

50 Freestyle						
Rk	Time	Swimmer	Age	Date	City	Meet
1	28.23	Cierra Glysz	12	July 29, 2011	Montreal	Canadian Age Group Champs
2	28.49	Anne Blachford	12	August 2, 1989	Concord, CA	Far Western Champs
3	28.99	Simrit Grewal	12	May 26, 2019	Markham	Stingrays Invitational
4	29.10	Laura Wise	12	May 7-9, 1999	Etobicoke	Dr. Ralph Hicken Invitational
5	29.43	Alana Madder	12	July 9-11, 1993	Thunder Bay	ON Provincial Age Group Champs
6	29.44	Natalie Gallant	12	July 26-28, 2002	Montreal	Eastern Cup
7	29.44	Liza Prokopchuk	12	July 11, 2025	Scarborough	ON Swimming Champs
8	29.52	Audrey Ganif	12	July 9-11, 1993	Thunder Bay	ON Provincial Age Group Champs
9	29.58	Anna Jensen	12	May 15, 1982		
10	29.59	Lindsay Griffin	12	May 15-17, 1992	Montreal	Duel vs. Pointe Claire SC
11	29.63	Bayley Dalbec	12	May 30, 2010	Toronto	Ajax Invitational
12	29.64	Katie Smith	12	April 1999	Brantford	Grinter-Walton Invitational
13	29.69	Riya Chong Ling	12	June 10, 2017	Markham	Central Region Champs relay lead
14	29.79	Ziva Alexander	12	January 17, 2025	Markham	MAC Winter Invitational
15	29.82	Imoinda Romain	12	July 13-16, 1989	Etobicoke	ON Provincial Age Group Champs
16	29.83	Kiara Seow	12	July 29, 2011	Montreal	Canadian Age Group Champs
17	29.91	Brooke Hall	12	July 6, 2007	Nepean	ON Junior Provincial Champs relay lead
18	29.93	Blair Holmes	11	June 11-14, 1998	Etobicoke	Age Group International
19	30.06	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
20	30.19	Paige Hall	12	July 15-19, 2009	Montreal	Canadian Age Group Champs relay lead
21	30.24	Melissa LeBlonc	12	May 13, 2016	London	Hollandia Spring Invitational
22	30.27	Alisha Harricharan	12	May 6-9, 2004	Winnipeg	Manitoba Marlins Crocus Classic
23	30.28	Kim Bacon	12	June 6-8, 1997	Etobicoke	Age Group International
24	30.29	Jennifer Noddle	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
25	30.30	Valerie Drozdowsky	12	July 7, 2006	Nepean	ON Junior Provincial Champs
100 Freestyle						
1	1:01.78	Cierra Glysz	12	August 5, 2011	Puerto Vallarta, MX	North American Challenge Cup
2	1:02.80	Anne Blachford	12	July 15, 1989	Etobicoke	ON Provincial Age Group Champs
3	1:03.47	Laura Wise	12	May 27-30, 1999	Victoria	Youth Championships
4	1:03.65	Paige Hall	12	July 5, 2009	London	ON Junior Provincial Champs relay lead
5	1:03.78	Lindsay Griffin	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
6	1:03.80	Bayley Dalbec	12	May 1, 2010	Etobicoke	Dr. Ralph Hicken Invitational
7	1:04.14	Liza Prokopchuk	12	July 10, 2025	Scarborough	ON Swimming Champs
8	1:04.17	Simrit Grewal	12	June 2, 2019	Etobicoke	Age Group International
9	1:04.57	Anna Jensen	12	May 15, 1982		
10	1:04.63	Blair Holmes	12	June 1999	Etobicoke	Age Group International
11	1:04.71	Natalie Gallant	12	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs
12	1:04.81	Riya Chong Ling	12	July 1, 2017	Scarborough	ON Summer AA Meet
13	1:04.85	Jessica Bredschneider	12	July 12-15, 2001	Etobicoke	ON Junior Provincial Champs
14	1:04.87	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
15	1:04.89	Brooke Hall	12	May 31 - June 3, 2007	Etobicoke	Age Group International
16	1:04.91	Melissa LeBlonc	12	May 20, 2016	Markham	Hicken International Swim Cup relay lead
17	1:05.14	Audrey Ganif	12	June 17-20, 1993	Etobicoke	Age Group International
18	1:05.18	Kelly Allen	12	June 3-5, 1983	Guelph	Guelph Invitational
19	1:05.37	Imoinda Romain	12	July 13-16, 1989	Etobicoke	ON Provincial Age Group Champs
20	1:05.95	Hana Ligata	12	May 10, 2025	Scarborough	SCAR PanAm Invitational
21	1:06.01	Hayley Lineham	12	June 5, 2011	Etobicoke	Age Group International
22	1:06.02	Kiara Seow	12	July 2, 2011	Etobicoke	ON Junior Provincial Champs
23	1:06.21	Madison Do	12	February 1, 2020	Etobicoke	CR A Champs
24	1:06.35	Allanah Dalbec	12	April 8, 2016	Etobicoke	Pentathlon
25	1:06.36	Ziva Alexander	12	January 19, 2025	Markham	MAC Winter Invitational

200 Freestyle

1	2:14.75	Cierra Glysz	12	July 30, 2011 Montreal	Canadian Age Group Champs
2	2:16.06	Paige Hall	12	July 3, 2009 London	ON Junior Provincial Champs
3	2:18.28	Melissa LeBlonc	12	June 3, 2016 Etobicoke	Age Group International
4	2:18.75	Laura Wise	12	May 8, 1999 Etobicoke	Dr. Ralph Hicken Invitational
5	2:19.10	Faith MacQueen	12	May 20, 2016 Markham	Hicken International Swim Cup
6	2:19.50	Anne Blachford	12	June 2, 1989 Etobicoke	Youth Cup 2
7	2:19.54	Liza Prokopchuk	12	June 6, 2025 Scarborough	NYAC Performance Meet
8	2:19.90	Kiara Seow	12	July 1, 2011 Etobicoke	ON Junior Provincial Champs
9	2:20.89	Jessica Bredschneider	12	July 12-15, 2001 Etobicoke	ON Junior Provincial Champs
10	2:21.79	Bayley Dalbec	12	July 2, 2010 Nepean	ON Junior Provincial Champs
11	2:21.84	Blair Holmes	12	May 7-9, 1999 Etobicoke	Dr. Ralph Hicken Invitational
12	2:22.17	Anna Jensen	12	June 5, 1982	
13	2:22.31	Brooke Hall	12	May 5, 2007 St. Catharines	Brock Invitational
14	2:22.39	Audrey Ganif	12	June 17-20, 1993 Etobicoke	Pepsi Age Group International
15	2:22.41	Lindsay Griffin	12	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs
16	2:22.48	Simrit Grewal	12	May 31, 2019 Etobicoke	Age Group International
17	2:22.53	Hayley Lineham	12	June 3, 2011 Etobicoke	Age Group International
18	2:22.58	Kelly Allen	12	June 24-26, 1983 Etobicoke	Age Group International
19	2:22.90	Natalie Gallant	12	June 6-9, 2002 Etobicoke	Speedo Age Group International
20	2:22.99	Riya Chong Ling	12	June 2, 2017 Etobicoke	Age Group International
21	2:23.03	Martine Nyhof	12	May 3, 2013 Hamilton	GBI Sprig Invitational
22	2:23.43	Dilpreet Bhambra	12	May 10, 2015 London	Hollandia Spring Invitational
23	2:23.48	Allanah Dalbec	12	June 3, 2016 Etobicoke	Age Group International
24	2:23.50	Amanda Rogge	12	May 5, 2007 St. Catharines	Brock Invitational
25	2:23.71	Imoinda Romain	12	July 13-16, 1989 Etobicoke	ON Provincial Age Group Champs

400 Freestyle

1	4:40.13	Paige Hall	12	July 17, 2009 Montreal	Canadian Age Group Champs
2	4:50.51	Faith MacQueen	12	June 5, 2016 Etobicoke	Age Group International
3	4:50.67	Cierra Glysz	12	July 3, 2011 Etobicoke	ON Junior Provincial Champs
4	4:52.68	Brooke Hall	12	June 3, 2007 Etobicoke	Age Group International
5	4:54.56	Martine Nyhof	12	April 28, 2013 Etobicoke	Hicken International Swim Cup
6	4:55.53	Melissa LeBlonc	12	May 14, 2016 London	Hollandia Spring Invitational
7	4:56.61	Hayley Lineham	12	June 5, 2011 Etobicoke	Age Group International
8	4:57.24	Kiara Seow	12	June 5, 2011 Etobicoke	Age Group International
9	4:57.43	Kelly Allen	12	July 15-17, 1983 Nepean	ON Provincial Age Group Champs
10	4:58.12	Danicca Sinanan	12	July 5, 2009 London	ON Junior Provincial Champs
11	4:58.75	Riya Chong Ling	12	June 4, 2017 Etobicoke	Age Group International
12	4:59.76	Edna Banjanovic	12	June 12, 2009 Etobicoke	Central Region Champs
13	4:59.90	Blair Holmes	12	May 7-9, 1999 Etobicoke	Dr. Ralph Hicken Invitational
14	5:00.42	Anne Blachford	12	June 2-4, 1989 Etobicoke	Youth Cup 2
15	5:01.69	Kelly West	12	Season 1982	
16	5:01.97	Laura Wise	12	April 1999 Brantford	Grinter-Walton Invitational
17	5:02.73	Kate Mathewson	12	July 10, 2005 Etobicoke	ON Junior Provincial Champs
18	5:02.89	Liza Prokopchuk	12	March 1, 2025 Markham	ON Winter Age Groups
19	5:03.39	Tessa Cieplucha	12	July 3, 2011 Etobicoke	ON Junior Provincial Champs
20	5:04.50	Danielle Ranieri	12	July 8, 2007 Nepean	ON Junior Provincial Champs
21	5:07.12	Hilary Jackson	12	July 8-11, 1999	ON Provincial Age Group Champs
22	5:07.16	Hannah Longpre	12	June 14, 2013 Etobicoke	Central Region Champs
23	5:07.31	Julie Goraj	12	May 13-15, 1994 Etobicoke	Dr. Ralph Hicken Invitational
24	5:08.51	Chelsea Uusitalo	12	June 5, 2016 Etobicoke	Age Group International
25	5:08.82	Drew Ashley	12	May 31, 2015 Etobicoke	Age Group International

800 Freestyle

1	9:40.16	Paige Hall	12	July 2, 2009 London	ON Junior Provincial Champs	
2	9:59.31	Faith MacQueen	12	July 27, 2016 Calgary	Canadian Age Group Champs	split
3	10:00.02	Martine Nyhof	12	May 4, 2013 Hamilton	GBI Spring Invitational	
4	10:03.82	Kiara Seow	12	June 2, 2011 Etobicoke	Age Group International	
5	10:07.63	Brooke Hall	12	July 22, 2007 Montreal	Age Group Nationals	
6	10:08.09	Blair Holmes	12	June 12, 1999 Etobicoke	Age Group International	
7	10:08.69	Kelly Allen	12	July 15-17, 1983 Nepean	ON Provincial Age Group Champs	
8	10:10.03	Tessa Cieplucha	12	June 2, 2011 Etobicoke	Age Group International	
9	10:12.89	Cierra Glysz	12	June 2, 2011 Etobicoke	Age Group International	
10	10:13.13	Hayley Lineham	12	June 2, 2011 Etobicoke	Age Group International	
11	10:17.58	Edna Banjanovic	12	June 13, 2009 Etobicoke	Central Region Champs	
12	10:19.06	Melissa LeBlond	12	June 2, 2016 Etobicoke	Age Group International	
13	10:20.46	Anna Jensen	12	Season 1982		
14	10:22.50	Kelly West	12	Season 1982		
15	10:25.28	Danicca Sinanan	12	July 19, 2009 Montreal	Canadian Age Group Champs	
16	10:25.97	Bayley Dalbec	12	April 25, 2010 St. Catharines	Brock Invitational	
17	10:25.99	Riya Chong Ling	12	June 8, 2017 Markham	Central Region Champs	
18	10:26.29	Chelsea Uusitalo	12	June 2, 2016 Etobicoke	Age Group International	
19	10:28.82	Julie Goraj	12	June 17-19, 1994 Etobicoke	Age Group International	
20	10:31.17	Emily Joy	12	June 12, 2008 Etobicoke	Central Region Champs	
21	10:32.57	Maureen Grainger	12	June 19-21, 1992 Etobicoke	Pepsi Age Group International	
22	10:33.70	Sarah Balbaa	11	May 10, 1991 Waterloo	Mutual Insurance Invitational	
23	10:33.82	Drew Ashley	12	May 28, 2015 Etobicoke	Age Group International	
24	10:34.00	Sabrina Phongphilack	12	June 2, 2011 Etobicoke	Age Group International	
25	10:34.04	Liza Prokopchuk	12	April 4, 2025 Etobicoke	ESWIM Grand Prix	

1500 Freestyle

1	18:15.33	Paige Hall	12	July 15, 2009 Montreal	Canadian Age Group Champs	
2	19:02.02	Faith MacQueen	12	May 19, 2016 Markham	Hicken International Swim Cup	
3	19:15.82	Tessa Cieplucha	12	July 27, 2011 Montreal	Canadian Age Group Champs	
4	19:24.30	Brooke Hall	12	May 5, 2007 St. Catharines	Brock Invitational	
5	19:28.47	Hayley Lineham	12	April 29, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
6	19:37.95	Kiara Seow	12	July 27, 2011 Montreal	Canadian Age Group Champs	
7	19:44.38	Danielle Ranieri	12	May 11-13, 2007 Sudbury	Eastside Mario's Invitational	
8	20:17.81	Cierra Glysz	11	April 24, 2010 St. Catharines	Brock Invitational	
9	20:58.15	Vivianna Choi	12	April 29, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
10	21:35.32	Parvir Basra	12	April 24, 2010 St. Catharines	Brock Invitational	
11	22:04.68	Sarah Maddock	12	April 24, 2010 St. Catharines	Brock Invitational	
12	22:53.22	Natasha Cyr	12	April 25, 2009 St. Catharines	Brock Invitational	
13	22:58.66	Emily Joy	11	May 5, 2007 St. Catharines	Brock Invitational	
14	23:35.36	Christina von Bulow	12	May 5, 2007 St. Catharines	Brock Invitational	

50 Backstroke

1	32.16	Simrit Grewal	12	April 12, 2019 Markham	MAC April Invitational	
2	32.20	Katie Smith	12	April 10, 1999 Brantford	BRANT Meet	relay lead
3	33.31	Madison Do	12	March 5, 2020 Markham	ON Winter Youth-Junior Champs	relay lead
4	33.36	Laura Wise	12	May 27, 1999 Victoria	Youth Championships	split
5	33.76	Melissa LeBlonc	12	May 13, 2016 London	Hollandia Spring Invitational	
6	33.80	Paige Hall	12	July 2, 2009 London	ON Junior Provincial Champs	relay lead
7	33.94	Natalie Gallant	12	June 22, 2002 Hamilton	Jack McCormick -Black Session	
8	34.02	Bayley Dalbec	12	July 1, 2010 Nepean	ON Junior Provincial Champs	relay lead
9	34.08	Cierra Glysz	12	June 3, 2011 Etobicoke	Age Group International	
10	34.59	Imoinda Romain	12	May 13, 1989		
11	34.60	Meagan Littlejohn	12	May 6-9, 2004 Winnipeg	Manitoba Marlins Crocus Classic	
12	35.09	Sophia Buu	12	May 31, 2013 Etobicoke	Age Group International	
13	35.16	Martine Nyhof	12	May 31, 2013 Etobicoke	Age Group International	
14	35.42	Dilpreet Bhambra	12	Apr 24, 2015 Markham	MAC April Invitational	
15	35.66	Abbey Clarke	12	June 15, 2019 Markham	ON Summer Festival Champs	relay lead
16	35.76	Danicca Sinanan	12	July 15-19, 2009 Montreal	Canadian Age Group Champs	
17	36.03	Liza Prokopchuk	12	May 9, 2025 Scarborough	SCAR PanAm Invitational	
18	36.17	Tessa Cieplucha	12	July 27, 2011 Montreal	Canadian Age Group Champs	split
19	36.82	Autumn Dinglasan	12	January 21, 2023 Markham	MAC Winter Invitational	relay lead
20	36.96	Tara Dakers	12	May 11-13, 2007 Sudbury	Eastside Mario's Invitational	
21	36.97	Valerie Drozdowsky	12	June 1-4, 2006 Etobicoke	Age Group International	
22	37.07	Lucy Liu	12	February 3, 2019 Etobicoke	CR A Champs	relay lead
23	37.12	Hayley Lineham	12	April 29, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
24	37.50	Lori Borean	12	June 11, 1983		
25	37.56	Riley Auld	12	June 16, 2013 Etobicoke	Central Region Champs	relay lead

100 Backstroke

1	1:08.14	Laura Wise	12	May 27, 1999 Victoria	Youth Championships	
2	1:08.51	Simrit Grewal	12	June 15, 2019 Markham	ON Summer Festival Champs	
3	1:10.68	Paige Hall	12	July 15-19, 2009 Montreal	Canadian Age Group Champs	
4	1:10.86	Bayley Dalbec	12	July 1, 2010 Nepean	ON Junior Provincial Champs	
5	1:11.77	Madison Do	12	March 5, 2020 Markham	ON Winter Youth-Junior Champs	
6	1:11.83	Katie Smith	12	April 10, 1999 Brantford	BRANT Meet	
7	1:11.83	Anne Blachford	12	June 23, 1989 Etobicoke	Dr. Ralph Hicken Invitational	
8	1:12.50	Melissa LeBlonc	12	June 30, 2016 Markham	ON Summer Provincial Champs	
9	1:12.51	Hilary Jackson	12	July 8-11, 1999	ON Provincial Age Group Champs	
10	1:12.73	Cierra Glysz	12	May 1, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
11	1:13.92	Natalie Gallant	12	June 6-9, 2002 Etobicoke	Age Group International	
12	1:13.98	Heather Braaten	12	Season 1984		
13	1:14.51	Imoinda Romain	12	July 13-16, 1989 Etobicoke	ON Provincial Age Group Champs	
14	1:14.94	Martine Nyhof	12	May 5, 2013 Hamilton	GBI Spring Invitational	
15	1:14.99	Amanda Rogge	12	May 5-6, 2007 St. Catharines	Brock Invitational	
16	1:15.04	Danielle McVicar	12	April 1997 Toronto	Ajax Sprint Meet	
17	1:15.30	Shona Patterson	12	July 7-10, 1994 Etobicoke	ON Provincial Age Group Champs	
18	1:15.34	Jennifer Thompson	12	Season 1984		
19	1:15.67	Tessa Cieplucha	12	July 2, 2011 Etobicoke	ON Junior Provincial Champs	relay lead
20	1:15.70	Danielle Ranieri	12	May 31-June 3, 2007 Etobicoke	Age Group International	
21	1:15.76	Meagan Littlejohn	12	May 6-9, 2004 Winnipeg	Manitoba Marlins Crocus Classic	
22	1:15.85	Janet Young	12	July 10-13, 1997 Etobicoke	ON Provincial Age Group Champs	
23	1:15.86	Nola Chaters	12	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs	
24	1:16.02	Julie Goraj	12	June 17-19, 1994 Etobicoke	Age Group International	
25	1:16.05	Tara Dakers	12	July 5, 2007 Nepean	ON Junior Provincial Champs	

200 Backstroke

1	2:27.18	Laura Wise	12	May 29, 1999	Victoria	Youth Championships
2	2:28.93	Paige Hall	12	July 15-19, 2009	Montreal	Canadian Age Group Champs
3	2:32.70	Simrit Grewal	12	June 16, 2019	Markham	ON Summer Festival Champs
4	2:33.17	Bayley Dalbec	12	June 3-6, 2010	Etobicoke	Age Group International
5	2:34.76	Madison Do	12	February 1, 2020	Etobicoke	CR A Champs
6	2:34.77	Tessa Cieplucha	12	July 27, 2011	Montreal	Canadian Age Group Champs
7	2:35.32	Hilary Jackson	12	July 8-11, 1999		ON Provincial Age Group Champs
8	2:35.48	Cierra Glysz	12	May 28, 2011	Toronto	Ajax Invitational
9	2:35.83	Anne Blachford	12	June 23, 1989	Etobicoke	Dr. Ralph Hicken Invitational
10	2:36.28	Melissa LeBlond	12	May 20, 2016	Markham	Hicken International Swim Cup
11	2:39.21	Brooke Hall	12	May 11-13, 2007	Sudbury	Eastside Mario's Invitational
12	2:39.85	Danicca Sinanan	12	July 5, 2009	London	ON Junior Provincial Champs
13	2:40.10	Liza Prokopchuk	12	March 2, 2025	Markham	ON Winter Age Groups
14	2:40.45	Blair Holmes	12	May 7-9, 1999	Etobicoke	Dr. Ralph Hicken Invitational
15	2:40.46	Martine Nyhof	12	May 4, 2013	Hamilton	GBI Spring Invitational
16	2:40.69	Katie Smith	12	April 10, 1999	Brantford	BRANT Meet
17	2:40.81	Shona Patterson	12	July 7-10, 1994	Etobicoke	ON Provincial Age Group Champs
18	2:41.06	Abbey Clarke	12	May 25, 2019	Markham	Stingrays Invitational
19	2:41.65	Julie Goraj	12	May 13-15, 1994	Etobicoke	Dr. Ralph Hicken Invitational
20	2:41.94	Imoinda Romain	12	July 13-16, 1989	Etobicoke	ON Provincial Age Group Champs
21	2:42.08	Hayley Lineham	12	May 28, 2011	Toronto	Ajax Invitational
22	2:42.13	Tara Dakers	12	July 8, 2007	Nepean	ON Junior Provincial Champs
23	2:42.56	Danielle McVicar	12	July 10-13, 1997	Etobicoke	ON Provincial Age Group Champs
24	2:42.58	Amanda Rogge	12	May 6, 2007	St. Catharines	Brock Invitational
25	2:43.05	Audrey Ganif	12	May 14-16, 1993	Etobicoke	Dr. Ralph Hicken Invitational

50 Breaststroke

1	35.97	Kim Bacon	12	July 12, 1997	Etobicoke	ON Provincial Age Group Champs	split
2	36.48	Ziva Alexander	12	January 19, 2025	Markham	MAC Winter Invitational	
3	37.82	Liza Prokopchuk	12	June 8, 2025	Scarborough	NYAC Performance Meet	
4	37.90	Karyn Hatton	12	May 6-8, 1983	Waterloo	Waterloo Invitational	
5	37.96	Anne Blachford	11	June 8, 1988			
6	38.20	Drew Ashley	12	May 30, 2015	Etobicoke	Age Group International	
7	38.33	Hannah Longpre	12	April 13, 2013	Toronto	John Grootveld Invitational	
8	39.02	Kylie Collier	12	May 23, 2014	London	Mustang Invitational	
9	39.27	Cierra Glysz	12	May 28, 2011	Toronto	Ajax Invitational	
10	39.43	Amanda Rogge	12	June 1-4, 2006	Etobicoke	Age Group International	
11	39.63	Hana Ligata	12	June 8, 2025	Scarborough	NYAC Performance Meet	
12	39.72	Kaylee Dakers	11	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs	
13	39.79	Madison Do	12	June 1, 2019	Etobicoke	Age Group International	
14	39.90	Madison Fearon	12	April 9, 2017	Markham	Mallards LC Challenge	
15	40.07	Katrina Bhagaloo	12	June 4-7, 2009	Etobicoke	Age Group International	
16	40.11	Afreen Nagra	12	April 22, 2016	Markham	MAC April Invitational	
17	40.24	Kelly Allen	12	May 6-8, 1983	Waterloo	Waterloo Invitational	
18	40.26	Vivianna Choi	12	June 4, 2011	Etobicoke	Age Group International	
19	40.37	Tessa Cieplucha	12	July 29, 2011	Montreal	Canadian Age Group Champs	split
20	40.38	Alisha Harricharan	12	May 28, 2004	Hamilton	Jack McCormick Invitational	
21	40.50	Tara Dakers	12	July 19-22, 2007	Montreal	Age Group Nationals	
22	40.75	Allanah Dalbec	12	May 13, 2016	London	Hollandia Spring Invitational	
23	40.88	Sophie Uusitalo	12	June 1, 2019	Etobicoke	Age Group International	
24	40.89	Alexandra Vieira	12	June 1, 2019	Etobicoke	Age Group International	
25	40.93	Munmeet Grewal	12	June 3, 2017	Etobicoke	Age Group International	

100 Breaststroke

1	1:16.89	Kim Bacon	12	July 12, 1997 Etobicoke	ON Provincial Age Group Champs
2	1:17.00	Anne Blachford	12	August 2, 1989 Concord, CA	Far Western Champs
3	1:21.44	Blair Holmes	12	May 7-9, 1999 Etobicoke	Dr. Ralph Hicken Invitational
4	1:21.67	Karyn Hatton	12	April 23, 1983 Edmonton	Pre-Universiade Invitational
5	1:22.67	Hannah Longpre	12	April 14, 2013 Toronto	John Grootveld Invitational
6	1:22.71	Liza Prokopchuk	12	July 10, 2025 Scarborough	ON Swimming Champs
7	1:23.11	Ziva Alexander	12	June 14, 2024 Etobicoke	ON Summer Festivals
8	1:23.21	Amanda Rogge	11	April 7-9, 2006 Toronto	Ajax Sprint Meet
9	1:23.71	Jennifer Noddle	12	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs
10	1:23.83	Tara Dakers	12	July 8, 2007 Nepean	ON Junior Provincial Champs
11	1:23.93	Madison Do	12	February 2, 2020 Etobicoke	CR A Champs
12	1:24.21	Carrie Patterson	12	July 9-11, 1993 Thunder Bay	ON Provincial Age Group Champs
13	1:24.66	Hana Ligata	12	May 10, 2025 Scarborough	SCAR PanAm Invitational
14	1:24.81	Katrina Bhagaloo	12	June 14, 2009 Etobicoke	Central Region Champs
15	1:25.00	Audrey Ganif	11	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs
16	1:25.08	Tessa Cieplucha	12	July 29, 2011 Montreal	Canadian Age Group Champs
17	1:25.26	Madison Fearon	12	March 5, 2017 Etobicoke	CR A Champs
18	1:25.43	Kelly Allen	12	June 3-5, 1983 Guelph	Guelph Invitational
19	1:25.62	Vivianna Choi	12	June 3, 2011 Etobicoke	Age Group International
20	1:25.64	Natasha Iacobucci	12	July 12, 1997 Etobicoke	ON Provincial Age Group Champs
21	1:25.97	Drew Ashley	12	May 10, 2015 London	Hollandia Spring Invitational
22	1:26.10	Cierra Glysz	12	April 8, 2011 Etobicoke	Pentathlon
23	1:26.30	Alisha Harricharan	12	May 6-9, 2004 Winnipeg	Manitoba Marlins Crocus Classic
24	1:26.42	Chantel Choi	12	June 5-8, 2008 Etobicoke	Age Group International
25	1:26.62	Olivia Chua	12	July 10, 2025 Scarborough	ON Swimming Champs

200 Breaststroke

1	2:45.02	Kim Bacon	12	July 13, 1997 Etobicoke	ON Provincial Age Group Champs
2	2:49.42	Anne Blachford	12	July 14, 1989 Etobicoke	ON Provincial Age Group Champs
3	2:55.43	Liza Prokopchuk	12	July 12, 2025 Scarborough	ON Swimming Champs
4	2:55.49	Blair Holmes	12	May 27-30, 1999 Victoria	Youth Championships
5	2:57.41	Amanda Rogge	12	May 6, 2007 St. Catharines	Brock Invitational
6	2:58.37	Ziva Alexander	12	January 19, 2025 Markham	MAC Winter Invitational
7	2:59.53	Danielle Ranieri	12	May 11-13, 2007 Sudbury	Eastside Mario's Invitational
8	2:59.60	Madison Do	12	January 31, 2020 Etobicoke	CR A Champs
9	3:00.15	Tara Dakers	12	July 5, 2007 Nepean	ON Junior Provincials Champs
10	3:00.48	Karyn Hatton	12	May 6-8, 1983 Waterloo	Waterloo Invitational
11	3:01.20	Tessa Cieplucha	12	July 30, 2011 Montreal	Canadian Age Group Champs
12	3:01.70	Chantel Choi	12	June 14, 2008 Etobicoke	Central Region Champs
13	3:01.73	Katrina Bhagaloo	11	July 3, 2008 Thunder Bay	ON Junior Provincial Champs
14	3:02.34	Hannah Longpre	11	June 8, 2012 Etobicoke	Central Region Champs
15	3:02.64	Vivianna Choi	12	June 30, 2011 Etobicoke	ON Junior Provincial Champs
16	3:03.37	Fiona Way	12	May 2-4, 2008 Etobicoke	Dr. Ralph Hicken Invitational
17	3:04.63	Paige Hall	12	May 1-3, 2009 Etobicoke	Dr. Ralph Hicken Invitational
18	3:04.66	Carrie Patterson	12	July 9-11, 1993 Thunder Bay	ON Provincial Age Group Champs
19	3:04.67	Hana Ligata	12	June 7, 2025 Scarborough	NYAC Performance Meet
20	3:04.72	Kelly Allen	12	June 24-26, 1983 Etobicoke	Age Group International
21	3:05.08	Alisha Harricharan	12	May 6-9, 2004 Winnipeg	Manitoba Marlins Crocus Classic
22	3:05.20	Jennifer Noddle	12	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs
23	3:05.71	Kim Dix	11	June 1-3, 1990 Etobicoke	Youth Cup 2
24	3:05.78	Natasha Iacobucci	12	July 13, 1997 Etobicoke	ON Provincial Age Group Champs
25	3:05.95	Kaylee Dakers	12	May 23-25, 2003 Hamilton	Jack McCormick Invitational

50 Butterfly

1	30.68	Anne Blachford	12	August 3, 1989	Concord, CA	Far Western Champs	
2	31.07	Cierra Glysz	12	July 31, 2011	Montreal	Canadian Age Group Champs	
3	31.11	Melissa LeBlonc	12	June 5, 2016	Etobicoke	Age Group International	
4	31.50	Alisha Harricharan	12	May 28, 2004	Hamilton	Jack McCormick Invitational	
5	31.81	Riya Chong Ling	12	April 22, 2017	Markham	MAC April Invitational	
6	32.60	Martine Nyhof	12	May 3, 2013	Hamilton	GBI Spring Invitational	
7	32.69	Meagan Littlejohn	12	May 6-9, 2004	Winnipeg	Manitoba Marlins Crocus Classic	
8	32.93	Zoelina Meads	12	June 2, 2019	Etobicoke	Age Group International	
9	33.05	Paige Hall	12	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
10	33.14	Simrit Grewal	12	April 28, 2019	Toronto	John Grootveld Classic	
11	33.21	Faith MacQueen	12	June 4, 2016	Etobicoke	Age Group International	split
12	33.39	Hayley Lineham	12	April 29, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
13	33.42	Alyssa Zhang	11	May 23, 2014	London	Mustang Invitational	
14	33.66	Edna Banjanovic	12	June 4-7, 2009	Etobicoke	Age Group International	
15	33.82	Dawn Clarke	12	May 6-8, 1983	Waterloo	Waterloo Invitational	
16	33.95	Kate Mathewson	12	June 2-5, 2005	Etobicoke	Age Group International	
17	34.45	Bayley Dalbec	12	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational	
18	34.58	Tessa Cieplucha	12	July 2, 2011	Etobicoke	ON Junior Provincial Champs	split
19	34.88	Natasha Patel	12	April 13, 2018	Markham	OOSC Launch Into LC	
20	34.90	Allanah Dalbec	12	May 13, 2016	London	Hollandia Spring Invitational	
21	35.09	Shailyn MacQueen	12	April 14, 2013	Toronto	John Grootveld Invitational	
22	35.32	Alexandra Vieira	12	April 28, 2019	Toronto	John Grootveld Classic	
23	35.41	Lori Borean	12	May 6-8, 1983	Waterloo	Waterloo Invitational	
24	35.51	Anyssa Walani	12	April 25, 2010	St. Catharines	Brock Invitational	
25	35.58	Rachel Ironside	12	April 12, 2015	Toronto	John Grootveld Classic	

100 Butterfly

1	1:07.78	Brooke Hall	12	July 21, 2007	Montreal	Age Group Nationals	
2	1:08.17	Blair Holmes	12	May 9, 1999	Etobicoke	Dr. Ralph Hicken Invitational	
3	1:08.36	Cierra Glysz	12	August 4, 2011	Puerto Vallarta, MX	North American Challenge Cup	
4	1:09.16	Anne Blachford	12	July 14, 1989	Etobicoke	ON Provincial Age Group Champs	
5	1:09.21	Kim Bacon	12	July 10-13, 1997	Etobicoke	ON Provincial Age Group Champs	
6	1:10.11	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs	
7	1:10.31	Anna Jensen	12	June 5, 1982			
8	1:10.68	Martine Nyhof	12	April 27, 2013	Etobicoke	Hicken International Swim Cup	
9	1:11.01	Kalli Buchanan	12	July 12-15, 2001	Etobicoke	ON Junior Provincial Champs	
10	1:11.33	Brittany Zawadowski	12	July 9-12, 1998	Etobicoke	ON Provincial Age Group Champs	
11	1:11.34	Jennifer Thompson	12	Season 1984			
12	1:11.61	Kelly West	12	July 18-20, 1982		ON Provincial Age Group Champs	
13	1:11.69	Alisha Harricharan	12	June 24, 2004	Nepean	ON Junior Provincial Champs	
14	1:11.84	Simrit Grewal	12	May 25, 2019	Markham	Stingrays Invitational	
15	1:12.16	Laura Wise	12	May 9, 1999	Etobicoke	Dr. Ralph Hicken Invitational	
16	1:12.19	Riya Chong Ling	12	May 13, 2017	Markham	NYAC May Performance	
17	1:12.28	Paige Hall	12	June 4-7, 2009	Etobicoke	Age Group International	
18	1:12.65	Faith MacQueen	12	June 4, 2016	Etobicoke	Age Group International	
19	1:12.83	Hayley Lineham	12	June 4, 2011	Etobicoke	Age Group International	
20	1:13.00	Melissa LeBlonc	12	May 21, 2016	Markham	Hicken International Swim Cup	
21	1:13.04	Danielle Ranieri	12	May 31-June 3, 2007	Etobicoke	Age Group International	
22	1:13.15	Kate Mathewson	12	July 7, 2005	Etobicoke	ON Junior Provincials	
23	1:13.79	Natalie Gallant	12	July 4-7, 2002	Etobicoke	ON Junior Provincials	
24	1:14.45	Edna Banjanovic	12	June 4-7, 2009	Etobicoke	Age Group International	
25	1:14.50	Lindsay Griffin	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs	

200 Butterfly

1	2:30.38	Brooke Hall	12	July 7, 2007	Nepean	ON Junior Provincial Champs
2	2:31.69	Kim Bacon	12	July 11, 1997	Etobicoke	ON Provincial Age Group Champs
3	2:32.85	Martine Nyhof	12	July 26, 2013	Montreal	Canadian Age Group Champs
4	2:33.75	Cierra Glysz	12	August 5, 2011	Puerto Vallarta, MX	North American Challenge Cup
5	2:34.52	Alisha Harricharan	12	June 24-27, 2004	Nepean	ON Junior Provincial Champs
6	2:35.52	Anne Blachford	12	May 12, 1989	Sudbury	Royal Insurance Invitational
7	2:35.64	Paige Hall	12	April 26, 2009	St. Catharines	Brock Invitational
8	2:36.37	Anna Jensen	12	June 5, 1982		
9	2:36.48	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
10	2:37.42	Faith MacQueen	12	July 29, 2016	Calgary	Canadian Age Group Champs
11	2:37.45	Hayley Lineham	12	June 3, 2011	Etobicoke	Age Group International
12	2:38.64	Kelly West	12	Season 1982		
13	2:39.88	Blair Holmes	12	May 7-9, 1999	Etobicoke	Dr. Ralph Hicken Invitational
14	2:41.21	Kalli Buchanan	12	July 12-15, 2001	Etobicoke	ON Junior Provincial Champs
15	2:42.18	Laura Wise	12	May 7-9, 1999	Etobicoke	Dr. Ralph Hicken Invitational
16	2:42.19	Natalie Gallant	12	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs
17	2:43.53	Brittany Zawadowski	12	July 9-12, 1998	Etobicoke	ON Provincial Age Group Champs
18	2:43.97	Melissa LeBlonc	12	May 14, 2016	London	Hollandia Spring Invitational
19	2:44.01	Tessa Cieplucha	12	May 29, 2011	Toronto	Ajax Invitational
20	2:47.04	Edna Banjanovic	12	June 4-7, 2009	Etobicoke	Age Group International
21	2:47.13	Kate Mathewson	12	July 9, 2005	Etobicoke	ON Junior Provincial Champs
22	2:47.33	Tara Dakers	12	July 7, 2007	Nepean	ON Junior Provincial Champs
23	2:47.36	Danielle Ranieri	12	May 31-June 3, 2007	Etobicoke	Age Group International
24	2:47.45	Dawn Clarke	12	July 15-17, 1983	Nepean	ON Provincial Age Group Champs
25	2:47.52	Heather Norris	11	June 17-20, 1993	Etobicoke	Age Group International

200 Individual Medley

1	2:30.18	Anne Blachford	12	August 4, 1989	Concord, CA	Far Western Champs
2	2:32.76	Cierra Glysz	12	July 2, 2011	Etobicoke	ON Junior Provincial Champs
3	2:33.04	Kim Bacon	12	July 10-13, 1997	Etobicoke	ON Provincial Age Group Champs
4	2:34.12	Paige Hall	12	July 4, 2009	London	ON Junior Provincial Champs
5	2:34.30	Blair Holmes	12	June 1999	Etobicoke	Age Group International
6	2:35.74	Brooke Hall	12	July 19-22, 2007	Montreal	Age Group Nationals
7	2:36.73	Simrit Grewal	12	April 14, 2019	Markham	MAC April Invitational
8	2:37.42	Martine Nyhof	12	April 27, 2013	Etobicoke	Hicken International Swim Cup
9	2:38.24	Hilary Jackson	12	July 8-11, 1999		ON Provincial Age Group Champs
10	2:38.69	Amanda Rogge	12	May 6, 2007	St. Catharines	Brock Invitational
11	2:39.30	Alisha Harricharan	12	June 11-14, 2004	Etobicoke	Central Region Champs
12	2:39.77	Melissa LeBlonc	12	May 14, 2016	London	Hollandia Spring Invitational
13	2:39.88	Natalie Gallant	12	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs
14	2:40.21	Tessa Cieplucha	12	July 2, 2011	Etobicoke	ON Junior Provincial Champs
15	2:40.72	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
16	2:40.84	Laura Wise	12	June 1999	Etobicoke	Age Group International
17	2:41.61	Danielle Ranieri	12	July 7, 2007	Nepean	ON Junior Provincial Champs
18	2:41.61	Faith MacQueen	12	June 3, 2016	Etobicoke	Age Group International
19	2:42.09	Bayley Dalbec	12	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational
20	2:42.13	Hayley Lineham	12	June 3, 2011	Etobicoke	Age Group International
21	2:42.49	Kelly Allen	12	June 24-26, 1983	Etobicoke	Age Group International
22	2:42.69	Anna Jensen	12	Season 1982		
23	2:42.71	Audrey Ganif	11	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
24	2:42.87	Karyn Hatton	12	April 22-24, 1983	Edmonton	Pre-Universiade Invitational
25	2:43.53	Jennifer Thompson	12	Season 1984		

400 Individual Medley

1	5:19.95	Paige Hall	12	July 19, 2009	Montreal	Canadian Age Group Champs
2	5:20.60	Anne Blachford	12	July 15, 1989	Etobicoke	ON Provincial Age Group Champs
3	5:26.63	Tessa Cieplucha	12	July 28, 2011	Montreal	Canadian Age Group Champs
4	5:27.22	Cierra Glysz	12	July 1, 2011	Etobicoke	ON Junior Provincial Champs
5	5:27.95	Brooke Hall	12	July 19-22, 2007	Montreal	Age Group Nationals
6	5:28.18	Kim Bacon	12	July 10-13, 1997	Etobicoke	ON Provincial Age Group Champs
7	5:29.40	Martine Nyhof	12	July 25, 2013	Montreal	Canadian Age Group Champs
8	5:29.59	Blair Holmes	12	May 7-9, 1999	Etobicoke	Dr. Ralph Hicken Invitational
9	5:30.77	Danielle Ranieri	12	May 31-June 3, 2007	Etobicoke	Age Group International
10	5:31.93	Amanda Rogge	12	May 5, 2007	St. Catharines	Brock Invitational
11	5:33.50	Faith MacQueen	12	June 4, 2016	Etobicoke	Age Group International
12	5:36.58	Melissa LeBlond	12	June 4, 2016	Etobicoke	Age Group International
13	5:36.63	Hayley Lineham	12	June 4, 2011	Etobicoke	Age Group International
14	5:37.17	Alisha Harricharan	12	June 24-27, 2004	Nepean	ON Junior Provincial Champs
15	5:39.24	Sarah Balbaa	12	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
16	5:40.61	Simrit Grewal	12	May 24, 2019	Markham	Stingrays Invitational
17	5:40.76	Tara Dakers	12	May 31-June 3, 2007	Etobicoke	Age Group International
18	5:41.15	Natalie Gallant	12	June 6-9, 2002	Etobicoke	Age Group International
19	5:43.93	Hilary Jackson	12	July 8-11, 1999		ON Provincial Age Group Champs
20	5:44.05	Liza Prokopchuk	12	June 6, 2025	Scarborough	NYAC Performance Meet
21	5:45.09	Jennifer Thompson	12	June 30, 1984		
22	5:46.01	Riya Chong Ling	12	May 26, 2017	Markham	Stingrays Invitational
23	5:47.94	Edna Banjanovic	12	June 4-7, 2009	Etobicoke	Age Group International
24	5:48.82	Chelsea Uusitalo	12	June 4, 2016	Etobicoke	Age Group International
25	5:49.88	Laura Wise	11	May 8-10, 1998	Etobicoke	Dr. Ralph Hicken Invitational