

50 Freestyle

Rk	Time	Swimmer	Age	Date	City	Meet	
1	27.03	Martine Nyhof	14	April 10, 2016	Toronto	Olympic Trials	
2	27.19	Robyn Miller	14	July 10, 1993	Thunder Bay	ON Provincial Age Group Champs	
3	27.31	Carly Porter	14	July 10, 1993	Thunder Bay	ON Provincial Age Group Champs	
4	27.47	Riya Chong Ling	14	June 1, 2019	Etobicoke	Age Group International	
5	27.95	Melissa LeBlond	14	June 10, 2018	Markham	Central Region Champs	
6	28.08	Michelle Lee	13	July 9-11, 1993	Thunder Bay	ON Provincial Age Group Champs	
7	28.12	Lindsay Griffin	13	July 10, 1993	Thunder Bay	ON Provincial Age Group Champs	
8	28.12	Cierra Glysz	13	May 12, 2012	Montreal	Eastern Canadian Tri-meet	
9	28.14	Alisha Harricharan	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
10	28.20	Laura Wise	14	June 7-10, 2001	Etobicoke	Age Group International	
11	28.24	Jennifer Noddle	14	July 7-10, 1994	Etobicoke	ON Provincial Age Group Champs	
12	28.25	Natalie Gallant	14	April 30-May 2, 2004	Etobicoke	Speedo Grand Challenge	
13	28.31	Anne Blachford	14	April 7, 1990	Victoria	Inter-Provincial Youth Cup	
14	28.33	Sophie Cieplucha	14	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
15	28.39	Michelle Cobb	14	July 28-31, 1994	Etobicoke	Junior Nationals	
16	28.44	Scarlytt Vande Vooren	14	June 15, 2023	Markham	ON Summer Youth-Junior Champs	
17	28.47	Dawn Clarke	14	August 6-10, 1985	Edmonton	Junior Nationals	
18	28.51	Meagan Littlejohn	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
19	28.62	Melanie Drozdowsky	14	June 24-27, 2004	Nepean	ON Junior Provincial Champs	
20	28.71	Kylie Collier	14	June 4, 2016	Etobicoke	Age Group International	
21	28.72	Brooke Hall	14	July 2, 2009	London	ON Junior Provincial Champs	relay lead
22	28.82	Sheryl Ross	14	July 1, 1988	Thunder Bay	ON Provincial Age Group Champs	
23	28.87	Simrit Grewal	13	January 31, 2020	Etobicoke	CR A Champs	
24	28.88	Anna Jensen	14	June 11, 1983	St. Catharines	Brock Invitational	
25	28.90	Heather Braaten	14	February 1986		TOMAC Meet	

100 Freestyle

1	0:58.87	Martine Nyhof	14	April 9, 2016	Toronto	Olympic Trials	time trial
2	0:59.65	Carly Porter	14	July 11, 1993	Thunder Bay	ON Provincial Age Group Champs	
3	0:59.80	Robyn Miller	14	April 10, 1993	Dortmund, GER	8-Nation Youth Meet	
4	1:00.50	Laura Wise	14	March 13-17, 2001	Edmonton	World Trials	
5	1:00.64	Anne Blachford	14	June 1, 1991	Ste-Foy	Youth Champs	
6	1:00.75	Brooke Hall	14	July 5, 2009	London	ON Junior Provincial Champs	relay lead
7	1:00.88	Cierra Glysz	14	April 14, 2013	Toronto	John Grootveld Invitational	
8	1:01.01	Tessa Cieplucha	14	July 4, 2013	Brantford	ON Provincial Age Group Champs	relay lead
9	1:01.28	Lindsay Griffin	14	July 28-31, 1994	Etobicoke	Junior Nationals	
10	1:01.36	Melissa LeBlond	14	June 9, 2018	Markham	Central Region Champs	
11	1:01.46	Sabrina Phongphilack	14	June 2, 2013	Etobicoke	Age Group International	
12	1:01.60	Alisha Harricharan	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
13	1:01.69	Meagan Littlejohn	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
14	1:01.88	Melanie Drozdowsky	14	July 22-25, 2004	Montreal	Eastern Cup	
15	1:01.92	Dawn Clarke	14	August 10, 1985	Edmonton	Junior Nationals	
16	1:01.97	Paige Hall	13	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational	swim-off
17	1:01.98	Sophie Cieplucha	14	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
18	1:02.03	Jennifer Noddle	14	March 7, 1994	Victoria	Commonwealth Games Trials	
19	1:02.07	Riya Chong Ling	14	June 29, 2019	Scarborough	ON Summer Swimming Champs	
20	1:02.23	Michelle Lee	13	July 11, 1993	Thunder Bay	ON Provincial Age Group Champs	
21	1:02.32	Blair Holmes	13	May 5-7, 2000	Etobicoke	Dr. Ralph Hicken Invitational	
22	1:02.38	Kate Mathewson	14	May 31-June 3, 2007	Etobicoke	Age Group International	
23	1:02.50	Kylie Collier	14	June 5, 2016	Etobicoke	Age Group International	
24	1:02.59	Natalie Gallant	14	March 26-28, 2004	Guelph	Pepsi Victor Davis Memorial Cup	
25	1:02.60	Scarlytt Vande Vooren	14	June 4, 2023	Etobicoke	Age Group International	

200 Freestyle

1	2:08.64	Martine Nyhof	14	February 18, 2016	Montreal	Speedo Eastern Canadian Open	
2	2:10.17	Paige Hall	14	June 3, 2011	Etobicoke	Age Group International	
3	2:10.87	Carly Porter	14	July 10, 1993	Thunder Bay	ON Provincial Age Group Champs	
4	2:11.97	Tessa Cieplucha	14	July 28, 2013	Montreal	Canadian Age Group Champs	split
5	2:12.84	Natalie Gallant	14	May 14-16, 2004	London	Casco-Hollandia Invitational	
6	2:13.01	Sophie Cieplucha	14	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
7	2:13.38	Brooke Hall	14	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
8	2:13.45	Laura Wise	14	May 4-6, 2001	Etobicoke	Dr. Ralph Hicken Invitational	
9	2:13.49	Cierra Glysz	14	April 26, 2013	Etobicoke	Hicken International Swim Cup	
10	2:13.73	Anne Blachford	14	May 31, 1991	Ste-Foy	Youth Champs	
11	2:13.85	Sabrina Phongphilack	14	May 31, 2013	Etobicoke	Age Group International	
12	2:14.07	Melissa LeBlonc	14	June 1, 2018	Etobicoke	Age Group International	
13	2:14.15	Riya Chong Ling	14	May 31, 2019	Etobicoke	Age Group International	
14	2:14.48	Edna Banjanovic	14	July 30, 2011	Montreal	Canadian Age Group Champs	
15	2:14.60	Danielle Ranieri	14	June 14, 2009	Etobicoke	Central Region Champs	
16	2:14.94	Meagan Littlejohn	14	July 7, 2006	Nepean	ON Junior Provincial Champs	
17	2:15.28	Robyn Miller	14	May 27-30, 1993	Etobicoke	Youth Champs	
18	2:15.34	Faith MacQueen	13	June 2, 2017	Etobicoke	Age Group International	
19	2:15.58	Kate Mathewson	14	May 11-13, 2007	Sudbury	Eastside Mario's Invitational	
20	2:15.78	Hayley Lineham	13	April 28, 2012	Etobicoke	Hicken International Swim Cup	
21	2:16.22	Alisha Harricharan	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
22	2:16.58	Chelsea Uusitalo	14	June 1, 2018	Etobicoke	Age Group International	
23	2:16.59	Jennifer Noddle	14	July 28-31, 1994	Etobicoke	Summer Nationals	
24	2:16.68	Kylie Collier	14	May 20, 2016	Markham	Hicken International Swim Cup	
25	2:16.91	Melanie Drozdowsky	14	July 22-25, 2004	Montreal	Eastern Cup	

400 Freestyle

1	4:28.73	Tessa Cieplucha	14	July 28, 2013	Montreal	Canadian Age Group Champs	
2	4:31.33	Paige Hall	14	May 1, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
3	4:34.11	Sophie Cieplucha	14	July 5, 2009	London	ON Junior Provincial Champs	
4	4:37.52	Brooke Hall	14	July 5, 2009	London	ON Junior Provincial Champs	
5	4:38.66	Carly Porter	14	July 9, 1993	Thunder Bay	ON Provincial Age Group Champs	
6	4:38.68	Natalie Gallant	14	July 22-25, 2004	Montreal	Eastern Cup	
7	4:39.97	Alisha Harricharan	14	July 9, 2006	Nepean	ON Junior Provincial Champs	
8	4:40.00	Kate Mathewson	14	June 3, 2007	Etobicoke	Age Group International	
9	4:40.16	Cierra Glysz	13	June 3, 2012	Etobicoke	Age Group International	
10	4:42.14	Faith MacQueen	13	July 2, 2017	Scarborough	ON Summer Provincial Champs	
11	4:43.02	Melissa LeBlonc	14	April 15, 2018	Markham	OOSC Launch Into LC	
12	4:45.72	Martine Nyhof	14	May 9, 2015	London	Hollandia Spring Invitational	
13	4:45.83	Sabrina Phongphilack	14	May 30, 2013	Etobicoke	Age Group International	split
14	4:46.36	Hayley Lineham	13	May 11, 2012	Sudbury	Eastside Mario's Invitational	split
15	4:46.57	Edna Banjanovic	14	June 5, 2011	Etobicoke	Age Group International	
16	4:47.50	Bavindeep Basra	14	May 1, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
17	4:47.53	Sarah Balbaa	14	July 28-31, 1994	Etobicoke	Junior Nationals	
18	4:48.16	Kelsey Dykeman	14	May 9, 2015	London	Hollandia Spring Invitational	
19	4:49.62	Anna Jensen	13	April 22-24, 1983	Edmonton	Pre-Universiade Invitational	
20	4:49.89	Dayna Patterson	14	Season 1991			
21	4:49.96	Laura Wise	14	April 6-8, 2001	Toronto	Ajax Invitational	
22	4:50.47	Chelsea Uusitalo	14	June 8, 2018	Markham	Central Region Champs	
23	4:50.85	Danielle Ranieri	14	June 12, 2009	Etobicoke	Central Region Champs	
24	4:51.66	Bayley Dalbec	14	May 11, 2012	Sudbury	Eastside Mario's Invitational	split
25	4:51.75	Alexia Pires-Martins	14	June 16, 2024	Markham	ON Summer Youth-Junior Champs	

800 Freestyle

1	9:12.24	Tessa Cieplucha	14	July 24, 2013	Montreal	Canadian Age Group Champs	split
2	9:14.06	Paige Hall	14	July 2, 2011	Etobicoke	ON Junior Provincial Champs	
3	9:31.72	Sophie Cieplucha	14	July 16, 2009	Montreal	Canadian Age Group Champs	
4	9:38.96	Sabrina Phongphilack	14	May 30, 2013	Etobicoke	Age Group International	
5	9:39.48	Brooke Hall	14	July 16, 2009	Montreal	Canadian Age Group Champs	
6	9:39.90	Hayley Lineham	13	May 11, 2012	Sudbury	Eastside Mario's Invitational	split
7	9:41.16	Anne Blachford	14	May 10, 1991	Waterloo	Mutual Group Invitational	
8	9:42.18	Alisha Harricharan	14	July 8, 2006	Nepean	ON Junior Provincial Champs	
9	9:44.39	Faith MacQueen	13	June 29, 2017	Scarborough	ON Summer Provincial Champs	
10	9:44.75	Bavindeep Basra	14	April 29, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
11	9:50.60	Martine Nyhof	13	May 4, 2014	Windsor	Amanda Reason Invitational	
12	9:51.69	Stephanie Wilson	14	May 19, 2016	Markham	Hicken International Swim Cup	
13	9:51.78	Dayna Patterson	14	May 10, 1991	Waterloo	Mutual Group Invitational	
14	9:53.03	Melissa LeBlond	14	April 27, 2018	Markham	Stingrays Invitational	
15	9:53.22	Edna Banjanovic	14	July 2, 2011	Etobicoke	ON Junior Provincial Champs	
16	9:54.64	Kate Mathewson	14	May 11-13, 2007	Sudbury	Eastside Mario's Invitational	
17	9:55.21	Cierra Glysz	13	March 31, 2012	Hamilton	GHAC Invitational	
18	9:55.52	Bayley Dalbec	14	May 11, 2012	Sudbury	Eastside Mario's Invitational	
19	9:56.15	Kylie Collier	14	May 27, 2016	Markham	Stingrays Invitational	
20	9:56.35	Chelsea Uusitalo	14	June 7, 2018	Markham	Central Region Champs	
21	9:57.40	Anna Jensen	14	April 7, 1984			
22	9:58.24	Riya Chong Ling	14	May 24, 2019	Markham	Stingrays Invitational	
23	9:58.61	Blair Holmes	14	June 7-10, 2001	Etobicoke	Age Group International	
24	9:58.86	Sarah Maddock	14	May 11, 2012	Sudbury	Eastside Mario's Invitational	split
25	10:01.72	Danielle Ranieri	14	June 11, 2009	Etobicoke	Central Region Champs	

1500 Freestyle

1	17:19.96	Tessa Cieplucha	14	July 24, 2013	Montreal	Canadian Age Group Champs	
2	17:49.22	Paige Hall	14	July 27, 2011	Montreal	Canadian Age Group Champs	
3	18:03.23	Sophie Cieplucha	14	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
4	18:17.37	Brooke Hall	14	July 15, 2009	Montreal	Canadian Age Group Champs	
5	18:19.66	Hayley Lineham	13	May 11, 2012	Sudbury	Eastside Mario's Invitational	
6	18:45.42	Stephanie Wilson	14	May 27, 2016	Markham	Stingrays Invitational	
7	18:51.47	Sarah Maddock	14	May 11, 2012	Sudbury	Eastside Mario's Invitational	
8	18:52.72	Dayna Patterson	14	May 30, 1991	Quebec City	Youth Champs	
9	19:11.49	Martine Nyhof	14	May 8, 2015	London	Hollandia Invitational	
10	19:11.89	Faith MacQueen	14	April 27, 2018	Markham	Stingrays Invitational	
11	19:12.31	Bavindeep Basra	13	July 21, 2010	Winnipeg	Canadian Age Group Champs	
12	19:13.54	Danielle Ranieri	14	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
13	19:17.13	Kelsey Dykeman	14	June 11, 2015	Etobicoke	Central Region Champs	
14	19:26.08	Chelsea Uusitalo	14	May 11, 2018	Markham	NYAC May Performance	
15	19:28.07	Parvir Basra	14	June 10, 2012	Etobicoke	Central Region Champs	
16	19:28.69	Sabrina Phongphilack	14	April 7, 2013	Waterloo	Spring Turbocharge	
17	19:33.67	Edna Banjanovic	13	April 24, 2010	St. Catharines	Brock Invitational	
18	19:35.38	Hannah Longpre	13	April 5, 2014	Waterloo	Spring Turbocharge	
19	19:38.15	Shailyn MacQueen	14	May 8, 2015	London	Hollandia Invitational	
20	19:38.76	Kiara Seow	13	May 11, 2012	Sudbury	Eastside Mario's Invitational	
21	19:49.45	Drew Ashley	13	May 19, 2016	Markham	Hicken International Swim Cup	
22	19:53.93	Dilpreet Bhambra	14	May 26, 2017	Markham	Stingrays Invitational	
23	19:58.33	Jasmine Rogers	13	April 7, 2013	Waterloo	Spring Turbocharge	
24	20:09.88	Emily Joy	13	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
25	20:30.16	Victoria Cabraja	14	April 5, 2014	Waterloo	Spring Turbocharge	

Cobra Swim Club

13-14 Girls LC Top 25

As of August 2025

50 Backstroke

1	30.97	Katie Smith	14	August 5, 2000	Winnipeg	Summer Nationals	
2	31.51	Martine Nyhof	14	February 21, 2016	Montreal	Speedo Eastern Canadian Open	relay lead
3	31.80	Meagan Littlejohn	14	April 7-9, 2006	Toronto	Ajax Sprint Meet	
4	32.06	McKenna Spurrell	14	March 1, 2018	Etobicoke	ON Spring Provincial Champs	relay lead
5	32.44	Simrit Grewal	13	February 2, 2020	Etobicoke	CR A Champs	relay lead
6	32.50	Breyahna Tyme	14	April 24, 2015	Markham	MAC April Invitational	
7	33.01	Tessa Cieplucha	14	July 5, 2013	Brantford	ON Provincial Age Group Champs	relay lead
8	33.04	Melissa LeBlond	14	June 28, 2018	Etobicoke	ON Spring Provincial Champs	relay lead
9	33.14	Tara Dakers	14	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
10	33.27	Bayley Dalbec	14	April 29, 2012	Etobicoke	Hicken International Swim Cup	
11	33.36	Paige Hall	14	April 30, 2011	Etobicoke	Dr. Ralph Hicken Invitational	relay lead
12	33.37	Natalie Gallant	13	June 26-29, 2003	Brantford	ON Junior Provincial Champs	relay lead
13	33.56	Dawn Clarke	14	August 10, 1985	Edmonton	Junior Nationals	
14	33.59	Cierra Glysz	13	June 28, 2012	Nepean	ON Junior Provincial Champs	split
15	33.61	Amanda Rogge	14	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
16	33.61	Riya Chong Ling	13	April 13, 2018	Markham	OOSC Launch Into LC	
17	33.74	Abbey Clarke	13	February 2, 2020	Etobicoke	CR A Champs	relay lead
18	33.82	Danicca Sinanan	14	July 2, 2011	Etobicoke	ON Junior Provincial Champs	relay lead
19	33.85	Stephanie Wilson	14	April 22, 2016	Markham	MAC April Invitational	
20	33.94	Alisha Harricharan	14	June 1-4, 2006	Etobicoke	Age Group International	
21	33.98	Dilpreet Bhambra	14	April 21, 2017	Markham	MAC April Invitational	
22	34.17	Danielle Ranieri	14	July 2, 2009	London	ON Junior Provincial Champs	relay lead
23	34.40	Scarlytt Vande Vooren	13	May 8, 2022	Etobicoke	Dr. Ralph Hicken International	
24	34.65	Hannah Longpre	13	April 13, 2014	Toronto	John Grootveld Classic	
25	34.66	Kylie Collier	14	May 13, 2016	London	Hollandia Spring Invitational	

100 Backstroke

1	1:06.21	Katie Smith	14	March 13, 2001	Edmonton	World Trials	
2	1:07.59	Martine Nyhof	14	February 18, 2016	Montreal	Speedo Eastern Canadian Open	
3	1:07.98	Natalie Gallant	14	June 3-6, 2004	Etobicoke	Speedo Age Group International	
4	1:08.01	Laura Wise	14	June 7-10, 2001	Etobicoke	Age Group International	
5	1:08.34	Tessa Cieplucha	14	July 4, 2013	Brantford	ON Provincial Age Group Champs	
6	1:08.43	Paige Hall	13	July 24, 2010	Winnipeg	Canadian Age Group Champs	
7	1:08.54	Blair Holmes	14	June 7-10, 2001	Etobicoke	Age Group International	
8	1:08.55	Sophie Cieplucha	14	July 4, 2009	London	ON Junior Provincial Champs	relay lead
9	1:08.67	McKenna Spurrell	14	April 28, 2018	Markham	Stingrays Invitational	
10	1:08.90	Meagan Littlejohn	14	July 6, 2006	Nepean	ON Junior Provincial Champs	
11	1:09.09	Cierra Glysz	14	April 28, 2013	Etobicoke	Hicken International Swim Cup	
12	1:09.20	Simrit Grewal	13	March 5, 2020	Scarborough	ON Winter Swimming Champs	
13	1:09.24	Carly Porter	14	July 9, 1993	Thunder Bay	ON Provincial Age Group Champs	
14	1:09.51	Erica Nagy	14	April 13, 1991	Etobicoke	Pepsi Pentathlon	
15	1:09.96	Riya Chong Ling	14	June 27, 2019	Scarborough	ON Summer Swimming Champs	
16	1:10.21	Dawn Clarke	14	August 6-10, 1985	Edmonton	Junior Nationals	
17	1:10.22	Danicca Sinanan	14	July 2, 2011	Etobicoke	ON Junior Provincial Champs	relay lead
18	1:10.51	Robyn Miller	14	May 27-30, 1993	Etobicoke	Youth Champs	
19	1:10.57	Melissa LeBlond	14	July 1, 2018	Etobicoke	ON Summer Provincial Champs	
20	1:10.77	Anne Blachford	14	April 13, 1991	Etobicoke	Pepsi Pentathlon	
21	1:10.78	Michelle Lee	13	May 27-30, 1993	Etobicoke	Youth Champs	
22	1:10.81	Abbey Clarke	13	March 5, 2020	Markham	ON Winter Youth-Junior Champs	
23	1:10.84	Stephanie Wilson	14	April 23, 2016	Markham	MAC April Invitational	
24	1:10.86	Jennifer Archdekin	14	April 1993	London	LAC Meet	
25	1:10.86	Breyahna Tyme	14	May 31, 2015	Etobicoke	Age Group International	

200 Backstroke

1	2:23.01	Paige Hall	14	June 4, 2011 Etobicoke	Age Group International	
2	2:23.44	Martine Nyhof	14	April 10, 2016 Toronto	Olympic Trials	time trial
3	2:24.20	Laura Wise	14	June 7-10, 2001 Etobicoke	Age Group International	
4	2:24.55	Tessa Cieplucha	14	July 7, 2013 Brantford	ON Provincial Age Group Champs	
5	2:24.71	Natalie Gallant	14	July 22-25, 2004 Montreal	Eastern Cup	
6	2:24.78	Katie Smith	14	March 13-17, 2001 Edmonton	World Trials	
7	2:24.95	McKenna Spurrell	14	April 14, 2018 Markham	OOSC Launch Into LC	
8	2:26.48	Erica Nagy	14	April 12-14, 1991 Brantford	Swim International	
9	2:29.76	Simrit Grewal	13	March 7, 2020 Scarborough	ON Winter Swimming Champs	
10	2:30.15	Breyahna Tyme	14	May 30, 2015 Etobicoke	Age Group International	
11	2:30.35	Brooke Hall	14	July 19, 2009 Montreal	Canadian Age Group Champs	
12	2:30.56	Danicca Sinanan	14	May 1, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
13	2:30.83	Riya Chong Ling	14	June 30, 2019 Scarborough	ON Summer Swimming Champs	
14	2:31.36	Melissa LeBlonc	14	April 28, 2018 Markham	Stingrays Invitational	
15	2:31.49	Dawn Clarke	14	January 1986		
16	2:31.59	Cierra Glysz	14	April 13, 2013 Toronto	John Grootveld Classic	
17	2:31.71	Bavindeep Basra	13	June 3-6, 2010 Etobicoke	Age Group International	
18	2:33.23	Parvir Basra	14	June 30, 2012 Nepean	ON Junior Provincial Champs	
19	2:33.53	Anne Blachford	14	June 21-23, 1991 Etobicoke	Dr. Ralph Hicken Invitational	
20	2:33.60	Hilary Jackson	13	June 6-9, 2000 Thunder Bay	ON Junior Provincial Champs	
21	2:33.76	Abbey Clarke	13	March 8, 2020 Markham	ON Winter Youth-Junior Champs	
22	2:34.48	Danielle Ranieri	14	May 8-10, 2009 London	Hollandia Spring Invitational	
23	2:34.65	Kylie Collier	14	June 4, 2016 Etobicoke	Age Group International	
24	2:34.70	Meagan Littlejohn	14	April 7-9, 2006 Toronto	Ajax Sprint Meet	
25	2:34.78	Blair Holmes	14	May 4-6, 2001 Etobicoke	Dr. Ralph Hicken Invitational	

50 Breaststroke

1	35.40	Sheryl Ross	14	August 3, 1989 Saint John	Eastern Cup	
2	35.98	Kaylee Dakers	14	June 2-5, 2005 Etobicoke	Age Group International	
3	36.26	Hannah Longpre	13	May 2, 2014 Windsor	Amanda Reason Invitational	
4	36.27	Kylie Collier	14	June 4, 2016 Etobicoke	Age Group International	
5	36.39	Tessa Cieplucha	13	July 25, 2012 Calgary	Canadian Age Group Champs	
6	36.41	Ziva Alexander	13	May 11, 2025 Scarborough	SCAR PanAm Invitational	
7	36.90	Cierra Glysz	13	April 27, 2012 Etobicoke	Hicken International Swim Cup	
8	37.16	Madison Do	14	April 9, 2022 Markham	Spring Forward Weekend	split
9	37.32	Haley Lang	14	May 30, 2015 Etobicoke	Age Group International	
10	37.74	Drew Ashley	13	June 4, 2016 Etobicoke	Age Group International	
11	37.76	Jessica Rafferty	14	May 23, 2003 Hamilton	Jack McCormick Invitational	
12	37.93	Amanda Rogge	13	May 2, 2008 Etobicoke	Dr. Ralph Hicken Invitational	
13	38.36	Melissa LeBlonc	14	April 28, 2018 Markham	Stingrays Invitational	
14	38.43	Brittany Watkins	14	May 24-26, 2002 Toronto	NYAC May Performance	
15	38.46	Katrina Bhagaloo	14	June 3, 2011 Etobicoke	Age Group International	split
16	38.58	Celeste Jones-Baumgardt	14	May 6-9, 2004 Winnipeg	Manitoba Marlins Crocus Classic	
17	38.70	Bavindeep Basra	14	June 30, 2011 Etobicoke	ON Junior Provincial Champs	split
18	38.92	Victoria Thicke-Rattray	14	April 6-8, 2007 Toronto	Desjardins Dash for Cash	
19	38.92	Emily Joy	14	April 30, 2010 Etobicoke	Dr. Ralph Hicken Invitational	
20	38.97	Ysabelle Acosta	13	May 25, 2019 Markham	Stingrays Invitational	
21	38.99	Julianne Pascua	13	June 1, 2019 Etobicoke	Age Group International	
22	39.00	Allanah Dalbec	13	June 3, 2017 Etobicoke	Age Group International	
23	39.03	Linden Chung	13	May 3, 2013 Hamilton	GBI Spring Invitational	
24	39.24	Martine Nyhof	13	April 12, 2014 Toronto	John Grootveld Classic	
25	39.29	Sabrina Phongphilack	14	May 12, 2013 Sudbury	Eastside Mario's Invitational	

100 Breaststroke

1	1:13.81	Jennifer Noddle	14	March 6, 1994	Victoria	Commonwealth Games Trials
2	1:13.99	Anne Blachford	14	August 3, 1991	Vancouver	Summer Nationals
3	1:15.89	Kaylee Dakers	14	July 9, 2005	Etobicoke	ON Junior Provincial Champs
4	1:16.81	Tessa Cieplucha	14	May 31, 2013	Etobicoke	Age Group International
5	1:17.72	Caelia Moulton	14	March 7, 2020	Markham	ON Winter Youth-Junior Champs
6	1:18.08	Kylie Collier	14	May 15, 2016	London	Hollandia Spring Invitational
7	1:18.09	Kim Bacon	13	May 28-31, 1998	Sherbrooke	Youth Champs
8	1:19.46	Cierra Glysz	13	April 13, 2012	Etobicoke	Pentathlon
9	1:19.54	Sophie Cieplucha	14	May 8-10, 2009	London	Hollandia Spring Invitational
10	1:19.59	Casey Beck	14	July 12-15, 2001	Etobicoke	ON Junior Provincial Champs
11	1:19.65	Lindsay Griffin	14	July 7-10, 1994	Etobicoke	ON Provincial Age Group Champs
12	1:19.80	Hannah Longpre	14	May 10, 2015	London	Hollandia Spring Invitational
13	1:20.11	Madison Do	14	April 9, 2022	Markham	Spring Forward Weekend
14	1:20.18	Christine Liu	14	June 17-19, 1994	Etobicoke	Age Group International
15	1:20.46	Sheryl Ross	14	August 5, 1988	Saint John	Eastern Cup
16	1:20.48	Victoria Thicke-Rattray	14	January 18-20, 2008	Toronto	ON Senior Provincial Champs
17	1:20.58	Ziva Alexander	13	May 10, 2025	Scarborough	SCAR PanAm Invitational
18	1:20.78	Amanda Rogge	13	February 14-17, 2008	Etobicoke	Speedo Eastern Champs
19	1:21.15	Natasha Iacobucci	14	July 8-11, 1999		ON Provincial Age Group Champs
20	1:21.16	Katrina Bhagaloo	14	June 3, 2011	Etobicoke	Age Group International
21	1:21.17	Kristin Keery	14	July 9-12, 1992	Etobicoke	ON Provincial Age Group Champs
22	1:21.54	Bavindeep Basra	14	June 30, 2011	Etobicoke	ON Junior Provincial Champs
23	1:22.12	Ysabelle Acosta	14	February 2, 2020	Etobicoke	CR A Champs
24	1:22.73	Brittany Watkins	14	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs
25	1:22.77	Tara Dakers	14	May 8-10, 2009	London	Hollandia Spring Invitational
25	1:22.79	Melissa LeBlond	14	March 3, 2018	Etobicoke	ON Spring Provincial Champs

200 Breaststroke

1	2:37.05	Jennifer Noddle	14	July 29, 1994	Etobicoke	Summer Nationals
2	2:42.22	Anne Blachford	14	August 1, 1991	Vancouver	Summer Nationals
3	2:47.27	Kim Bacon	13	July 9-12, 1998	Etobicoke	ON Provincial Age Group Champs
4	2:47.60	Tessa Cieplucha	14	June 2, 2013	Etobicoke	Age Group International
5	2:48.19	Kaylee Dakers	14	July 7, 2005	Etobicoke	ON Junior Provincial Champs
6	2:48.60	Bavindeep Basra	14	June 30, 2011	Etobicoke	ON Junior Provincial Champs
7	2:49.01	Kylie Collier	14	May 14, 2016	London	Hollandia Spring Invitational
8	2:49.75	Casey Beck	14	July 19-22, 2001	Winnipeg	Youth/Junior Nationals
9	2:50.45	Caelia Moulton	14	March 5, 2020	Markham	ON Winter Youth-Junior Champs
10	2:52.32	Hannah Longpre	13	May 3, 2014	Windsor	Amanda Reason Invitational
11	2:53.17	Victoria Thicke-Rattray	14	January 18-20, 2008	Toronto	ON Senior Provincial Champs
12	2:53.52	Lindsay Griffin	14	July 28-31, 1994	Etobicoke	Junior Nationals
13	2:53.92	Amanda Rogge	13	January 18-20, 2008	Toronto	ON Senior Provincial Champs
14	2:54.29	Dayna Patterson	14	July 5-7, 1991	Nepean	ON Provincial Age Group Champs
15	2:54.54	Kristin Keery	14	July 9-12, 1992	Thunder Bay	ON Provincial Age Group Champs
16	2:55.53	Sheryl Ross	14	August 5, 1988	Saint John	Eastern Cup
17	2:55.68	Brittany Watkins	14	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs
18	2:56.13	Blair Holmes	13	June 2000	Etobicoke	Age Group International
19	2:56.33	Katrina Bhagaloo	14	July 30, 2011	Montreal	Canadian Age Group Champs
20	2:56.63	Cierra Glysz	13	April 14, 2012	Toronto	John Grootveld Classic
21	2:57.15	Natasha Iacobucci	14	Season 1999		
22	2:57.15	Ziva Alexander	13	April 6, 2025	Etobicoke	ESWIM Grand Prix
23	2:57.24	Martine Nyhof	13	April 12, 2014	Toronto	John Grootveld Classic
24	2:57.45	Allanah Dalbec	13	June 4, 2017	Etobicoke	Age Group International
25	2:57.56	Melissa LeBlond	14	April 15, 2018	Markham	OOSC Launch Into LC

50 Butterfly

1	28.50	Riya Chong Ling	14	June 2, 2019 Etobicoke	Age Group International	
2	29.46	Brooke Hall	14	July 19, 2009 Montreal	Canadian Age Group Champs	
3	29.61	Cierra Glysz	14	April 26, 2013 Etobicoke	Hicken International Swim Cup	
4	29.77	Alisha Harricharan	14	April 7, 2006 Toronto	Ajax Sprint Meet	
5	29.87	Melissa LeBlonc	14	April 29, 2018 Markham	Stingrays Invitational	
6	29.96	Carly Porter	14	July 2, 1993 Etobicoke	ON Canada Games Trials	split
7	30.40	Tessa Cieplucha	14	July 24, 2013 Montreal	Canadian Age Group Champs	split
8	30.42	Sophie Cieplucha	14	July 19, 2009 Montreal	Canadian Age Group Champs	
9	30.48	Martine Nyhof	14	April 25, 2015 Markham	MAC April Invitational	
10	30.76	Meagan Littlejohn	14	April 7, 2006 Toronto	Ajax Sprint Meet	
11	30.77	Anna Jensen	13	July 29, 1983		
12	30.98	Scarlytt Vande Vooren	14	May 14, 2023 Scarborough	SCAR PanAm Invitational	
13	31.01	Kylie Collier	14	June 5, 2016 Etobicoke	Age Group International	
14	31.06	Kate Mathewson	14	May 11-13, 2007 Sudbury	Eastside Mario's Invitational	
15	31.27	Bavindeep Basra	14	July 31, 2011 Montreal	Canadian Age Group Champs	split
16	31.27	Vanessa Jameer	13	June 2, 2019 Etobicoke	Age Group International	
17	31.31	Shailyn MacQueen	14	May 31, 2015 Etobicoke	Age Group International	
18	31.37	Melanie Drozdowsky	14	June 3-6, 2004 Etobicoke	Speedo Age Group International	
19	31.68	Stephanie Wilson	14	May 20, 2016 Markham	Hicken International Swim Cup	
20	31.71	Hayley Lineham	13	April 28, 2012 Etobicoke	Hicken International Swim Cup	
21	31.75	Julia Geddes	14	June 2, 2019 Etobicoke	Age Group International	
22	31.82	Edna Banjanovic	14	June 5, 2011 Etobicoke	Age Group International	
23	32.00	Jasmine Rogers	13	April 26, 2013 Etobicoke	Hicken International Swim Cup	
24	32.02	Tara Dakers	14	June 4-7, 2009 Etobicoke	Age Group International	
25	32.06	Faith MacQueen	13	June 4, 2017 Etobicoke	Age Group International	

100 Butterfly

1	1:03.97	Riya Chong Ling	14	June 28, 2019 Scarborough	ON Summer Swimming Champs	
2	1:04.11	Alisha Harricharan	14	July 27, 2006 Montreal	Pan Pacific Trials	
3	1:04.13	Carly Porter	14	July 2, 1993 Etobicoke	ON Canada Games Trials	
4	1:04.79	Tessa Cieplucha	14	July 24, 2013 Montreal	Canadian Age Group Champs	
5	1:05.70	Brooke Hall	14	July 2, 2009 London	ON Junior Provincial Champs	
6	1:05.77	Sophie Cieplucha	14	July 15-19, 2009 Montreal	Canadian Age Group Champs	
7	1:06.02	Anne Blachford	14	April 13, 1991 Etobicoke	Pepsi Pentathlon	
8	1:06.22	Anna Jensen	14	June 24-26, 1983 Etobicoke	Age Group International	
9	1:06.41	Blair Holmes	14	March 13-17, 2001 Edmonton	World Trials	
10	1:06.50	Martine Nyhof	14	February 20, 2016 Montreal	Speedo Eastern Canadian Open	
11	1:06.71	Cierra Glysz	14	April 27, 2013 Etobicoke	Hicken International Swim Cup	
12	1:07.07	Jennifer Thompson	13	January 10-12, 1986 North York	Youth Champs	
13	1:07.77	Sarah Balbaa	14	July 7-10, 1994 Etobicoke	ON Provincial Age Group Champs	
14	1:07.88	Lindsay Griffin	14	July 7-10, 1994 Etobicoke	ON Provincial Age Group Champs	
15	1:08.09	Jennifer Noddle	13	May 27-30, 1993 Etobicoke	Youth Champs	
16	1:08.09	Melissa LeBlonc	14	March 2, 2018 Etobicoke	ON Spring Provincial Champs	
17	1:08.15	Kim Bacon	14	July 8-11, 1999	ON Provincial Age Group Champs	
18	1:08.27	Kate Mathewson	14	May 11-13, 2007 Sudbury	Eastside Mario's Invitational	
19	1:08.35	Melanie Drozdowsky	14	July 22-25, 2004 Montreal	Eastern Cup	
20	1:08.59	Meagan Littlejohn	14	July 6, 2006 Nepean	ON Junior Provincial Champs	
21	1:08.67	Natalie Gallant	14	July 22-25, 2004 Montreal	Eastern Cup	
22	1:08.71	Dawn Clarke	14	August 6-10, 1985 Edmonton	Youth Nationals	
23	1:08.75	Robyn Miller	14	May 27-30, 1993 Etobicoke	Youth Champs	
24	1:08.77	Shailyn MacQueen	14	January 15, 2016 Markham	MAC Winter Invitational	
25	1:08.96	Stephanie Wilson	14	April 22, 2016 Markham	MAC April Invitational	

200 Butterfly

					Pan Pacific Trials	PRV Rec
1	2:16.51	Alisha Harricharan	14	July 7, 2006 Montreal		
2	2:23.55	Brooke Hall	14	July 4, 2009 London	ON Junior Provincial Champs	
3	2:25.51	Sophie Cieplucha	14	July 4, 2009 London	ON Junior Provincial Champs	
4	2:25.64	Tessa Cieplucha	14	July 6, 2013 Brantford	ON Provincial Age Group Champs	
5	2:26.19	Martine Nyhof	13	July 25, 2014 Winnipeg	Canadian Age Group Champs	
6	2:26.50	Blair Holmes	13	April 7-9, 2000 Toronto	Ajax Invitational	
7	2:26.73	Anna Jensen	13	June 24-26, 1983 Etobicoke	Age Group International	
8	2:27.27	Shailyn MacQueen	14	March 5, 2016 Nepean	ON Spring Provincial Champs	
9	2:27.78	Faith MacQueen	13	July 1, 2017 Scarborough	ON Summer Provincial Champs	
10	2:28.20	Sarah Balbaa	14	July 8, 1994 Etobicoke	ON Provincial Age Group Champs	
11	2:28.64	Natalie Gallant	13	June 26-29, 2003 Brantford	ON Junior Provincial Champs	
12	2:29.40	Edna Banjanovic	14	July 2, 2011 Etobicoke	ON Junior Provincial Champs	
13	2:29.48	Hayley Lineham	13	June 30, 2012 Nepean	ON Junior Provincial Champs	
14	2:30.40	Bavindeep Basra	14	May 1, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
15	2:30.56	Kate Mathewson	14	May 31-June 3, 2007 Etobicoke	Age Group International	
16	2:30.79	Cierra Glysz	13	June 30, 2012 Nepean	ON Junior Provincial Champs	
17	2:30.95	Anne Blachford	14	May 10-12, 1991 Waterloo	Mutual Group Invitational	
18	2:32.58	Kim Bacon	13	May 28-31, 1998 Sherbrooke	Youth Champs	
19	2:33.45	Brittany Zawadowski	14	May 7-9, 1999 Etobicoke	Dr. Ralph Hicken Invitational	
20	2:33.70	Kylie Collier	14	April 23, 2016 Markham	MAC April Invitational	
21	2:33.72	Stephanie Wilson	14	April 23, 2016 Markham	MAC April Invitational	
22	2:34.96	Dawn Clarke	14	Season 1985		
23	2:35.16	Robyn Goraj	13	July 9-12, 1992 Etobicoke	ON Provincial Age Group Champs	
24	2:35.47	Tara Dakers	13	May 2-4, 2008 Etobicoke	Dr. Ralph Hicken Invitational	
25	2:35.86	Melanie Drozdowsky	14	July 22-25, 2004 Montreal	Eastern Cup	

200 Individual Medley

1	2:22.50	Tessa Cieplucha	14	July 6, 2013 Brantford	ON Provincial Age Group Champs
2	2:23.48	Anne Blachford	14	July 31, 1991 Vancouver	Summer Nationals
3	2:24.04	Sophie Cieplucha	14	July 5, 2009 London	ON Junior Provincial Champs
4	2:24.82	Jennifer Noddle	14	March 8, 1994 Victoria	Commonwealth Games Trials
5	2:27.17	Cierra Glysz	14	April 12, 2013 Toronto	John Grootveld Invitational
6	2:28.16	Laura Wise	14	April 6-8, 2001 Toronto	Ajax Sprint Invitational
7	2:28.44	Bavindeep Basra	14	July 3, 2011 Etobicoke	ON Junior Provincial Champs
8	2:28.73	Katie Smith	14	April 6-8, 2001 Toronto	Ajax Sprint Invitational
9	2:28.82	Blair Holmes	13	June 2000 Etobicoke	Age Group International
10	2:29.10	Natalie Gallant	14	July 6-11, 2004 Etobicoke	Olympic Trials
11	2:29.19	Kylie Collier	14	May 14, 2016 London	Hollandia Spring Invitational
12	2:29.93	Martine Nyhof	14	March 6, 2016 Nepean	ON Spring Provincial Champs
13	2:30.14	Brooke Hall	14	July 5, 2009 London	ON Junior Provincial Champs
14	2:30.72	Alisha Harricharan	14	July 9, 2006 Nepean	ON Junior Provincial Champs
15	2:30.99	Melissa LeBlonc	14	June 1, 2018 Etobicoke	Age Group International
16	2:31.09	Erica Nagy	14	May 30-June 2, 1991 Ste-Foy	Youth Champs
17	2:31.78	Robyn Miller	14	May 27-30, 1993 Etobicoke	Youth Champs
18	2:31.78	Paige Hall	14	June 3, 2011 Etobicoke	Age Group International
19	2:32.04	Sabrina Phongphilack	14	May 10, 2013 Sudbury	Eastside Mario's Invitational
20	2:32.52	Kim Bacon	14	July 8-11, 1999	ON Provincial Age Group Champs
21	2:32.97	Hayley Lineham	13	April 27, 2012 Etobicoke	Hicken International Swim Cup
22	2:33.17	Amanda Rogge	13	February 14-17, 2008 Etobicoke	Speedo Eastern Champs
23	2:34.19	Tara Dakers	13	July 6, 2008 Thunder Bay	ON Junior Provincial Champs
24	2:34.29	Dawn Clarke	14	Season 1986	
25	2:34.39	McKenna Spurrell	14	April 29, 2018 Markham	Stingrays Invitational

400 Individual Medley

1	4:59.77	Tessa Cieplucha	14	July 25, 2013	Montreal	Canadian Age Group Champs
2	5:07.34	Sophie Cieplucha	14	July 19, 2009	Montreal	Canadian Age Group Champs
3	5:07.56	Anne Blachford	14	June 1, 1991	Ste-Foy	Youth Champs
4	5:09.20	Jennifer Noddle	14	August 5-7, 1994	Concord, CA	Far Western Champs
5	5:11.46	Bavindeep Basra	14	July 28, 2011	Montreal	Canadian Age Group Champs
6	5:11.50	Paige Hall	14	July 1, 2011	Etobicoke	ON Junior Provincial Champs
7	5:13.41	Blair Holmes	13	May 5-7, 2000	Etobicoke	Dr. Ralph Hicken Invitational
8	5:16.78	Natalie Gallant	14	July 22-25, 2004	Montreal	Eastern Cup
9	5:16.88	Brooke Hall	14	July 3, 2009	London	ON Junior Provincial Champs
10	5:20.41	Cierra Glysz	13	June 2, 2012	Etobicoke	Age Group International
11	5:20.85	Hayley Lineham	13	June 29, 2012	Nepean	ON Junior Provincial Champs
12	5:21.49	Erica Nagy	14	June 1, 1991	Ste-Foy	Youth Champs
13	5:21.60	Kylie Collier	14	June 4, 2016	Etobicoke	Age Group International
14	5:21.93	Amanda Rogge	13	July 6, 2007	Nepean	ON Junior Provincial Champs
15	5:22.42	Melissa LeBlond	14	June 29, 2018	Etobicoke	ON Summer Provincial Champs
16	5:22.97	Tara Dakers	13	July 4, 2008	Thunder Bay	ON Junior Provincial Champs
17	5:23.21	Martine Nyhof	13	May 23, 2014	London	Mustang Invitational
18	5:23.98	Riya Chong Ling	14	June 1, 2019	Etobicoke	Age Group International
19	5:24.79	Shailyn MacQueen	14	February 19, 2016	Montreal	Speedo Eastern Canadian Open
20	5:25.54	Alisha Harricharan	13	July 8, 2005	Etobicoke	ON Junior Provincial Champs
21	5:26.33	Kate Mathewson	14	May 31-June 3, 2007	Etobicoke	Age Group International
22	5:26.40	Edna Banjanovic	14	July 1, 2011	Etobicoke	ON Junior Provincial Champs
23	5:26.41	Faith MacQueen	13	June 30, 2017	Scarborough	ON Summer Provincial Champs
24	5:26.81	Chelsea Uusitalo	14	June 2, 2018	Etobicoke	Age Group International
25	5:27.39	Kim Bacon	13	Season 1998		