLES, Dylan	57.20	4/12/2019
3	KWIECIEN-DELANEY, Bryce	50.71	8/26/2013	3	POMEROY, Laura	57.28	5/21/2004
4	PARTRIDGE, Duncan	51.19	3/30/2012	4	ZAVAROS, Mabel	57.40	6/29/2018
5	VANDERHELM, Adrian	51.36	4/4/2019	5	BOUCHARD, Dominique	57.45	1/15/2015
6	MAC, Matthew	51.52	8/26/2016	6	MISSIUNA, Sharalynn	57.49	7/18/2014
7	ASSAAD, Gamal	51.58	4/3/2014	7	MOULSON, Sara	57.93	8/11/2019
8	LI, Jack	51.87	8/3/2023	8	LECKIE, Aysia	57.99	6/3/2018
9	SCARROW, Reid	51.93	4/5/2013	9	FABUGAIS-INABA, Alexandra	58.16	8/7/2015
10	KIKOT, Kent	52.11	7/22/2011	10	SPENCER, Mika	58.27	7/22/2011



200 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR	PLACE	NAME	SWIMTIME	YEAR
1	VANDERHELM, Adrian	1:52.12	4/6/2019	1	KEIRE, Jacqueline	1:59.24	4/7/2016
2	HAMILL, Mackenzie	1:52.46	4/5/2016	2	ZAVAROS, Mabel	2:01.16	6/28/2019
3	SCARROW, Reid	1:52.60	4/4/2013	3	CIEPLUCHA, Tessa	2:01.87	4/6/2019
4	ASSAAD, Gamal	1:52.61	4/5/2016	4	LECKIE, Aysia	2:02.52	7/18/2018
5	DARRAGH, Mack	1:53.26	8/9/2018	5	SPENCER, Mika	2:03.63	3/29/2012
6	MAC, Matthew	1:53.72	8/25/2016	6	FABUGAIS-INABA, Alexandra	2:03.65	8/6/2015
7	KIKOT, Kent	1:54.07	7/18/2013	7	BOUCHARD, Dominique	2:04.01	6/3/2016
8	NITSKI, Osvald	1:54.45	4/1/2015	8	HARRISON, Annie	2:04.36	3/29/2012
9	WHITE, Evan	1:54.74	4/4/2013	9	SCHOLES, Dylan	2:04.54	4/11/2019
10	SAMUEL, Curtis	1:54.84	7/18/2009	10	LALUMIERE, Lauren	2:04.89	2/19/2015



400 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR	PLACE	NAME	SWIMTIME	YEAR
1	HAMILL, Mackenzie	3:56.90	4/7/2016	1	ZAVAROS, Mabel	4:17.71	7/30/2017
2	SERLES, Peter	4:02.71	7/21/2010	2	HARRISON, Annie	4:18.00	3/30/2011
3	VANDERHELM, Adrian	4:03.19	4/5/2019	3	CIEPLUCHA, Tessa	4:18.03	6/8/2019
4	SCARROW, Reid	4:04.18	4/4/2014	4	KEIRE, Jacqueline	4:19.10	7/19/2013
5	GAGNE, Collyn	4:06.24	4/14/2018	5	SPENCER, Mika	4:19.25	3/27/2012
6	SAMUEL, Curtis	4:06.36	4/1/2008	6	FABUGAIS-INABA, Alexandra	4:21.56	8/8/2015
7	LI, Jack	4:07.05	3/3/2019	7	OLVET, Kristen	4:22.02	4/5/2019
8	ASSAAD, Gamal	4:07.35	3/29/2012	8	OLDERSHAW, Marni	4:22.86	6/5/2011
9	WHITESIDE, David	4:07.91	4/5/2013	9	LALUMIERE, Lauren	4:24.36	7/6/2014
10	ANTIFAOFF, Micheal	4:08.26	7/30/2017	10	MISSIUNA, Sharalynn	4:25.82	6/4/2009



800 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR	PLACE	NAME	SWIMTIME	YEAR
1	HAMILL, Mackenzie	8:23.04	8/6/2015	1	CIEPLUCHA, Tessa	8:42.75	6/6/2019
2	CHETRAT, Zack	8:24.68	6/30/2011	2	ZAVAROS, Mabel	8:46.31	1/30/2020
3	GAGNE, Collyn	8:30.12	4/3/2019	3	KEIRE, Jacqueline	8:55.68	7/26/2013
4	BAKI, Ali	8:30.57	4/1/2015	4	HARRISON, Annie	8:59.76	3/30/2012
5	ANTIFAOFF, Micheal	8:32.56	4/8/2018	5	LALUMIERE, Lauren	9:01.66	7/3/2014
6	LI, Jack	8:33.37	6/27/2019	6	SPENCER, Mika	9:02.14	3/30/2012
7	SCARROW, Reid	8:33.56	7/21/2011	7	OLVET, Kristen	9:02.44	2/18/2016
8	SERLES, Peter	8:36.98	4/30/2010	8	FABUGAIS-INABA, Alexandra	9:04.92	1/15/2016
9	THOMPSON, Oliver	8:40.65	8/5/2023	9	OLDERSHAW, Marni	9:06.04	7/2/2011
10	SAMUEL, Curtis	8:41.87	7/9/2006	10	MUNRO, Victoria	9:14.85	7/19/2012



1500 M Freestyle (LC)

PLACE	NAME	SWIMTIME	YEAR
1	CHETRAT, Zack	15:50.91	6/30/2011
2	HAMILL, Mackenzie	15:57.05	4/9/2016
3	GAGNE, Collyn	16:13.67	4/12/2018
4	ANTIFAOFF, Micheal	16:20.39	4/5/2018
5	BAKI, Ali	16:21.08	8/9/2015
6	SAMUEL, Curtis	16:23.33	7/6/2007
7	DARRAGH, Mack	16:27.02	5/31/2012
8	THOMPSON, Oliver	16:32.89	8/3/2023
9	WHITESIDE, David	16:35.35	4/6/2013
10	NITSKI, Osvald	16:37.25	1/18/2015



PLACE	NAME	SWIMTIME	YEAR
1	CIEPLUCHA, Tessa	16:47.84	4/1/2015
2	ZAVAROS, Mabel	16:48.11	1/19/2020
3	HARRISON, Annie	17:11.91	8/20/2011
4	LALUMIERE, Lauren	17:17.71	7/23/2014
5	DONELLY, Megan	17:30.95	3/1/2024
6	OLVET, Kristen	17:39.01	7/1/2016
7	OLDERSHAW, Marni	17:39.78	5/1/2009
8	STREVETT, Olivia	17:39.92	7/6/2013
9	FABUGAIS-INABA, Alexandra	17:40.17	4/1/2015
10	SHEMILT, Sydney	17:42.05	4/14/2019

50 M Backstroke (LC)

PLACE	NAME	SWIMTIME	YEAR
1	ARAFAT, Omar Mahmoud	26.26	7/19/2012
2	HAAS, Kyle	26.32	7/17/2014
3	MAC, Matthew	27.23	8/6/2016
4	FOX, Matthew	27.23	8/6/2017
5	WHITE, Evan	27.81	7/25/2013
6	KWIECIEN-DELANEY, Bryce	28.06	7/26/2012
7	CUMMINGS, Cam	28.15	7/19/2007
8	DARRAGH, Mack	28.20	6/30/2011
9	GOUR, Mitchell	28.20	7/29/2012
10	WORMALD, Lukas	28.54	3/1/2018



PLACE	NAME	SWIMTIME	YEAR
1	BOUCHARD, Dominique	28.94	5/15/2015
2	ZAVAROS, Rosie	29.62	5/12/2017
3	CALVERT, Julie	29.90	7/16/2009
4	SCHOLES, Dylan	29.90	4/12/2019
5	OLDERSHAW, Marni	30.12	6/30/2011
6	XIA, Vanessa	30.15	3/1/2024
7	HARRISON, Annie	30.26	6/29/2014
8	VANDERBEEK, Kate	30.31	4/2/2015
9	MIRON, Emma	30.49	4/4/2019
10	GREWAL, Annika	30.84	7/4/2014

100 M Backstroke (LC)

PLACE	NAME	SWIMTIME	YEAR
1	ARAFAT, Omar Mahmoud	56.20	8/23/2012
2	MAC, Matthew	57.11	8/6/2015
3	HAAS, Kyle	57.19	7/19/2014
4	HARDING, Grant	57.60	7/17/2013
5	WHITE, Evan	58.14	4/6/2013
6	FOX, Matthew	58.14	8/9/2015
7	TOMIC, Luka	58.67	6/29/2017
8	DARRAGH, Mack	58.98	6/14/2018
9	CUMMINGS, Cam	59.28	7/20/2007
10	KWIECIEN-DELANEY, Bryce	59.46	8/6/2015



PLACE	NAME	SWIMTIME	YEAR
1	BOUCHARD, Dominique	59.96	4/6/2016
2	HARRISON, Annie	1:02.31	4/2/2014
3	ZAVAROS, Rosie	1:02.48	5/15/2021
4	SCHOLES, Dylan	1:02.84	8/9/2019
5	ZAVAROS, Mabel	1:03.05	4/20/2017
6	OLDERSHAW, Marni	1:03.16	8/6/2015
7	MIRON, Emma	1:04.24	4/3/2019
8	GREWAL, Annika	1:04.69	4/1/2015
8	XIA, Vanessa	1:04.69	7/6/2023
10	MOULSON, Sara	1:05.01	2/2/2020

200 M Backstroke (LC)

PLACE	NAME	SWIMTIME	YEAR
1	MAC, Matthew	2:02.15	8/26/2016
2	GAGNE, Collyn	2:03.87	4/5/2019
3	FOX, Matthew	2:05.12	4/9/2016
4	WHITE, Evan	2:06.02	8/23/2012
5	TOMIC, Luka	2:06.59	4/9/2016
6	WORMALD, Lukas	2:06.98	4/5/2018
7	EL AREF, Omar	2:08.10	6/30/2019
8	CUMMINGS, Cam	2:08.21	4/1/2008
9	CHETRAT, Zack	2:08.35	11/23/2007
10	DARRAGH, Mack	2:08.50	6/2/2012




PLACE	NAME	SWIMTIME	YEAR
1	BOUCHARD, Dominique	2:08.52	4/10/2016
2	ZAVAROS, Mabel	2:11.30	4/14/2018
3	ZAVAROS, Rosie	2:11.78	4/10/2016
4	HARRISON, Annie	2:12.00	6/28/2013
5	OLDERSHAW, Marni	2:13.48	4/1/2012
6	MOULSON, Sara	2:15.59	8/8/2019
7	GREWAL, Annika	2:16.32	4/3/2015
8	SCHOLES, Dylan	2:16.65	4/5/2019
9	BROUGH, Kiera	2:18.23	3/31/2019
10	CIEPLUCHA, Tessa	2:18.25	1/12/2019


50 M Breaststroke (LC)


PLACE	NAME	SWIMTIME	YEAR
1	DARRAGH, Mack	29.81	4/5/2013
2	WHITE, Evan	30.06	7/24/2013
3	QIN, Leon	30.09	8/5/2016
4	HREBICEK, Nathan	30.77	8/4/2023
4	WANG, Adam	30.77	8/4/2023
6	SCARROW, Reid	30.83	7/27/2011
7	ALLON, Joshua	30.88	6/26/2015
8	HAAS, Kyle	31.06	5/30/2015
9	MONACO, Marco	31.09	6/3/2004
10	FEDOROVSKIY, Maksim	31.21	8/4/2023





PLACE	NAME	SWIMTIME	YEAR
1	VAN BEILEN, Tera	31.40	4/5/2013
2	TOFFLEMIRE, Riley	32.84	2/12/2023
3	CALVERT, Julie	32.95	7/8/2009
4	OLDERSHAW, Marni	33.06	4/4/2014
5	JOACHIM, Izzy-Shne	33.33	3/2/2017
6	Ji, Christina	33.76	7/23/2014
7	PATEL, Sherry	33.78	7/1/2011
8	OLSEN, Holly	33.95	7/17/2009
9	POMEROY, Julia	34.08	6/5/2004
10	KALMAN, Alexandra	34.12	7/6/2012

100 M Breaststroke (LC)								
PLACE	NAME	SWIMTIME	YEAR		PLACE	NAME	SWIMTIME	YEAR
1	DARRAGH, Mack	1:03.37	4/2/2015	Oakville Aquatic Club 	1	VAN BEILEN, Tera	1:07.37	3/29/2012
2	WHITE, Evan	1:04.60	12/4/2015		2	CALVERT, Julie	1:11.31	5/15/2009
3	QIN, Leon	1:05.71	4/5/2016		3	OLDERSHAW, Marni	1:11.87	6/28/2014
4	NITSKI, Osvald	1:06.18	8/7/2015		4	MURRAY, Madison	1:12.45	4/5/2016
5	HAASLER, Adrian	1:07.11	7/28/2017		5	POMEROY, Julia	1:13.27	6/4/2004
6	MONACO, Marco	1:07.46	6/3/2004		6	CIEPLUCHA, Tessa	1:13.38	6/9/2019
7	HREBICEK, Nathan	1:07.75	6/17/2023		7	HOLMAN, Hannah	1:13.48	8/7/2017
8	WANG, Adam	1:08.40	8/2/2023		8	TOFFLEMIRE, Riley	1:13.48	3/4/2023
9	CAVANAGH, Jack	1:08.46	3/27/2012		9	JI, Christina	1:14.10	2/19/2016
10	SCARROW, Reid	1:08.65	7/3/2011		10	BROUGH, Kiera	1:14.53	7/18/2018

200 M Breaststroke (LC)								
PLACE	NAME	SWIMTIME	YEAR		PLACE	NAME	SWIMTIME	YEAR
1	WHITE, Evan	2:15.40	4/2/2014	Oakville Aquatic Club 	1	VAN BEILEN, Tera	2:24.03	3/31/2012
2	DARRAGH, Mack	2:15.40	4/2/2014		2	CIEPLUCHA, Tessa	2:29.59	8/8/2019
3	NITSKI, Osvald	2:21.33	8/6/2015		3	CALVERT, Julie	2:33.12	8/5/2009
4	QIN, Leon	2:21.43	2/18/2016		4	OLDERSHAW, Marni	2:34.67	12/5/2015
5	HAASLER, Adrian	2:22.79	6/28/2018		5	MURRAY, Madison	2:35.82	6/30/2016
6	GAGNE, Collyn	2:25.44	4/12/2018		6	LAKATOS, Nicoletta	2:39.54	4/1/2005
7	MONACO, Marco	2:25.47	6/3/2004		7	JI, Christina	2:40.32	2/2/2018
8	MATUSZCZAK, Martin	2:27.10	7/1/2011		8	MACKAY, Melanie	2:41.06	6/6/1976
9	CAVANAGH, Jack	2:28.16	7/1/2011		9	BROUGH, Kiera	2:41.92	2/28/2019
10	SCARROW, Reid	2:30.26	7/2/2010		10	LABBETT, Kimmi	2:42.35	6/3/2004

50 M Butterfly (LC)								
PLACE	NAME	SWIMTIME	YEAR		PLACE	NAME	SWIMTIME	YEAR
1	ASSAAD, Gamal	24.54	8/6/2015	Oakville Aquatic Club 	1	ZAVAROS, Mabel	27.29	4/6/2017
2	DARRAGH, Mack	24.81	4/5/2018		2	KILGER, Kennady	27.64	4/6/2017
3	MAC, Matthew	24.93	4/3/2019		3	PATEL, Sherry	27.73	7/2/2011
4	WORMALD, Lukas	25.10	8/9/2019		4	JOHANSSON, Vera	28.29	7/28/2013
5	SERLES, Peter	25.32	7/17/2013		5	ZAVAROS, Rosie	28.47	6/3/2018
6	ARAFA, Omar Mahmoud	25.36	7/29/2012		6	FORRESTER, Katie	28.48	4/12/2019
7	HAAS, Kyle	25.40	7/16/2014		7	CALVERT, Julie	28.59	7/28/2010
8	KWIECIEN-DELANEY, Bryce	25.44	8/6/2015		8	XIA, Vanessa	28.61	6/5/2022
9	SCHRADER, Bjoern-Ole	25.57	4/3/2019		9	GREWAL, Annika	28.69	6/27/2015
10	WHITE, Evan	25.60	8/6/2015		10	MURRAY, Madison	28.73	2/19/2015

100 M Butterfly (LC)								
PLACE	NAME	SWIMTIME	YEAR		PLACE	NAME	SWIMTIME	YEAR
1	DARRAGH, Mack	53.18	8/11/2018	Oakville Aquatic Club 	1	ZAVAROS, Mabel	58.62	4/5/2018
2	ASSAAD, Gamal	53.42	4/4/2014		2	KILGER, Kennady	1:00.93	7/26/2017
3	WHITE, Evan	53.51	4/4/2014		3	BOUCHARD, Dominique	1:02.15	6/20/2014
4	CHESTRAT, Zack	54.31	4/1/2011		4	SAUNDERS, Abbey	1:02.80	4/3/2015
5	NITSKI, Osvald	54.97	4/8/2017		5	FORRESTER, Katie	1:02.84	2/1/2020
6	SERLES, Peter	55.15	7/19/2013		6	CIEPLUCHA, Tessa	1:03.11	5/14/2016
7	MAC, Matthew	55.47	6/30/2017		7	PATEL, Sherry	1:03.15	7/27/2011
8	ARAFA, Omar Mahmoud	55.64	7/19/2012		8	ASSMAN, Erin	1:03.41	7/23/2011
9	KWIECIEN-DELANEY, Bryce	55.69	8/7/2013		9	NICOLS, Jasmine	1:03.76	3/6/2020
10	WILKINS, Connor	55.79	7/20/2018		10	CALVERT, Julie	1:03.85	7/18/2009

200 M Butterfly (LC)								
PLACE	NAME	SWIMTIME	YEAR		PLACE	NAME	SWIMTIME	YEAR
1	DARRAGH, Mack	1:56.27	8/10/2018	Oakville Aquatic Club 	1	ZAVAROS, Mabel	2:08.71	4/9/2018
2	CHESTRAT, Zack	1:58.88	3/30/2011		2	CIEPLUCHA, Tessa	2:16.03	5/15/2016
3	NITSKI, Osvald	2:00.32	4/9/2017		3	OLDERSHAW, Marni	2:17.33	4/3/2013
4	WHITE, Evan	2:00.83	7/17/2013		4	FORRESTER, Katie	2:18.41	3/7/2020
5	ASSAAD, Gamal	2:01.20	8/9/2015		5	NORRIS, Hailey	2:18.48	4/8/2018
6	WILKINS, Connor	2:02.04	8/7/2017		6	ASSMAN, Erin	2:19.35	7/29/2011
7	SAMUEL, Curtis	2:03.03	3/31/2010		7	SHEMILT, Jorja	2:19.50	4/14/2019
8	MAC, Matthew	2:03.37	4/9/2017		8	SAUNDERS, Abbey	2:19.56	4/4/2015
9	HAMILL, Mackenzie	2:04.25	4/4/2015		9	LALUMIERE, Lauren	2:19.84	2/22/2015
10	WHITESIDE, David	2:07.06	4/3/2013		10	HARRISON, Annie	2:21.19	6/1/2012

200 M Medley (LC)

PLACE	NAME	SWIMTIME	YEAR
1	WHITE, Evan	1:59.84	4/5/2014
2	DARRAGH, Mack	2:00.94	8/11/2018
3	GAGNE, Collyn	2:05.55	4/7/2019
4	WORMALD, Lukas	2:05.97	8/10/2019
5	ASSAAD, Gamal	2:06.61	8/24/2014
6	HAAS, Kyle	2:09.67	4/5/2014
7	NITSKI, Osvald	2:09.72	6/3/2016
8	SAMUEL, Curtis	2:10.18	4/3/2010
9	GOUR, Mitchell	2:10.26	4/5/2014
10	CUMMINGS, Cam	2:10.33	7/8/2006



PLACE	NAME	SWIMTIME	YEAR
1	OLDERSHAW, Marni	2:13.72	4/5/2014
2	CIEPLUCHA, Tessa	2:14.75	4/7/2019
3	ZAVAROS, Mabel	2:16.67	7/1/2018
4	CALVERT, Julie	2:18.32	7/16/2009
5	ZAVAROS, Rosie	2:19.52	4/8/2016
6	BOUCHARD, Dominique	2:20.38	7/19/2014
7	HARRISON, Annie	2:20.61	4/17/2011
8	ASSMAN, Erin	2:21.14	7/20/2013
9	MURRAY, Madison	2:21.48	4/8/2016
10	BROUGH, Kiera	2:21.52	3/30/2019

400 M Medley (LC)

PLACE	NAME	SWIMTIME	YEAR
1	DARRAGH, Mack	4:20.98	8/1/2013
2	GAGNE, Collyn	4:21.49	4/4/2019
3	WHITE, Evan	4:23.54	7/18/2013
4	NITSKI, Osvald	4:28.42	8/7/2015
5	SAMUEL, Curtis	4:32.16	7/19/2009
6	WORMALD, Lukas	4:33.38	4/13/2018
7	CUMMINGS, Cam	4:34.52	4/1/2008
8	WILKINS, Connor	4:35.75	8/5/2017
9	STROPLE, Alex	4:37.18	3/6/2020
10	GOUR, Mitchell	4:38.99	7/19/2012



PLACE	NAME	SWIMTIME	YEAR
1	CIEPLUCHA, Tessa	4:38.96	4/4/2019
2	OLDERSHAW, Marni	4:44.47	7/10/2013
3	ZAVAROS, Mabel	4:45.87	6/29/2018
4	HARRISON, Annie	4:49.43	11/25/2011
5	ZAVAROS, Rosie	4:50.24	5/14/2021
6	VAN BEILEN, Tera	4:55.11	1/9/2011
7	CALVERT, Julie	4:58.70	5/15/2009
8	SPENCER, Mika	5:01.09	7/19/2012
9	ASSMAN, Erin	5:01.90	7/18/2013
10	STREVETT, Olivia	5:02.77	7/5/2013