

50 Freestyle

Rk	Time	Swimmer	Age	Date	City	Meet	
1	26.08	Anna Lydall	24	July 9, 2004	Etobicoke	Olympic Trials	
2	26.28	Nicole Davey	19	August 7, 1998	Etobicoke	Commonwealth Games Trials	
3	26.34	Chrissy Macauley	21	July 9, 2004	Etobicoke	Olympic Trials	
4	26.38	Paige Miller	17	July 19, 2009	Montreal	Canadian Age Group Champs	
5	26.69	Abbey Clarke	18	July 12, 2025	Scarborough	ON Swimming Champs	
6	27.06	Janet Mayville	25	August 11-14, 1999	Montreal	Summer Nationals	
7	27.08	Anne Blachford	18	May 25-28, 1995	Fort Lauderdale	Alamo Challenge	
8	27.62	Jennifer Noddle	23	May 22-25, 2003	Etobicoke	Speedo Age Group International	
9	27.72	Michelle Cobb	17	April 1997	Toronto	Ajax Sprint Meet	
10	27.74	Riya Chong Ling	17	May 7, 2022	Etobicoke	Dr. Ralph Hicken Invitational	
11	27.87	Cindy Bertelink	17	July 28, 1993	Edmonton	Summer Nationals	
12	28.03	Ashley Gibson	17	August 7, 1998	Etobicoke	Commonwealth Games Trials	
13	28.04	Julia Drozdowsky	17	July 10-12, 2003	Buffalo, NY	Star Swimming Invitational	
14	28.05	Cierra Glysz	18	March 4, 2017	Etobicoke	CR A Champs	relay lead
15	28.22	Amelia Peron	17	June 7, 2025	Scarborough	NYAC Performance Meet	
16	28.28	Melanie Drozdowsky	18	June 5-8, 2008	Etobicoke	Age Group International	
17	28.30	Jenny Parwicki	18	July 2-4, 1993	Etobicoke	ON Canada Games Trials	
18	28.33	Alisha Harricharan	21	April 4, 2013	Victoria	World Trials	split
19	28.35	Victoria Thicke-Rattray	17	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational	
20	28.39	Simrit Grewal	17	April 28, 2024	Markham	NEW April Invitational	
21	28.42	Sabrina Phongphilack	17	July 2, 2015	Nepean	ON Provincial Age Group Champs	
22	28.47	Laura Wise	17	July 10-12, 2003	Buffalo, NY	Star Swimming Invitational	
23	28.52	Dawn Clarke	17	August 17-20, 1988	Etobicoke	Summer Nationals	
24	28.61	Lisa Parwicki	18	March 8-10, 1996	Etobicoke	Ontario Cup 2	
25	28.62	Meagan Littlejohn	17	June 4-7, 2009	Etobicoke	ON Senior Provincial Champs	

100 Freestyle

1	0:56.79	Nicole Davey	19	August 8, 1998	Etobicoke	Commonwealth Games Trials	
2	0:57.44	Anna Lydall	24	April 30-May 2, 2004	Los Angeles	Speedo Grand Challenge	
3	0:58.25	Anne Blachford	18	July 28, 1995	Winnipeg	Summer Nationals	
4	0:58.61	Alisha Harricharan	21	April 4, 2013	Victoria	World Trials	
5	0:59.00	Chrissy Macauley	21	July 6-10, 2004	Etobicoke	Olympic Trials	
6	0:59.05	Janet Mayville	24	March 20, 1999	Victoria	Spring Nationals	
7	0:59.22	Abbey Clarke	18	June 21, 2025	Markham	CR Div1 Champs	
8	0:59.29	Sophie Cieplucha	17	April 29, 2012	Etobicoke	Hicken International Swim Cup	
9	0:59.52	Paige Miller	17	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
10	1:00.03	Ashley Gibson	17	August 8, 1998	Etobicoke	Commonwealth Games Trials	
11	1:00.08	Victoria Thicke-Rattray	18	July 23, 2011	Pointe-Claire	Summer Nationals	relay lead
12	1:00.22	Cindy Bertelink	17	May 21, 1993	Montreal	POM Invitational	
13	1:00.36	Lisa Parwicki	17	June 28-July 2, 1995	Etobicoke	ON Senior Provincial Champs	
14	1:00.44	Michelle Cobb	17	May 9-11, 1997	London	Hollandia Spring Invitational	
15	1:00.63	Melanie Drozdowsky	18	February 14-17, 2008	Etobicoke	Speedo Eastern Champs	
16	1:00.70	Natalie Gallant	18	April 1-6, 2008	Montreal	Olympic Trials	
17	1:00.72	Cierra Glysz	18	April 23, 2017	Markham	MAC April Invitational	
18	1:00.95	Riya Chong Ling	17	April 9, 2022	Markham	Spring Forward Weekend	
19	1:01.05	Jennifer Noddle	23	May 22-25, 2003	Etobicoke	Speedo Age Group International	
20	1:01.24	Amelia Peron	17	June 8, 2025	Scarborough	NYAC Performance Meet	
21	1:01.51	Sabrina Phongphilack	17	July 4, 2015	Nepean	ON Provincial Age Group Champs	
22	1:01.70	Jenny Parwicki	18	July 2-4, 1993	Etobicoke	ON Canada Games Trials	
23	1:01.99	Dilpreet Bhambra	17	March 7, 2020	Markham	ON Winter Youth-Junior Champs	
24	1:02.02	Brittany Watkins	17	July 10, 2005	Etobicoke	ON Junior Provincial Champs	
25	1:02.11	Simrit Grewal	17	May 5, 2024	Etobicoke	Dr. Ralph Hicken Invitational	

200 Freestyle

1	2:05.14	Cindy Bertelink	20	March 31, 1996 Montreal	Olympic Trials	
2	2:08.28	Anne Blachfrod	19	March 31, 1996 Montreal	Olympic Trials	
3	2:08.29	Nicole Davey	18	June 6-9, 1997 Etobicoke	Age Group International	
4	2:08.41	Janet Mayville	22	March 31, 1996 Monreal	Olympic Trials	
5	2:09.02	Esther Haines	20	April 28, 2012 Etobicoke	Hicken International Swim Cup	
6	2:09.18	Sophie Cieplucha	17	April 14, 2012 Toronto	John Grootveld Invitational	
7	2:09.59	Ashley Gibson	17	August 5, 1998 Etobicoke	Commonwealth Games Trials	
8	2:09.70	Paige Miller	18	June 3-6, 2010 Etobicoke	Age Group International	
9	2:10.19	Lisa Parwicki	17	June 28-July 2, 1995 Etobicoke	ON Senior Provincial Champs	
10	2:10.35	Amelia Peron	17	July 10, 2025 Scarborough	ON Swimming Champs	
11	2:11.05	Anna Lydall	23	May 9-11, 2003 London	Casco-Hollandia Spring Invitational	
12	2:11.58	Victoria Thicke-Rattray	17	June 3-6, 2010 Etobicoke	Age Group International	
13	2:13.03	Dayna Patterson	20	July 5, 1997 Etobicoke	ON Canada Games Trials	
14	2:13.26	Heather Norris	17	Season 1999		
15	2:13.29	Abbey Clarke	18	May 9, 2025 Scarborough	SCAR PanAm Invitational	
16	2:13.46	Emily-Rose Creighton	19	March 27, 2012 Montreal	Olympic Trials	split
17	2:13.70	Cierra Glysz	18	May 14, 2017 Markham	NYAC May Performance	
18	2:14.07	Melanie Drozdowsky	18	June 5-8, 2008 Etobicoke	Age Group International	
19	2:14.35	Dilpreet Bhambra	17	January 31, 2020 Etobicoke	CR A Champs	
20	2:15.49	Simrit Grewal	17	March 1, 2024 Scarborough	ON Winter Swimming Champs	
21	2:15.96	Kate Mathewson	17	April 30-May 2, 2010 Etobicoke	Dr. Ralph Hicken Invitational	
22	2:16.08	Kaylee Dakers	17	June 5-8, 2008 Etobicoke	Age Group International	
23	2:16.31	Victoria Cabraja	17	May 14, 2017 Markham	NYAC May Performance	
24	2:16.44	Bayley Dalbec	17	April 24, 2015 Markham	MAC April Invitational	
25	2:16.56	Natalie Gallant	18	June 5-8, 2008 Etobicoke	Age Group International	

400 Freestyle

1	4:19.30	Cindy Bertelink	18	July 31, 1994 Etobicoke	Summer Nationals	
2	4:25.64	Esther Haines	20	March 27, 2012 Montreal	Olympic Trials	
3	4:29.19	Emily-Rose Creighton	19	March 27, 2012 Montreal	Olympic Trials	
4	4:31.82	Sophie Cieplucha	17	April 13, 2012 Toronto	John Grootveld Invitational	
5	4:34.32	Amelia Peron	17	July 12, 2025 Scarborough	ON Swimming Champs	
6	4:36.97	Dayna Patterson	20	July 4, 1997 Etobicoke	ON Canada Games Trials	
7	4:40.31	Victoria Cabraja	17	March 5, 2017 Etobicoke	CR A Champs	
8	4:41.22	Heather Norris	17	March 18, 1999 Victoria	Spring Nationals	
9	4:41.64	Anne Blachford	17	June 17-19, 1994 Etobicoke	Age Group International	
10	4:41.74	Janet Mayville	21	June 15-18, 1995 Etobicoke	Age Group International	
11	4:41.89	Bavindeep Basra	17	May 24, 2014 London	Mustang Invitational	
12	4:42.65	Bayley Dalbec	17	May 9, 2015 London	Hollandia Spring Invitational	
13	4:43.33	Kaylee Dakers	17	June 5-8, 2008 Etobicoke	Age Group International	
14	4:44.49	Sabrina Phongphilack	17	July 5, 2015 Nepean	ON Provincial Age Group Champs	
15	4:45.70	Dilpreet Bhambra	17	January 11, 2020 Markham	MAC Winter Invitational	
16	4:47.56	Courtney Ranieri	17	June 12, 2009 Etobicoke	Central Region Champs	
17	4:48.75	Sarah Maddock	17	June 13, 2014 Toronto	Central Region Champs	
18	4:50.18	Brittany Watkins	17	May 13-15, 2005 Sudbury	Eastside Mario's Invitational	
19	4:50.75	Kate Mathewson	17	May 21-23, 2010 Barbados	Annual Aquatic Centre Invitational	
20	4:51.43	Shailyn MacQueen	17	May 12, 2018 Markham	NYAC May Performance	
21	4:51.45	Victoria Thicke-Rattray	18	April 29, 2011 Etobicoke	Dr. Ralph Hicken Invitational	split
22	4:52.60	Kylie Collier	17	January 12, 2019 Markham	MAC Winter Invitational	
23	4:56.30	Natalie Gallant	18	April 11-13, 2008 Hamilton	McMaster-HAC Spring Invitational	
24	4:56.35	Auralie Reed	17	June 7, 2025 Scarborough	NYAC Performance Meet	
25	4:56.54	Rebecca Newman	17	June 12, 2009 Etobicoke	Central Region Champs	

800 Freestyle

1	8:48.26	Cindy Bertelink	20	April 3, 1996 Montreal	Olympic Trials	
2	9:08.68	Esther Haines	20	March 30, 2012 Montreal	Olympic Trials	
3	9:32.67	Heather Norris	17	May 7, 1999 Etobicoke	Dr. Ralph Hicken Invitational	
4	9:33.87	Amelia Peron	17	July 13, 2025 Scarborough	ON Swimming Champs	
5	9:34.35	Dayna Patterson	20	July 4-6, 1997 Etobicoke	ON Canada Games Trials	
6	9:35.02	Bayley Dalbec	17	July 2, 2015 Nepean	ON Provincial Age Group Champs	
7	9:36.05	Anne Blachford	17	June 17-19, 1994 Etobicoke	Age Group International	
8	9:37.93	Bavindeep Basra	17	May 23, 2014 London	Mustang Invitational	
9	9:40.10	Janet Mayville	21	June 15-18, 1995 Etobicoke	Age Group International	
10	9:41.40	Sophie Cieplucha	18	May 30, 2013 Etobicoke	Age Group International	
11	9:43.33	Dilpreet Bhambra	17	January 30, 2020 Etobicoke	CR A Champs	
12	9:44.35	Victoria Cabraja	17	March 2, 2017 Etobicoke	CR A Champs	split
13	9:50.16	Shailyn MacQueen	17	April 13, 2018 Markham	OOSC Launch Into LC	
14	9:50.68	Sarah Maddock	17	April 23, 2015 Markham	MAC April Invitational	
15	9:55.03	Parvir Basra	17	April 23, 2015 Markham	MAC April Invitational	
16	9:56.69	Kate Mathewson	17	June 3, 2010 Etobicoke	Age Group International	
17	9:56.88	Rebecca Newman	17	July 4, 2009 London	ON Junior Provincial Champs	
18	9:57.49	Victoria Thicke-Rattray	18	April 29, 2011 Etobicoke	Dr. Ralph Hicken Invitational	
19	9:57.54	Sheryl Ross	17	Season 1991		
20	9:57.62	Kylie Collier	17	January 10, 2019 Markham	MAC Winter Invitational	
21	10:04.70	Brittany Watkins	17	May 6-8, 2005 Etobicoke	Dr. Ralph Hicken Invitational	
22	10:08.84	Courtney Ranieri	17	July 4, 2009 London	ON Junior Provincial Champs	
23	10:12.31	Melanie Drozdowsky	18	April 11-13, 2008 Hamilton	McMaster-HAC Spring Invitational	
24	10:35.61	Sandy Bowman	17	May 6, 1977		

1500 Freestyle

1	16:49.04	Cindy Bertelink	18	July 29, 1994 Etobicoke	Summer Nationals	PRV Rec
2	17:35.89	Esther Haines	17	July 1, 2010 Montreal	Quebec Cup	
3	18:17.02	Bayley Dalbec	17	July 4, 2015 Nepean	ON Provincial Age Group Champs	
4	18:18.68	Dilpreet Bhambra	17	March 6, 2020 Scarborough	ON Winter Swimming Champs	
5	18:24.78	Victoria Cabraja	17	March 2, 2017 Etobicoke	CR A Champs	
6	18:38.03	Amelia Peron	17	July 9, 2025 Scarborough	ON Swimming Champs	
7	18:48.82	Dayna Patterson	17	March 6, 1994 Victoria	Commonwealth Games Trials	
8	18:53.34	Shailyn MacQueen	17	April 27, 2018 Markham	Stingrays Invitational	
9	18:54.90	Courtney Ranieri	17	June 11, 2009 Etobicoke	Central Region Champs	
10	18:55.77	Rebecca Newman	17	July 2, 2009 London	ON Junior Provincial Champs	
11	19:14.89	Sarah Maddock	17	May 23, 2014 London	Mustang Invitational	
12	22:25.70	Alison Clark	17	May 6, 1977		

50 Backstroke

1	28.65	Paige Miller	21	April 4, 2013	Victoria	World Trials	
2	30.74	Sophie Cieplucha	17	November 27, 2011	Etobicoke	Canada Cup	
3	31.45	Abbey Clarke	18	May 9, 2025	Scarborough	SCAR PanAm Invitational	
4	31.65	Cierra Glysz	18	March 5, 2017	Etobicoke	CR A Champs	relay lead
5	31.74	Simrit Grewal	17	January 20, 2024	Markham	MAC Winter Invitational	
6	32.02	Natalie Gallant	18	June 6, 2008	Etobicoke	Age Group International	
7	32.07	Victoria Thicke-Rattray	18	June 3, 2011	Etobicoke	Age Group International	
8	32.34	Meagan Littlejohn	17	June 4-7, 2009	Etobicoke	ON Senior Provincial Champs	
9	32.41	Riya Chong Ling	17	May 8, 2022	Etobicoke	Dr. Ralph Hicken International	
10	32.56	Amelia Peron	17	June 22, 2025	Markham	CR Div1 Champs	relay lead
11	32.65	Dilpreet Bhambra	17	February 2, 2020	Etobicoke	CR A Champs	relay lead
12	32.66	Erin Paton	18	June 5, 2005	Etobicoke	Age Group International	
13	32.67	Laura Wise	17	June 26-30, 2003	Victoria	World & Pan American Trials	
14	32.80	Chrissy Macauley	21	June 3-6, 2004	Etobicoke	Speedo Age Group International	
15	32.83	Alisha Harricharan	18	April 30, 2010	Etobicoke	Dr. Ralph Hicken Invitational	
16	33.02	Bavindeep Basra	17	July 16, 2014	Saskatoon	Summer Nationals	split
17	33.09	Julia Drozdowsky	17	April 2-4, 2004	Toronto	Ajax Sprint Meet	
18	33.40	Kaylee Dakers	18	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
19	33.71	Brooke Hall	17	March 28, 2012	Montreal	Olympic Trials	split
20	33.81	Alaina Brown	17	June 2-5, 2005	Etobicoke	Age Group International	
21	33.81	Caelia Moulton	17	May 14, 2023	Scarborough	SCAR PanAm Invitational	relay lead
22	34.00	Anna Lydall	24	May 14, 2004	London	Casco-Hollandia Spring Invitational	
23	34.18	Melanie Drozdowsky	18	May 2, 2008	Etobicoke	Dr. Ralph Hicken Invitational	
24	34.20	Jennifer Noddle	24	May 14, 2004	London	Casco-Hollandia Spring Invitational	
25	34.21	Grace Wilkinson	17	January 22, 2011	Toronto	Ontario Cup	

100 Backstroke

1	1:02.36	Paige Miller	21	April 3, 2013	Victoria	World Trials	
2	1:06.12	Victoria Thicke-Rattray	17	July 28-31, 2010	Victoria	Summer Nationals	
3	1:06.23	Natalie Gallant	18	April 2, 2008	Montreal	Olympic Trials	
4	1:07.04	Kaylee Dakers	17	June 5-8, 2008	Etobicoke	Age Group International	
5	1:07.13	Simrit Grewal	17	May 5, 2024	Etobicoke	Dr. Ralph Hicken Invitational	
6	1:07.38	Abbey Clarke	17	July 9, 2025	Scarborough	ON Swimming Champs	
7	1:07.70	Jennifer Archdekin	17	June 28-July 2, 1995	Etobicoke	ON Senior Provincial Champs	
8	1:08.05	Riya Chong Ling	17	April 7, 2022	Markham	Spring Forward Weekend	
9	1:08.42	Lisa Parwicki	18	March 31, 1996	Montreal	Olympic Trials	
10	1:08.43	Bavindeep Basra	17	May 25, 2014	London	Mustang Invitational	
11	1:08.57	Sophie Cieplucha	18	May 11, 2013	Toronto	Saturday Afternoon Special	
12	1:08.62	Alana Colgan	17	April 30, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
13	1:08.64	Laura Wise	17	June 26-30, 2003	Vancouver	World & Pan American Trials	
14	1:08.69	Dilpreet Bhambra	17	March 5, 2020	Markham	ON Winter Youth-Junior Champs	
15	1:08.81	Erica Nagy	17	July 2-4, 1993	Etobicoke	ON Canada Games Trials	
16	1:08.93	Amelia Peron	17	July 12, 2025	Scarborough	ON Swimming Champs	relay lead
17	1:09.27	Cierra Glysz	17	May 14, 2016	London	Hollandia Spring Invitational	
18	1:09.54	Dayna Patterson	17	March 8, 1994	Victoria	Commonwealth Games Trials	
19	1:09.59	Blair Holmes	17	June 26-29, 2003	Brantford	ON Junior Provincial Champs	
20	1:09.87	Anne Blachford	17	April 9, 1994	Etobicoke	Pentathlon	
21	1:09.90	Erin Paton	17	April 30-May 2, 2004	Los Angeles	Speedo Grand Challenge	
22	1:10.35	Esther Haines	17	April 3, 2009	Etobicoke	Pentathlon	
23	1:10.35	Brooke Hall	17	March 28, 2012	Montreal	Olympic Trials	
24	1:10.67	Alisha Harricharan	18	April 30, 2010	Etobicoke	Dr. Ralph Hicken Invitational	
25	1:11.65	Casey Beck	18	May 6, 2005	Etobicoke	Dr. Ralph Hicken Invitational	

200 Backstroke

1	2:22.52	Victoria Thicke-Rattray	17	March 31-April 4, 2010	Montreal	Pan Pacific Trials
2	2:22.75	Natalie Gallant	18	February 16, 2008	Etobicoke	Speedo Eastern Champs
3	2:24.62	Paige Miller	17	May 1-3, 2009	Etobicoke	Dr. Ralph Hicken Invitational
4	2:24.76	Kaylee Dakers	17	June 5-8, 2008	Etobicoke	Age Group International
5	2:24.86	Sophie Cieplucha	17	January 21, 2012	Toronto	Ontario Cup
6	2:25.25	Abbey Clarke	18	March 1, 2025	Scarborough	ON Winter Age Groups
7	2:25.34	Laura Wise	17	July 24-27, 2003	Montreal	Eastern Cup
8	2:25.63	Erica Nagy	17	July 2-4, 1993	Etobicoke	ON Canada Games Trials
9	2:25.79	Jennifer Archdekin	17	June 28-July 2, 1995	Etobicoke	ON Senior Provincial Champs
10	2:26.98	Lisa Parwicki	18	March 8-10, 1996	St. Catharines	Ontario Cup 2
11	2:27.80	Dilpreet Bhambra	17	March 8, 2020	Markham	ON Winter Youth-Junior Champs
12	2:27.95	Bavindeep Basra	17	July 18, 2014	Saskatoon	Summer Nationals
13	2:28.20	Dayna Patterson	17	June 17-19, 1994	Etobicoke	Age Group International
14	2:28.31	Brooke Hall	17	April 1, 2012	Montreal	Olympic Trials
15	2:28.40	Anne Blachford	17	June 17-19, 1994	Etobicoke	Age Group International
16	2:29.04	Alana Colgan	17	May 1, 2011	Etobicoke	Dr. Ralph Hicken Invitational
17	2:30.17	Riya Chong Ling	17	May 6, 2022	Etobicoke	Dr. Ralph Hicken International
18	2:30.33	Amelia Peron	17	June 22, 2025	Markham	CR Div1 Champs
19	2:31.26	Simrit Grewal	17	May 3, 2024	Etobicoke	Dr. Ralph Hicken Invitational
20	2:31.93	Esther Haines	17	May 8-10, 2009	London	Hollandia Spring Invitational
21	2:32.72	Alisha Harricharan	18	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational
22	2:32.85	Kylie Collier	17	February 2, 2019	Etobicoke	CR A Champs
23	2:32.92	Bayley Dalbec	17	April 26, 2015	Markham	MAC April Invitational
24	2:32.99	Blair Holmes	17	June 26-29, 2003	Brantford	ON Junior Provincial Champs
25	2:33.27	Cierra Glysz	18	March 5, 2017	Etobicoke	CR A Champs

50 Breaststroke

1	33.37	Anne Blachford	17	July 29, 1994	Etobicoke	Summer Nationals	
2	34.12	Sophie Cieplucha	17	April 27, 2012	Etobicoke	Hicken International Swim Cup	
3	34.68	Paige Miller	18	April 30, 2010	Etobicoke	Dr. Ralph Hicken Invitational	
4	35.20	Ysabelle Acosta	17	January 22, 2023	Markham	MAC Winter Invitational	
5	35.63	Jennifer Noddle	24	June 3-6, 2004	Etobicoke	Speedo Age Group International	
6	35.87	Kaylee Dakers	17	June 5-8, 2008	Etobicoke	Age Group International	
7	36.26	Caelia Moulton	17	June 3, 2023	Etobicoke	Age Group International	
8	36.46	Cierra Glysz	18	May 12, 2017	Markham	NYAC May Performance	
9	36.48	Esther Haines	17	May 1, 2009	Etobicoke	Dr. Ralph Hicken Invitational	
10	36.63	Madison Do	17	February 28, 2025	Scarborough	ON Winter Age Groups	split
11	36.64	Kylie Collier	17	July 27, 2018	Winnipeg	Canadian Junior Champs	split
12	36.90	Emily-Rose Creighton	19	March 31, 2012	Montreal	Olympic Trials	split
13	37.30	Casey Beck	17	June 3-6, 2004	Etobicoke	Age Group International	
14	37.50	Alaina Brown	17	June 2-5, 2005	Etobicoke	Age Group International	
15	37.68	Anna Lydall	24	May 14, 2004	London	Casco-Hollandia Spring Invitational	
16	38.16	Abbey Clarke	18	January 19, 2025	Markham	MAC Winter Invitational	
17	38.53	Chrissy Macauley	21	May 14, 2004	London	Casco-Hollandia Spring Invitational	
18	39.22	Kersten Chong	17	April 9, 2017	Markham	Mallards LC Challenge	
19	39.29	Victoria Thicke-Rattray	18	July 30, 2011	Montreal	Canadian Age Group Champs	split
20	40.00	Vanessa Iacobucci	17	April 2-4, 2004	Toronto	Ajax Sprint Meet	
21	40.17	Sarah Maddock	17	April 24, 2015	Markham	MAC April Invitational	
22	40.20	Missy Walters	17	April 24, 2015	Markham	MAC April Invitational	
23	40.79	Natalie Gallant	17	April 6-8, 2007	Toronto	Desjardins Dash for Cash	
24	41.44	Pam Douglas	17	May 6, 1979			
25	41.49	Aleah Raghunath	17	June 8, 2025	Scarborough	NYAC Performance Meet	

100 Breaststroke

1	1:11.90	Anne Blachford	17	March 6, 1994	Victoria	Commonwealth Games Trials	
2	1:12.43	Sophie Cieplucha	18	August 4, 2012	Edmonton	North American Challenge Cup	
3	1:13.63	Jennifer Noddle	21	August 5-9, 2001	Etobicoke	Summer Nationals	
4	1:15.75	Paige Miller	17	May 8-10, 2009	London	Hollandia Spring Invitational	
5	1:15.80	Kaylee Dakers	17	April 1-6, 2008	Montreal	Olympic Trials	
6	1:16.54	Sheryl Ross	17	August 3, 1991	Vancouver	Summer Nationals	
7	1:17.48	Natasha Iacobucci	17	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs	
8	1:17.65	Emily-Rose Creighton	19	March 31, 2012	Montreal	Olympic Trials	split
9	1:17.74	Kylie Collier	17	July 27, 2018	Winnipeg	Canadian Junior Champs	
10	1:18.00	Esther Haines	17	April 3, 2009	Etobicoke	Pentathlon	
11	1:18.81	Caelia Moulton	17	June 17, 2023	Markham	ON Youth-Junior Champs	
12	1:19.55	Kristin Keery	17	July 28, 1995	Winnipeg	Summer Nationals	
13	1:19.56	Yohanna Prajogo	17	April 13, 2002	Etobicoke	Pentathlon	
14	1:19.56	Madison Do	17	February 28, 2025	Scarborough	ON Winter Age Groups	
15	1:20.15	Casey Beck	18	May 13-15, 2005	Sudbury	Eastside Mario's Invitational	
16	1:20.29	Brittany Watkins	17	May 13-15, 2005	Sudbury	Eastside Mario's Invitational	
17	1:20.62	Alaina Brown	17	June 2-5, 2005	Etobicoke	Age Group International	
18	1:20.77	Ysabelle Acosta	17	January 21, 2023	Markham	MAC Winter Invitational	
19	1:21.37	Cierra Glysz	17	June 3, 2016	Etobicoke	Age Group International	
20	1:21.90	Victoria Thicke-Rattray	18	May 1, 2011	Etobicoke	Dr. Ralph Hicken Invitational	
21	1:22.20	Chrissy Macauley	20	July 10-13, 2003	Buffalo, NY	Star Swimming Invitational	
22	1:22.20	Amelia Peron	17	June 22, 2025	Markham	CR Div1 Champs	
23	1:22.59	Bavindeep Basra	17	May 24, 2014	London	Mustang Invitational	
24	1:23.02	Sarah Maddock	17	June 15, 2014	Toronto	Central Region Champs	
25	1:23.66	Anna Lydall	25	April 8-10, 2005	Toronto	Ajax Sprint Meet	

200 Breaststroke

1	2:35.83	Sophie Cieplucha	17	June 28, 2012	Nepean	ON Junior Provincial Champs	
2	2:37.91	Jennifer Noddle	21	August 5, 2001	Etobicoke	Summer Nationals	
3	2:40.81	Anne Blachford	19	February 16, 1996	Winnipeg	Canada Cup	
4	2:42.62	Kaylee Dakers	17	April 1-6, 2008	Montreal	Olympic Trials	
5	2:42.82	Emily-Rose Creighton	19	March 31, 2012	Montreal	Olympic Trials	
6	2:44.90	Esther Haines	18	July 1-4, 2010	Montreal	Quebec Cup	
7	2:45.30	Kylie Collier	17	July 28, 2018	Winnipeg	Canadian Junior Champs	
8	2:45.50	Kristin Keery	17	July 30, 1995	Winnipeg	Summer Nationals	
9	2:45.51	Sheryl Ross	17	August 1, 1991	Vancouver	Summer Nationals	
10	2:47.47	Natasha Iacobucci	17	July 4-7, 2002	Etobicoke	ON Junior Provincial Champs	
11	2:48.91	Victoria Thicke-Rattray	18	June 5, 2011	Etobicoke	Age Group International	
12	2:49.58	Caelia Moulton	17	June 15, 2023	Markham	ON Youth-Junior Champs	
13	2:50.55	Casey Beck	17	June 24-27, 2004	Nepean	ON Junior Provincial Champs	
14	2:50.71	Brittany Watkins	17	July 7, 2005	Etobicoke	ON Junior Provincial Champs	
15	2:51.48	Madison Do	17	March 2, 2025	Scarborough	ON Winter Age Groups	
16	2:51.66	Alaina Brown	17	June 2-5, 2005	Etobicoke	Age Group International	
17	2:52.50	Yohanna Prajogo	17	June 6-9, 2002	Etobicoke	Speedo Age Group International	
18	2:55.17	Sarah Maddock	17	May 9, 2015	London	Hollandia Spring Invitational	
19	2:56.24	Bavindeep Basra	17	July 3, 2014	Brantford	ON Provincial Age Group Champs	
20	2:59.42	Ysabelle Acosta	17	February 16, 2023	Etobicoke	ON Youth-Junior Champs	
21	3:02.30	Missy Walters	17	June 14, 2014	Toronto	Central Region Champs	
22	3:07.50	Cathy Harley	17	May 14, 1978			
23	3:08.68	Shailyn MacQueen	17	April 28, 2018	Markham	Stingrays Invitational	
24	3:08.96	Vanessa Iacobucci	17	July 10-13, 2003	Buffalo, NY	Star Swimming Invitational	
25	3:09.62	Kersten Chong	17	April 8, 2017	Markham	Mallards LC Challenge	

50 Butterfly

1	27.41	Paige Miller	17	July 9, 2009	Montreal	World Trials	
2	27.74	Alisha Harricharan	21	April 3, 2013	Victoria	World Trials	
3	27.95	Abbey Clarke	18	May 11, 2025	Scarborough	SCAR PanAm Invitational	split
4	28.31	Riya Chong Ling	17	April 22, 2022	Pointe-Claire	Eastern Canadian Champs	
5	29.18	Sophie Cieplucha	17	February 17, 2012	Gatineau	Eastern Canadian Champs	
6	29.25	Anne Blachford	17	March 8, 1994	Victoria	Commonwealth Games Trials	
7	29.55	Cierra Glysz	18	April 22, 2017	Markham	MAC April Invitational	
8	29.92	Melanie Drozdowsky	18	February 14-17, 2008	Etobicoke	Speedo Eastern Champs	
9	29.93	Anna Lydall	24	March 26, 2004	Guelph	Victor Davis Memorial Cup	
10	29.97	Meagan Littlejohn	17	June 4-7, 2009	Etobicoke	ON Senior Provincial Champs	
11	29.99	Nicole Davey	18	August 1, 1997	Edmonton	Summer Nationals	split
12	30.18	Jennifer Noddle	23	June 26-30, 2003	Vancouver	World & Pan American Trials	
13	30.56	Riya Chong Ling	17	April 8, 2022	Markham	Spring Forward Weekend	split
14	30.83	Brooke Hall	17	March 27, 2012	Montreal	Olympic Trials	split
15	30.94	Esther Haines	19	July 22, 2011	Pointe-Claire	Summer Nationals	split
16	31.22	Karly Williams	18	April 5-7, 2002	Toronto	Ajax Sprint Invitational	
17	31.53	Simrit Grewal	17	January 21, 2024	Markham	MAC Winter Invitational	
18	31.59	Victoria Thicke-Rattray	19	March 30, 2012	Montreal	Olympic Trials	split
19	31.60	Natalie Gallant	18	June 5-8, 2008	Etobicoke	Age Group International	
20	31.70	Julia Drozdowsky	20	June 1-4, 2006	Etobicoke	Age Group International	
21	31.75	Victoria Cabraja	17	January 13, 2018	Markham	MAC Winter Invitational	
22	31.79	Kylie Collier	17	July 29, 2018	Winnipeg	Canadian Junior Champs	split
23	31.80	Jennifer LaPorte	18	May 9, 2003	London	Casco-Hollandia Spring Invitational	
24	31.87	Sabrina Phongphilack	17	July 5, 2015	Nepean	ON Provincial Age Group Champs	split
25	31.89	Kate Mathewson	17	June 3-6, 2010	Etobicoke	Age Group International	

100 Butterfly

1	1:00.51	Alisha Harricharan	21	July 13, 2013	Kazan, RUS	World Student Games	
2	1:00.96	Paige Miller	21	April 5, 2013	Victoria	World Trials	
3	1:03.50	Nicole Davey	18	July 5, 1997	Etobicoke	ON Canada Games Trials	
4	1:04.17	Sophie Cieplucha	17	April 14, 2012	Toronto	John Grootveld Invitational	
5	1:04.24	Abbey Clarke	18	July 10, 2025	Scarborough	ON Swimming Champs	
6	1:04.27	Anne Blachford	17	March 6, 1994	Victoria	Commonwealth Games Trials	
7	1:04.51	Cindy Bertelink	18	July 31, 1994	Etobicoke	Summer Nationals	
8	1:05.05	Riya Chong Ling	17	May 6, 2022	Etobicoke	Dr. Ralph Hicken International	
9	1:05.24	Shona Patterson	17	March 18, 1999	Victoria	Spring Nationals	
10	1:05.71	Melissa Martin	17	March 18, 1999	Victoria	Spring Nationals	
11	1:05.80	Janet Mayville	21	June 15-18, 1995	Etobicoke	ON Senior Provincial Champs	
12	1:06.70	Jennifer Noddle	23	May 22-25, 2003	Etobicoke	Speedo Age Group International	
13	1:06.80	Brooke Hall	17	March 27, 2012	Montreal	Olympic Trials	
14	1:06.82	Esther Haines	17	July 22, 2011	Pointe-Claire	Summer Nationals	split
15	1:07.02	Natalie Gallant	18	April 1-6, 2008	Montreal	Olympic Trials	
16	1:07.25	Melanie Drozdowsky	18	February 14-17, 2008	Etobicoke	Speedo Eastern Champs	
17	1:07.27	Anna Jensen	17	Season 1986			
18	1:07.28	Cierra Glysz	18	April 8, 2017	Markham	Mallards LC Challenge	
19	1:07.38	Erica Nagy	17	July 2-4, 1993	Etobicoke	ON Canada Games Trials	
20	1:07.40	Blair Holmes	17	June 26-29, 2003	Brantford	ON Junior Provincial Champs	
21	1:08.16	Karly Williams	18	April 5-7, 2002	Toronto	Ajax Sprint Invitational	
22	1:08.75	Kylie Collier	17	July 26, 2018	Winnipeg	Canadian Junior Champs	
23	1:08.87	Shailyn MacQueen	17	April 14, 2018	Markham	OOSC Launch Into LC	
24	1:09.00	Meagan Littlejohn	17	June 4-7, 2009	Etobicoke	Age Group International	
25	1:09.17	Anna Lydall	24	June 3-6, 2004	Etobicoke	Speedo Age Group International	

200 Butterfly

1	2:17.33	Alisha Harricharan	20	March 30, 2012	Montreal	Olympic Trials
2	2:20.42	Cindy Bertelink	18	July 28, 1994	Etobicoke	Summer Nationals
3	2:20.68	Sophie Cieplucha	18	August 3, 2012	Edmonton	North American Challenge Cup
4	2:21.46	Brooke Hall	17	November 26, 2011	Etobicoke	Canada Cup
5	2:24.52	Janet Mayville	21	July 27, 1995	Winnipeg	Summer Nationals
6	2:25.11	Shona Patterson	17	March 20, 1999	Victoria	Spring Nationals
7	2:26.48	Anna Jensen	17	Season 1986		
8	2:26.96	Melissa Martin	17	March 20, 1999	Victoria	Spring Nationals
9	2:26.97	Esther Haines	20	April 15, 2012	Toronto	John Grootveld Invitational
10	2:28.52	Heather Norris	17	Season 1999		
11	2:30.33	Shailyn MacQueen	17	April 15, 2018	Markham	OOSC Launch Into LC
12	2:30.36	Anne Blachford	17	June 17-19, 1994	Etobicoke	Age Group International
13	2:30.89	Diana Torres	17	May 5-7, 2000	Etobicoke	Dr. Ralph Hicken Invitational
14	2:31.39	Blair Holmes	17	June 26-29, 2003	Brantford	ON Junior Provincial Champs
15	2:36.52	Kylie Collier	17	January 12, 2019	Markham	MAC Winter Invitational
16	2:37.17	Kate Mathewson	17	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational
17	2:37.42	Catherine Boyd	19	June 1-4, 2007	Etobicoke	Age Group International
18	2:38.51	Victoria Thicke-Rattray	17	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational
19	2:39.20	Courtney Ranieri	17	July 5, 2009	London	ON Junior Provincial Champs
20	2:41.76	Bayley Dalbec	17	May 10, 2015	London	Hollandia Spring Invitational
21	2:41.79	Rebecca Newman	17	July 5, 2009	London	ON Junior Provincial Champs
22	2:42.54	Karly Williams	18	April 5-7, 2002	Toronto	Ajax Sprint Invitational
23	2:48.79	Wendy Webber	17	June 24, 1978		
24	2:49.46	Edna Banjanovic	17	June 14, 2014	Toronto	Central Region Champs
25	2:53.08	Rebecca Kolisnyk	17	April 26, 2009	St. Catharines	Brock Invitational

200 Individual Medley

1	2:19.84	Paige Miller	20	March 30, 2012	Montreal	Olympic Trials
2	2:20.28	Anne Blachford	17	July 28, 1994	Etobicoke	Summer Nationals
3	2:20.80	Sophie Cieplucha	17	July 31, 2011	Montreal	Canadian Age Group Champs
4	2:23.33	Victoria Thicke-Rattray	18	July 24, 2011	Pointe-Claire	Summer Nationals
5	2:23.83	Jennifer Noddle	21	August 5-9, 2001	Etobicoke	Summer Nationals
6	2:25.30	Cindy Bertelink	17	July 28, 1993	Edmonton	Summer Nationals
7	2:25.60	Emily-Rose Creighton	19	March 30, 2012	Montreal	Olympic Trials
8	2:25.82	Esther Haines	18	January 23, 2011	Toronto	Ontario Cup
9	2:26.31	Abbey Clarke	18	July 9, 2025	Scarborough	ON Swimming Champs
10	2:27.33	Melissa Martin	17	March 19, 1999	Victoria	Spring Nationals
11	2:27.89	Amelia Peron	17	June 8, 2025	Scarborough	NYAC Performance Meet
12	2:28.09	Sheryl Ross	17	August 1991	Vancouver	PDSA Meet
13	2:28.10	Kaylee Dakers	17	July 6, 2008	Thunder Bay	ON Junior Provincial Champs
14	2:28.53	Cierra Glysz	18	March 3, 2017	Etobicoke	CR A Champs
15	2:29.25	Laura Wise	17	June 26-30, 2003	Vancouver	World & Pan American Trials
16	2:29.62	Anna Lydall	23	June 26-30, 2003	Vancouver	World & Pan American Trials
17	2:30.39	Natalie Gallant	18	April 1-6, 2008	Montreal	Olympic Trials
18	2:30.91	Bavindeep Basra	18	May 29, 2015	Etobicoke	Age Group International
19	2:30.97	Alisha Harricharan	18	April 30-May 2, 2010	Etobicoke	Dr. Ralph Hicken Invitational
20	2:31.74	Erica Nagy	19	June 13-16, 1996	Etobicoke	Age Group International
21	2:32.11	Kylie Collier	17	July 29, 2018	Winnipeg	Canadian Junior Champs
22	2:32.73	Brittany Watkins	17	May 13-15, 2005	Sudbury	Eastside Mario's Invitational
23	2:33.33	Riya Chong Ling	17	May 27, 2022	Scarborough	SCAR PanAm Invitational
24	2:34.05	Sabrina Phongphilack	17	July 5, 2015	Nepean	ON Provincial Age Group Champs
25	2:34.97	Shailyn MacQueen	17	June 8, 2018	Markham	Central Region Champs

400 Individual Medley

1	4:58.71	Sophie Cieplucha	17	June 29, 2012	Nepean	ON Junior Provincial Champs
2	5:00.96	Esther Haines	18	July 28-31, 2010	Victoria	Summer Nationals
3	5:01.22	Cindy Bertelink	18	July 30, 1994	Etobicoke	Summer Nationals
4	5:06.26	Emily-Rose Creighton	19	March 28, 2012	Montreal	Olympic Trials
5	5:07.60	Anne Blachford	17	May 27-30, 1994	Fort Lauderdale	Alamo Challenge
6	5:08.07	Victoria Thicke-Rattray	17	July 28-31, 2010	Victoria	Summer Nationals
7	5:13.38	Amelia Peron	17	June 6, 2025	Scarborough	NYAC Performance Meet
8	5:14.30	Kaylee Dakers	17	July 8, 2008	Thunder Bay	ON Junior Provincial Champs
9	5:17.32	Bavindeep Basra	17	July 17, 2014	Saskatoon	Summer Nationals
10	5:23.65	Dayna Patterson	17	June 17-19, 1994	Etobicoke	Age Group International
11	5:25.18	Shailyn MacQueen	17	June 9, 2018	Markham	Central Region Champs
12	5:25.47	Kylie Collier	17	January 11, 2019	Markham	MAC Winter Invitational
13	5:32.88	Casey Beck	17	June 24-27, 2004	Nepean	ON Junior Provincial Champs
14	5:34.20	Courtney Ranieri	17	June 13, 2009	Etobicoke	Central Region Champs
15	5:34.98	Kate Mathewson	17	June 1-4, 2010	Etobicoke	Age Group International
16	5:37.22	Rebecca Newman	17	July 3, 2009	London	ON Junior Provincial Champs
17	5:37.66	Alaina Brown	17	May 13-15, 2005	Sudbury	Eastside Mario's Invitational
18	5:42.88	Sarah Maddock	17	May 10, 2015	London	Hollandia Spring Invitational
19	5:51.20	Wendy Webber	17	July 22, 1978		
20	6:04.61	Colleen Rombough	17	May 23-25, 2003	Hamilton	Jack McCormick Invitational
21	6:05.58	Rebecca Kolisnyk	17	June 13, 2009	Etobicoke	Central Region Champs