

50 Freestyle

Rk	Time	Swimmer	Age	Date	City	Meet	
1	26.32	Martine Nyhof	15	November 12, 2016	Etobicoke	SC Age Group International	
2	26.71	Anne Blachford	15	February 19-22, 1992	Winnipeg	Winter Nationals	
3	27.02	Robyn Miller	15	December 2-5, 1993	Winnipeg	Winter Prairie Invitational	
4	27.12	Sophie Cieplucha	16	February 25, 2011	Nepean	ON Junior Provincial Champs	
5	27.14	Cierra Glysz	15	January 18, 2015	Etobicoke	AB Meet	
6	27.28	Jennifer Noddle	16	November 23-26, 1995	Etobicoke	Ontario Cup	
7	27.30	Katie Smith	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs	
8	27.32	Scarlytt Vande Vooren	16	November 9, 2024	Scarborough	NYAC Cup	
9	27.39	Lindsay Griffin	15	February 10-12, 1995	Nepean	Junior Nationals East	
10	27.41	Carly Porter	16	February 10-12, 1995	Nepean	Junior Nationals East	
11	27.45	Michelle Cobb	16	February 9-11, 1996	Sherbrooke	Junior Nationals East	
12	27.48	Julia Drozdowsky	16	Feb 27-Mar 2, 2003	Nepean	ON Junior Provincial Champs	
13	27.49	Sabrina Phongphilack	16	December 5, 2014	Etobicoke	Youth Cup	
14	27.51	Meagan Littlejohn	16	December 4-7, 2008	Etobicoke	Youth Cup	
15	27.53	Laura Wise	16	Feb 27-Mar 2, 2003	Nepean	ON Junior Provincial Champs	
16	27.53	Natalie Gallant	15	December 10-12, 2004	Guelph	TAS-Dash for Cash	
17	27.57	Melissa LeBlonc	16	December 14, 2019	Markham	OOSC Hello Winter	
18	27.57	Riya Chong Ling	16	December 11, 2021	Toronto	ON Junior International	
19	27.66	Brooke Hall	16	February 25, 2011	Nepean	ON Junior Provincial Champs	relay lead
20	27.66	McKenna Spurrell	16	December 1, 2019	Montreal	Neptune International de Noel	
21	27.69	Kristina Stojadinovic	15	February 27, 2009	Nepean	ON Junior Provincial Champs	relay lead
22	27.69	Alisha Harricharan	15	November 23-25, 2007	Etobicoke	Bell Grand Prix	
23	27.73	Abbey Clarke	15	October 30, 2022	Etobicoke	Harvest Invitational	relay lead
24	27.82	Dawn Clarke	16	March 6-8, 1987	Sudbury	AA Team Champs	
25	27.87	Sheryl Ross	15	February 9-11, 1990		Ontario Cup	

100 Freestyle

1	0:55.95	Martine Nyhof	15	December 18, 2017	Scarborough	ON Junior International	
2	0:57.38	Anne Blachford	15	February 19-22, 1992	Winnipeg	Winter Nationals	
3	0:58.59	Robyn Miller	15	December 2-5, 1993	Winnipeg	Winter Prairie Invitational	
4	0:58.68	Scarlytt Vande Vooren	16	February 8, 2025	Etobicoke	CR Division 1 Champs	
5	0:58.92	Michelle Cobb	16	February 9-11, 1996	Sherbrooke	Junior Nationals East	
6	0:59.06	Laura Wise	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs	
7	0:59.20	Cindy Bertelink	16	December 3-6, 1992	Winnipeg	Winter Prairie Invitational	
8	0:59.31	Jennifer Noddle	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational	
9	0:59.33	Carly Porter	16	March 1995	St. Catharines	Brock Meet	
10	0:59.33	Brooke Hall	16	December 3, 2010	Etobicoke	Youth Cup	relay lead
11	0:59.36	Sabrina Phongphilack	16	December 7, 2014	Etobicoke	Youth Cup	
12	0:59.37	Cierra Glysz	16	February 28, 2015	Brantford	ON Provincial Age Group Champs	
13	0:59.44	Alisha Harricharan	16	November 7-9, 2008	Brantford	Swim International	
14	0:59.55	Melissa LeBlonc	16	November 29, 2019	Montreal	Neptune International de Noel	
15	0:59.56	Meagan Littlejohn	15	December 6-10, 2007	Etobicoke	Youth Cup	
16	0:59.56	Victoria Thicke-Rattray	16	December 3-6, 2009	Etobicoke	Youth Cup	
17	0:59.67	Natalie Gallant	15	December 2-5, 2004	Etobicoke	Youth Cup	
18	0:59.67	McKenna Spurrell	16	November 29, 2019	Montreal	Neptune International de Noel	
19	0:59.70	Sophie Cieplucha	16	November 26-28, 2010	Etobicoke	Canada Cup	relay lead
20	0:59.96	Kristina Stojadinovic	15	Feb 26-Mar 1, 2009	Nepean	ON Junior Provincial Champs	
21	1:00.02	Lindsay Griffin	15	Season 1995			
22	1:00.45	Dawn Clarke	16	February 26-28, 1988	Etobicoke	A Team Champs	
23	1:00.60	Jessie Ye	15	February 7, 2015	Etobicoke	Central Region Champs	
24	1:00.63	Simrit Grewal	16	October 29, 2022	Etobicoke	Harvest Invitational	
25	1:00.75	Riya Chong Ling	16	December 12, 2021	Toronto	ON Junior International	

200 Freestyle

1	2:03.26	Martine Nyhof	15	December 2, 2016	Etobicoke	Youth Cup
2	2:04.72	Cindy Bertelink	16	December 3, 1992	Winnipeg	Winter Prairie Invitational
3	2:06.07	Laura Wise	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
4	2:06.16	Alisha Harricharan	16	December 4-7, 2008	Etobicoke	Youth Cup
5	2:06.54	Anne Blachford	16	December 3, 1992	Winnipeg	Winter Prairie Invitational
6	2:06.79	Esther Haines	16	November 7-9, 2008	Brantford	Swim International
7	2:07.32	Sophie Cieplucha	15	December 11-13, 2009	Montreal	Invitation de Noel
8	2:07.51	Natalie Gallant	15	December 10-12, 2004	Guelph	TAS-Dash for Cash
9	2:07.63	Grace Wilkinson	16	February 26, 2010	Etobicoke	ON Junior Provincial Champs
10	2:08.03	Carly Porter	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
11	2:08.60	Heather Norris	16	February 28, 1998	Brantford	ON Provincial Age Group Champs
12	2:08.71	Melissa LeBlonc	16	February 9, 2020	Markham	Central Region Champs
13	2:08.87	Lisa Parwicki	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
14	2:08.97	Paige Hall	15	December 10, 2011	Guelph	TAS-Dash for Cash
15	2:09.17	Amelia Peron	16	December 8, 2024	Scarborough	Murray Drudge Invitational
16	2:09.35	Sabrina Phongphilack	16	January 18, 2015	Etobicoke	AB Meet
17	2:09.38	Dilpreet Bhambra	16	December 7, 2018	Scarborough	Youth Cup
18	2:09.52	Bavindeep Basra	16	December 14, 2012	Montreal	Provincial 1-2 de Noel
19	2:09.54	Robyn Miller	16	February 25-28, 1995	Montreal	Winter Nationals
20	2:09.58	McKenna Spurrell	16	November 3, 2019	Etobicoke	Harvest Invitational
21	2:09.63	Meagan Littlejohn	16	February 29, 2008	London	ON Junior Provincial Champs
22	2:09.95	Bayley Dalbec	16	February 28, 2014	London	ON Age Group Champs
23	2:10.06	Jennifer Noddle	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
24	2:10.14	Cierra Glysz	15	January 18, 2015	Etobicoke	AB Meet
25	2:10.53	Victoria Thicke-Rattray	16	December 11-13, 2009	Montreal	Invitation de Noel

400 Freestyle

1	4:17.12	Cindy Bertelink	16	February 22, 1992	Winnipeg	Winter Nationals
2	4:23.40	Esther Haines	16	November 28-30, 2008	Etobicoke	Canada Cup
3	4:24.44	Paige Hall	15	February 18, 2012	Gatineau	Eastern Canadian Champs
4	4:24.81	Sophie Cieplucha	16	December 4, 2010	Etobicoke	Youth Cup
5	4:25.30	Alisha Harricharan	15	March 4, 2007	Etobicoke	ON Junior Provincial Champs
6	4:27.71	Kate Mathewson	16	February 14, 2009	Brampton	Cobra Snow Meet
7	4:28.63	Laura Wise	15	December 2001	Montreal	PCSC Meet
8	4:29.09	Bayley Dalbec	16	March 2, 2014	London	ON Age Group Champs
9	4:30.55	Brooke Hall	15	February 28, 2010	Etobicoke	ON Junior Provincial Champs
10	4:30.68	Anne Blachford	16	Season 1993		
11	4:30.86	Martine Nyhof	15	December 3, 2016	Etobicoke	Youth Cup
12	4:31.28	Amelia Peron	16	December 7, 2024	Scarborough	Murray Drudge Invitational
13	4:32.45	Natalie Gallant	15	December 10-12, 2004	Guelph	TAS-Dash for Cash
14	4:33.21	Grace Wilkinson	16	February 28, 2010	Etobicoke	ON Junior Provincial Champs
15	4:33.63	Heather Norris	16	March 1, 1998	Brantford	ON Provincial Age Group Champs
16	4:34.00	Dilpreet Bhambra	16	December 2, 2018	Montreal	Neptune International de Noel
17	4:34.46	Lisa Parwicki	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
18	4:34.51	Bavindeep Basra	15	February 18, 2012	Gatineau	Eastern Canadian Champs
19	4:35.02	Danielle Ranieri	15	February 28, 2010	Etobicoke	ON Junior Provincial Champs
20	4:35.58	Kylie Collier	16	February 9, 2018	Markham	Central Region Champs
21	4:35.61	Danicca Sinanan	15	December 16, 2012	Montreal	Provincial 1-2 de Noel
22	4:36.70	Dayna Patterson	16	Season 1994		
23	4:37.53	Sabrina Phongphilack	15	December 14, 2013	Gatineau	Invitation de Noel
24	4:37.66	Victoria Cabraja	16	November 13, 2016	Etobicoke	SC Age Group International
25	4:38.35	Kaylee Dakers	15	March 4, 2007	Etobicoke	ON Junior Provincial Champs

800 Freestyle

1	8:44.57	Cindy Bertelink	16	February 19-22, 1992	Winnipeg	Winter Nationals	
2	8:49.31	Esther Haines	16	March 11-14, 2009	Toronto	Spring Nationals	
3	9:02.49	Sophie Cieplucha	15	February 27, 2010	Etobicoke	ON Junior Provincial Champs	
4	9:04.14	Paige Hall	15	February 16, 2012	Gatineau	Eastern Canadian Champs	split
5	9:09.35	Kate Mathewson	16	February 28, 2009	Nepean	ON Junior Provincial Champs	
6	9:11.07	Alisha Harricharan	15	November 9-11, 2007	Barrie	Meridian Aquafest	
7	9:18.78	Heather Norris	15	December 5-7, 1997	Nepean	Ontario Senior Champs	
8	9:20.96	Bayley Dalbec	16	February 13, 2014	Windsor	Eastern Canadian Champs	
9	9:21.98	Anne Blachford	16	January 29-31, 1993	Etobicoke	Ontario Senior Champs	
10	9:23.87	Natalie Gallant	16	October 29, 2005	Brampton	Cobra Survivor	
11	9:27.27	Brooke Hall	15	December 3-6, 2009	Etobicoke	Youth Cup	split
12	9:28.24	Amelia Peron	16	November 10, 2024	Scarborough	NYAC Cup	
13	9:29.56	Bavindeep Basra	15	December 1, 2011	Etobicoke	Youth Cup	
14	9:29.74	Dayna Patterson	16	Season 1994			
15	9:33.28	Kaylee Dakers	16	November 9-11, 2007	Barrie	Meridian Aquafest	
16	9:34.19	Parvir Basra	16	February 13, 2014	Markham	Central Region Champs	split
17	9:34.38	Bronte McMaster	16	February 13, 2014	Markham	Central Region Champs	
18	9:34.62	Robyn Goraj	15	Season 1994			
19	9:36.13	Sabrina Phongphilack	15	November 22, 2013	Brampton	Cash Challenge	
20	9:38.69	Rebecca Newman	15	December 6-9, 2007	Etobicoke	Youth Cup	
21	9:38.88	Victoria Cabraja	15	December 1, 2016	Etobicoke	Youth Cup	
22	9:40.08	Jenny Cairns	16	February 27, 1998	Brantford	ON Provincial Age Group Champs	
23	9:46.87	Sarah Maddock	16	November 22, 2013	Brampton	Cash Challenge	
24	9:47.11	Courtney Ranieri	15	November 23, 2007	London	Nothers Invitational	
25	9:48.00	Danielle Ranieri	15	February 7, 2010	Etobicoke	Central Region Champs	split

1500 Freestyle

1	16:34.31	Cindy Bertelink	16	February 19-22, 1992	Winnipeg	Winter Nationals	
2	16:56.18	Esther Haines	16	March 11-14, 2009	Toronto	Spring Nationals	
3	17:10.31	Paige Hall	15	February 16, 2012	Gatineau	Eastern Canadian Champs	
4	17:12.31	Sophie Cieplucha	15	February 25, 2010	Etobicoke	ON Junior Provincial Champs	
5	17:26.85	Alisha Harricharan	15	March 1, 2007	Etobicoke	ON Junior Provincial Champs	
6	17:43.46	Bayley Dalbec	16	March 1, 2014	London	ON Age Group Champs	
7	17:47.52	Kate Mathewson	15	February 28, 2008	London	ON Junior Provincial Champs	
8	17:56.28	Brooke Hall	15	December 3-6, 2009	Etobicoke	Youth Cup	
9	17:59.60	Amelia Peron	16	December 8, 2024	Scarborough	Murray Drudge Invitational	
10	18:03.91	Parvir Basra	16	February 13, 2014	Markham	Central Region Champs	
11	18:15.22	Danielle Ranieri	15	February 25, 2010	Etobicoke	ON Junior Provincial Champs	
12	18:31.17	Victoria Cabraja	15	December 12, 2015	Etobicoke	Winter ON Provincial Champs	
13	18:33.07	Rebecca Newman	16	December 4-7, 2008	Etobicoke	Youth Cup	
14	18:37.22	Sarah Maddock	15	February 7, 2013	Etobicoke	Central Region Champs	
15	18:54.31	Courtney Ranieri	16	February 28, 2008	London	ON Junior Provincial Champs	
16	20:06.06	Alaina Brown	15	November 2, 2003	Brampton	Cobra Survivor	
17	20:36.44	Annalisa Trani	16	February 7, 2025	Etobicoke	CR Division 1 Champs	
18	20:51.07	Isabelle Francoeur	15	December 9, 2011	Pickering	Lisa Flood Classic	
19	21:35.87	Erika Vodouris	15	February 29, 2008	Kingston	KBM Short Course Finale	

50 Backstroke

1	30.39	Kristina Stojadinovic	15	February 26, 2009	Nepean	ON Junior Provincial Champs	relay lead
2	30.51	Natalie Gallant	15	December 2-5, 2004	Etobicoke	Youth Cup	
3	30.53	Meagan Littlejohn	15	December 6-9, 2007	Etobicoke	Youth Cup	
4	30.53	Melissa LeBlonc	16	December 13, 2019	Markham	OOSC Hello Winter	
5	30.62	Katie Smith	15	February 28, 2002	Brantford	ON Junior Provincial Champs	relay lead
6	30.66	McKenna Spurrell	16	November 30, 2019	Montreal	Neptune International de Noel	relay lead
7	30.69	Martine Nyhof	15	December 2, 2016	Etobicoke	Youth Cup	split
8	30.79	Cierra Glysz	16	November 13, 2015	Etobicoke	SC Age Group International	
9	31.07	Simrit Grewal	16	October 30, 2022	Etobicoke	Harvest Invitational	
10	31.08	Alana Colgan	16	February 25, 2010	Etobicoke	ON Junior Provincial Champs	relay lead
11	31.11	Brooke Hall	15	January 16-17, 2010	Toronto	Ontario Cup	
12	31.12	Paige Hall	15	February 16, 2012	Gatineau	Eastern Canadian Champs	
13	31.31	Abbey Clarke	16	December 3, 2023	Montreal	Invitation Noel Neptune	
14	31.35	Sophie Cieplucha	16	October 16, 2010	Brampton	Cobra Intraclub	
15	31.45	Victoria Thicke-Rattray	16	December 3-6, 2009	Etobicoke	Youth Cup	relay lead
16	31.65	Bayley Dalbec	16	December 15, 2013	Gatineau	Invitation de Noel	
17	31.70	Blair Holmes	15	Nov 30-Dec 2, 2001	Etobicoke	ON Senior Provincial Champs	
18	31.78	Erin Paton	16	December 13-15, 2002	Guelph	TAS-Dash for Cash	relay lead
19	31.78	Danielle McVicar	16	March 4, 2001	Nepean	ON Junior Provincial Champs	relay lead
20	31.89	Laura Wise	15	Nov 30-Dec 2, 2001	Etobicoke	ON Senior Provincial Champs	
21	31.90	Amelia Peron	16	December 8, 2024	Scarborough	Murray Drudge Invitational	
22	32.05	Riya Chong Ling	16	December 10, 2021	Toronto	ON Junior International	
23	32.12	Bavindeep Basra	16	November 30, 2012	Etobicoke	Youth Cup	split
24	32.18	Kaylee Dakers	15	January 5, 2007	Brampton	Cash Challenge	
25	32.20	Madison Do	15	April 1, 2023	Brampton	Stephen Clarke Sprint Classic	

100 Backstroke

1	1:03.29	Martine Nyhof	15	December 2, 2016	Etobicoke	Youth Cup	
2	1:03.59	Sophie Cieplucha	16	December 18, 2010	Montreal	Provincial 1-2 de Noel	
3	1:03.62	Katie Smith	15	December 14, 2001	Guelph	TAS-Dash for Cash	
4	1:03.97	Natalie Gallant	15	December 10-12, 2004	Guelph	TAS-Dash for Cash	
5	1:04.35	McKenna Spurrell	16	November 29, 2019	Montreal	Neptune International de Noel	
6	1:04.56	Brooke Hall	15	February 25, 2010	Etobicoke	ON Junior Provincial Champs	
7	1:04.57	Erica Nagy	15	February 19-22, 1992	Winnipeg	Winter Nationals	
8	1:05.27	Paige Hall	16	March 3, 2013	Nepean	ON Provincial Age Group Champs	relay lead
9	1:05.31	Victoria Thicke-Rattray	16	February 26, 2009	Nepean	ON Junior Provincial Champs	
10	1:05.48	Alana Colgan	16	February 25, 2010	Etobicoke	ON Junior Provincial Champs	
11	1:05.57	Lisa Parwicki	16	November 25-27, 1994	Etobicoke	Eastern Canada Cup	
12	1:05.71	Laura Wise	16	Feb 27-Mar 2, 2003	Nepean	ON Junior Provincial Champs	
13	1:05.77	Anne Blachford	15	December 3-6, 1992	Winnipeg	Winter Prairie Invitational	
14	1:05.86	Jennifer Archdekin	15	December 2-5, 1993	Winnipeg	Winter Prairie Invitational	
15	1:05.88	Kristina Stojadinovic	15	February 26, 2009	Nepean	ON Junior Provincial Champs	
16	1:06.05	Abbey Clarke	16	December 1, 2023	Montreal	Invitation Noel Neptune	
17	1:06.13	Meagan Littlejohn	15	December 6-9, 2007	Etobicoke	Youth Cup	
18	1:06.19	Cierra Glysz	15	December 7, 2014	Etobicoke	Youth Cup	
19	1:06.24	Danicca Sinanan	15	December 15, 2012	Montreal	Provincial 1-2 de Noel	
20	1:06.34	Jennifer Thompson	16	February 26-28, 1988	Etobicoke	A Team Champs	
21	1:06.39	Kylie Collier	16	February 10, 2018	Markham	Central Region Champs	
22	1:06.41	Bavindeep Basra	16	November 30, 2012	Etobicoke	Youth Cup	
23	1:06.48	Simrit Grewal	16	November 26, 2022	Markham	Alex Baumann Invitational	
24	1:06.52	Blair Holmes	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs	
25	1:06.58	Melissa LeBlonc	15	December 7, 2018	Scarborough	Youth Cup	

200 Backstroke

1	2:15.31	McKenna Spurrell	16	December 15, 2019	Scarborough	ON Junior International
2	2:15.84	Erica Nagy	15	February 20, 1992	Winnipeg	Winter Nationals
3	2:16.38	Natalie Gallant	15	February 26, 2005	Nepean	ON Junior Provincial Champs
4	2:16.83	Brooke Hall	16	November 26-28, 2010	Etobicoke	Canada Cup
5	2:17.14	Martine Nyhof	15	November 12, 2016	Etobicoke	SC Age Group International
6	2:17.29	Laura Wise	15	December 2001	Montreal	PCSC Meet
7	2:17.69	Sophie Cieplucha	16	December 17, 2010	Montreal	Provincial 1-2 de Noel
8	2:17.85	Katie Smith	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
9	2:18.18	Paige Hall	16	January 19, 2013	Toronto	Ontario Cup
10	2:18.87	Victoria Thicke-Rattray	16	February 28, 2009	Nepean	ON Junior Provincial Champs
11	2:19.01	Danicca Sinanan	15	December 14, 2012	Montreal	Provincial 1-2 de Noel
12	2:19.02	Bavindeep Basra	16	December 14, 2012	Montreal	Provincial 1-2 de Noel
13	2:20.18	Jennifer Archdekin	16	February 27, 1995	Montreal	Winter Nationals
14	2:20.65	Lisa Parwicki	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
15	2:21.53	Alana Colgan	16	February 27, 2010	Etobicoke	ON Junior Provincial Champs
16	2:22.17	Kaylee Dakers	15	December 7-10, 2006	Etobicoke	Youth Cup
17	2:22.46	Marisa Mitchelmore	16	February 6, 2006	Etobicoke	Central Region Champs
18	2:23.15	Simrit Grewal	16	October 29, 2022	Etobicoke	Harvest Invitational
19	2:23.24	Stephanie Dixon	16	February 25, 2001	Saint John	Junior Nationals East
20	2:23.29	Melissa LeBlonc	16	November 30, 2019	Montreal	Neptune International de Noel
21	2:23.44	Kylie Collier	16	February 11, 2018	Markham	Central Region Champs
22	2:23.51	Jennifer Thompson	16	February 26-28, 1988	Etobicoke	A Team Champs
23	2:24.18	Cindy Bertelink	15	December 5-8, 1991	Winnipeg	Winter Prairie Invitational
24	2:24.38	Anne Blachford	15	December 5-8, 1991	Winnipeg	Winter Prairie Invitational
25	2:24.45	Alisha Harricharan	16	December 14-16, 2007	Montreal	Provincial 1-2 de Noel

50 Breaststroke

1	32.69	Anne Blachford	16	February 27, 1993	Saint John	Winter Nationals	
2	34.14	Kaylee Dakers	15	November 24-26, 2006	Etobicoke	Bell Grand Prix	
3	34.17	Sheryl Ross	16	February 20-23, 1991	Calgary	Winter Nationals	
4	34.81	Kim Bacon	15	March 2-5, 2000	Etobicoke	ON Junior Provincial Champs	split
5	35.06	Kylie Collier	16	October 27, 2017	Etobicoke	Harvest Invitational	
6	35.27	Madison Do	16	December 1, 2023	Montreal	Invitation Noel Neptune	
7	35.29	Ysabelle Acosta	16	November 26, 2022	Markham	Alex Baumann Invitational	
8	35.34	Cierra Glysz	16	December 12, 2015	Etobicoke	Winter ON Provincial Champs	split
9	35.52	Caelia Moulton	16	November 20, 2021	Brampton	Gold Intraclub	
10	35.88	Hannah Longpre	15	December 5, 2015	Etobicoke	Mega City	
11	35.92	Sophie Cieplucha	15	January 8, 2010	Brampton	Cash Challenge	
12	36.04	Victoria Thicke-Rattray	15	January 17-18, 2009	Toronto	Ontario Cup	
13	36.19	Brittany Watkins	16	October 30, 2004	Brampton	Cobra Survivor	
14	36.67	Casey Beck	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs	split
15	36.71	Jessica Rafferty	15	November 26-28, 2004	London	Nothers Invitational	
16	36.74	Natasha Iacobucci	15	March 2-5, 2000	Etobicoke	ON Junior Provincial Champs	split
17	36.77	Esther Haines	16	January 9, 2009	Brampton	Cash Challenge	
18	37.05	Melissa LeBlonc	16	November 1, 2019	Etobicoke	Harvest Invitational	
19	37.08	Bavindeep Basra	16	January 19, 2013	Toronto	Ontario Cup	split
20	37.19	Katrina Bhagaloo	15	December 3, 2011	Etobicoke	Youth Cup	split
21	37.31	McKenna Spurrell	16	November 1, 2019	Etobicoke	Harvest Invitational	
22	37.54	Laura Wise	16	October 19, 2002	Brampton	Cobra Intraclub	
23	37.62	Abbey Clarke	16	April 1, 2023	Brampton	Stephen Clarke Sprint Classic	
24	37.68	Alaina Brown	16	January 7, 2005	Brampton	Cash Challenge	
25	37.85	Kersten Chong	16	December 5, 2015	Etobicoke	Mega City	

100 Breaststroke

1	1:10.26	Anne Blachford	15	February 19-22, 1992	Winnipeg	Winter Nationals
2	1:10.71	Jennifer Noddle	15	February 26, 1995	Montreal	Winter Nationals
3	1:10.79	Sophie Cieplucha	16	December 17, 2010	Montreal	Provincial 1-2 de Noel
4	1:13.08	Sheryl Ross	16	February 20-23, 1991	Calgary	Winter Nationals
5	1:13.40	Kim Bacon	16	March 1-4, 2001	Nepean	ON Junior Provincial Champs
6	1:13.60	Kaylee Dakers	15	February 15-18, 2007	Montreal	Speedo Eastern Canadian Champs
7	1:14.85	Natasha Iacobucci	16	March 1-4, 2001	Nepean	ON Junior Provincial Champs
8	1:14.87	Kylie Collier	16	December 15, 2017	Scarborough	ON Junior International
9	1:15.62	Madison Do	16	January 13, 2024	Etobicoke	AB Meet
10	1:15.81	Cierra Glysz	16	December 12, 2015	Etobicoke	Winter ON Provincial Champs
11	1:16.06	Esther Haines	16	January 17-18, 2009	Toronto	Ontario Cup
12	1:16.20	Kristin Keery	15	December 2-5, 1993	Winnipeg	Winter Prairie Invitational
13	1:16.36	Victoria Thicke-Rattray	16	December 3-6, 2009	Etobicoke	Youth Cup
14	1:16.98	Brittany Watkins	15	December 13-15, 2002	Guelph	TAS-Dash for Cash
15	1:17.07	Casey Beck	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
16	1:17.21	Hannah Longpre	15	December 12, 2015	Etobicoke	Winter ON Provincial Champs
17	1:17.22	Caelia Moulton	16	October 29, 2022	Etobicoke	Harvest Invitational
18	1:17.23	Jessica Rafferty	15	March 4-7, 2004	Etobicoke	ON Junior Provincial Champs
19	1:17.31	Ysabelle Acosta	16	October 29, 2022	Etobicoke	Harvest Invitational
20	1:17.32	Yohanna Prajogo	16	Nov 30-Dec 2, 2001	Etobicoke	ON Senior Provincial Champs
21	1:17.34	Melanie Francis	16	March 1, 1997	Nepean	ON Provincial Age Group Champs
22	1:17.87	Lindsay Griffin	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
23	1:18.09	Bavindeep Basra	16	January 19, 2013	Toronto	Ontario Cup
24	1:18.74	Katrina Bhagaloo	15	December 10, 2011	Guelph	TAS-Dash for Cash
25	1:19.00	Cathryn Peron	15	February 10, 2019	Markham	Central Region Champs

200 Breaststroke

1	2:30.98	Jennifer Noddle	15	February 28, 1995	Montreal	Winter Nationals
2	2:31.46	Sophie Cieplucha	16	November 26-28, 2010	Etobicoke	Canada Cup
3	2:34.63	Anne Blachford	16	February 24-27, 1993	Saint John	Winter Nationals
4	2:37.30	Kaylee Dakers	16	December 14-16, 2007	Montreal	Provincial 1-2 de Noel
5	2:39.43	Kristin Keery	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
6	2:40.16	Kim Bacon	15	March 2-5, 2000	Etobicoke	ON Junior Provincial Champs
7	2:41.04	Esther Haines	16	November 7-9, 2008	Brantford	Swim International
8	2:41.12	Kylie Collier	16	December 16, 2017	Scarborough	ON Junior International
9	2:41.66	Yohanna Prajogo	16	Nov 30-Dec 2, 2001	Etobicoke	ON Senior Provincial Champs
10	2:41.86	Brittany Watkins	16	March 4-7, 2004	Etobicoke	ON Junior Provincial Champs
11	2:42.86	Casey Beck	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
12	2:43.22	Sheryl Ross	16	December 1, 1990	Etobicoke	Pepsi Canada Cup
13	2:43.39	Victoria Thicke-Rattray	16	February 26, 2009	Nepean	ON Junior Provincial Champs
14	2:43.54	Bavindeep Basra	15	December 9, 2011	Guelph	TAS-Dash for Cash
15	2:46.24	Madison Do	16	November 18, 2023	Markham	Alex Baumann Invitational
16	2:47.15	Cierra Glysz	15	February 27, 2014	London	ON Age Group Champs
17	2:47.29	Natasha Iacobucci	15	March 2-5, 2000	Etobicoke	ON Junior Provincial Champs
18	2:47.60	Alaina Brown	16	February 6, 2005	Etobicoke	Central Region Champs
19	2:48.02	Katrina Bhagaloo	15	December 2, 2011	Etobicoke	Youth Cup
20	2:48.50	Caelia Moulton	16	October 30, 2022	Etobicoke	Harvest Invitational
21	2:49.73	Amelia Peron	16	December 6, 2024	Scarborough	Murray Drudge Invitational
22	2:49.82	Vanessa Iacobucci	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
23	2:49.93	Sarah Maddock	15	February 9, 2013	Etobicoke	Central Region Champs
24	2:50.21	Cathryn Peron	15	December 8, 2018	Scarborough	Youth Cup
25	2:51.53	Natalie Gallant	15	December 2-5, 2004	Etobicoke	Youth Cup

50 Butterfly

1	28.34	Alisha Harricharan	16	November 28, 2008	Etobicoke	Canada Cup	
2	28.56	Riya Chong Ling	16	December 11, 2021	Toronto	ON Junior International	
3	28.75	Anne Blachford	16	February 24-27, 1993	Saint John	Winter Nationals	
4	29.07	Martine Nyhof	15	December 3, 2016	Etobicoke	Youth Cup	split
5	29.21	Brooke Hall	16	December 19, 2010	Montreal	Provincial 1-2 de Noel	
6	29.37	Cierra Glysz	15	December 4, 2014	Etobicoke	Youth Cup	
7	29.44	Melissa LeBlonc	16	December 13, 2019	Markham	OOSC Hello Winter	
8	29.66	Abbey Clarke	16	December 3, 2023	Montreal	Invitation Noel Neptune	
9	29.93	Meagan Littlejohn	16	December 4-7, 2008	Etobicoke	Youth Cup	
10	29.99	Scarlytt Vande Vooren	16	December 6, 2024	Scarborough	Murray Drudge Invitational	
11	30.03	McKenna Spurrell	16	November 1, 2019	Etobicoke	Harvest Invitational	
12	30.44	Simrit Grewal	16	October 29, 2022	Etobicoke	Harvest Invitational	
13	30.46	Auralie Reed	16	December 6, 2024	Scarborough	Murray Drudge Invitational	
14	30.47	Blair Holmes	15	Nov 30-Dec 2, 2001	Etobicoke	ON Senior Provincial Champs	
15	30.50	Kristina Stojadinovic	15	January 8, 2010	Brampton	Cash Challenge	
16	30.54	Sophie Cieplucha	15	January 8, 2010	Brampton	Cash Challenge	
17	30.62	Bavindeep Basra	16	December 14, 2012	Montreal	Provincial 1-2 de Noel	split
18	30.69	Natalie Gallant	15	December 2-5, 2004	Etobicoke	Youth Cup	
19	30.70	Kylie Collier	16	October 27, 2017	Etobicoke	Harvest Invitational	
20	31.14	Madison Do	16	January 13, 2024	Etobicoke	AB Meet	
21	31.17	Heather Norris	16	February 26, 1998	Brantford	ON Provincial Age Group Champs	split
22	31.19	Kim Bacon	15	March 2-5, 2000	Etobicoke	ON Junior Provincial Champs	split
23	31.32	Brittany Watkins	16	January 9, 2004	Brampton	Cash Challenge	
24	31.38	Jasmine Rogers	15	December 5, 2014	Etobicoke	Mega City	
25	31.45	Shailyn MacQueen	15	November 13, 2016	Etobicoke	SC Age Group International	

100 Butterfly

1	1:02.02	Martine Nyhof	15	December 3, 2016	Etobicoke	Youth Cup	
2	1:02.11	Alisha Harricharan	16	December 5, 2008	Etobicoke	Youth Cup	
3	1:02.55	Brooke Hall	16	December 18, 2010	Montreal	Provincial 1-2 de Noel	
4	1:03.48	Anne Blachford	16	February 24-27, 1993	Saint John	Winter Nationals	
5	1:04.23	Riya Chong Ling	16	December 10, 2021	Toronto	ON Junior International	
6	1:04.42	Jennifer Thompson	16	February 26-28, 1988	Etobicoke	A Team Champs	
7	1:04.51	Cierra Glysz	16	February 27, 2015	Brantford	ON Provincial Age Group Champs	
8	1:04.89	Blair Holmes	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs	
9	1:05.71	Carly Porter	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational	
10	1:05.73	Bavindeep Basra	16	December 14, 2012	Montreal	Provincial 1-2 de Noel	
11	1:05.74	Erica Nagy	16	December 3-6, 1992	Winnipeg	Winter Prairie Invitational	
12	1:05.84	Melissa LeBlonc	16	December 14, 2019	Markham	OOSC Hello Winter	
13	1:05.97	Scarlytt Vande Vooren	16	February 9, 2025	Etobicoke	CR Division 1 Champs	
14	1:06.01	Shona Patterson	16	October 1998	Etobicoke	NYAC Meet	
15	1:06.34	Natalie Gallant	16	December 1-4, 2005	Etobicoke	Youth Cup	
16	1:06.46	Jennifer Noddle	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational	
17	1:06.47	Victoria Thicke-Rattray	16	December 3-6, 2009	Etobicoke	Youth Cup	
18	1:06.57	Michelle Cobb	16	November 18-20, 1995	Nepean	Division 1 Team Champs	
19	1:06.59	Sophie Cieplucha	15	January 16-17, 2010	Toronto	Ontario Cup	
20	1:06.65	McKenna Spurrell	16	November 30, 2019	Montreal	Neptune International de Noel	
21	1:06.80	Meagan Littlejohn	16	December 12-14, 2008	Pickering	Lisa Flood Classic	
22	1:06.85	Abbey Clarke	16	December 2, 2023	Montreal	Invitation Noel Neptune	
23	1:07.03	Robyn Miller	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational	
24	1:07.07	Kylie Collier	16	February 11, 2018	Markham	Central Region Champs	
25	1:07.18	Kristina Stojadinovic	15	February 26, 2009	Nepean	ON Junior Provincial Champs	

200 Butterfly

1	2:15.08	Alisha Harricharan	16	November 30, 2008	Etobicoke	Canada Cup
2	2:15.89	Brooke Hall	16	December 17, 2010	Montreal	Provincial 1-2 de Noel
3	2:21.09	Martine Nyhof	15	November 11, 2016	Etobicoke	SC Age Group International
4	2:21.73	Blair Holmes	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
5	2:22.43	Sophie Cieplucha	16	December 4, 2010	Etobicoke	Youth Cup
6	2:23.07	Shona Patterson	16	November 13-15, 1998	Brantford	Swim International
7	2:23.50	Katie Smith	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
8	2:23.62	Jennifer Noddle	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
9	2:23.97	Cindy Bertelink	16	November 20-22, 1992	Etobicoke	A Team Champs
10	2:24.04	Heather Norris	16	March 1, 1998	Brantford	ON Provincial Age Group Champs
11	2:24.19	Bavindeep Basra	16	December 16, 2012	Montreal	Provincial 1-2 de Noel
12	2:25.53	Kylie Collier	16	February 10, 2018	Markham	Central Region Champs
13	2:26.89	Kate Mathewson	16	December 4-7, 2008	Etobicoke	Youth Cup
14	2:27.03	Shailyn MacQueen	16	December 3, 2017	Montreal	Invitation Provinciale Neptune
15	2:27.53	Jennifer Thompson	16	February 26-28, 1988	Etobicoke	A Team Champs
16	2:27.64	Anne Blachford	16	Season 1993		
17	2:28.08	Erica Nagy	16	Season 1993		
18	2:28.22	Melissa LeBlonc	16	November 2, 2019	Etobicoke	Harvest Invitational
19	2:28.26	Sarah Balbaa	15	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
20	2:28.73	Natalie Gallant	15	January 8, 2005	Brampton	Cash Challenge
21	2:29.03	Esther Haines	16	January 10, 2009	Brampton	Cash Challenge
22	2:30.92	Edna Banjanovic	15	March 3, 2012	Nepean	ON Junior Provincial Champs
23	2:33.96	Sara McLeod	16	February 15, 2014	Markham	Central Region Champs
24	2:34.50	Nimrata Virk	15	December 8, 2012	Pickering	Lisa Flood Classic
25	2:34.52	Danielle Ranieri	15	February 6, 2010	Etobicoke	Central Region Champs

200 Individual Medley

1	2:16.80	Anne Blachford	16	February 26, 1993	Saint John	Winter Nationals
2	2:17.30	Jennifer Noddle	15	February 27, 1995	Montreal	Winter Nationals
3	2:17.55	Sophie Cieplucha	16	November 12-14, 2010	Brantford	Swim International
4	2:20.49	Martine Nyhof	15	December 3, 2016	Etobicoke	Youth Cup
5	2:22.37	Cindy Bertelink	16	February 19-22, 1992	Winnipeg	Winter Nationals
6	2:22.48	Victoria Thicke-Rattray	16	December 3-6, 2009	Etobicoke	Youth Cup
7	2:22.69	Natalie Gallant	15	December 10-12, 2004	Guelph	TAS-Dash for Cash
8	2:23.35	Bavindeep Basra	16	December 15, 2012	Montreal	Provincial 1-2 de Noel
9	2:23.69	Kaylee Dakers	15	March 4, 2007	Etobicoke	Youth Cup
10	2:24.06	Laura Wise	16	December 13-15, 2002	Guelph	TAS-Dash for Cash
11	2:24.40	Kylie Collier	15	December 9, 2016	Etobicoke	CR Large Team Champs
12	2:24.47	Cierra Glysz	15	March 2, 2014	London	ON Age Group Champs
13	2:24.83	Blair Holmes	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
14	2:24.84	Brooke Hall	15	December 3-6, 2009	Etobicoke	Youth Cup
15	2:24.95	Kim Bacon	16	March 1-4, 2001	Nepean	ON Junior Provincial Champs
16	2:24.97	Alisha Harricharan	15	November 9-11, 2007	Barrie	Meridian Aquafest
17	2:24.99	Esther Haines	16	December 4-7, 2008	Etobicoke	Youth Cup
18	2:25.17	Amelia Peron	16	December 7, 2024	Scarborough	Murray Drudge Invitational
19	2:25.43	McKenna Spurrell	16	November 3, 2019	Etobicoke	Harvest Invitational
20	2:25.90	Lisa Parwicki	16	December 1-4, 1994	Winnipeg	Winter Prairie Invitational
21	2:26.64	Dawn Clarke	16	February 26-28, 1988	Etobicoke	A Team Champs
22	2:26.68	Melissa LeBlonc	15	December 2, 2018	Montreal	Neptune International de Noel
23	2:26.69	Paige Hall	15	December 4, 2011	Etobicoke	Youth Cup
24	2:26.71	Sabrina Phongphilack	16	December 5, 2014	Etobicoke	Youth Cup
25	2:26.93	Katie Smith	15	December 14-16, 2001	Guelph	TAS-Dash for Cash

400 Individual Medley

1	4:52.10	Sophie Cieplucha	16	December 3, 2010	Etobicoke	Youth Cup
2	4:52.94	Jennifer Noddle	15	February 26, 1995	Montreal	Winter Nationals
3	4:55.52	Anne Blachford	15	February 19-22, 1992	Winnipeg	Winter Nationals
4	4:57.26	Cindy Bertelink	16	Feb 29-Mar 1, 1992	Montreal	Quebec Age Group Champs
5	4:57.78	Bavindeep Basra	16	November 30, 2012	Etobicoke	Youth Cup
6	5:00.12	Esther Haines	16	November 28-30, 2008	Etobicoke	Canada Cup
7	5:02.48	Natalie Gallant	15	December 2-5, 2004	Etobicoke	Youth Cup
8	5:03.78	Brooke Hall	16	February 25, 2011	Nepean	ON Junior Provincial Champs
9	5:06.03	Paige Hall	15	February 17, 2012	Gatineau	Eastern Canadian Champs
10	5:06.30	Alisha Harricharan	16	November 28-30, 2008	Etobicoke	Canada Cup
11	5:06.45	Victoria Thicke-Rattray	16	February 27, 2009	Nepean	ON Junior Provincial Champs
12	5:07.36	Blair Holmes	15	November 2001	Brantford	Swim International
13	5:07.77	Kaylee Dakers	16	February 29, 2008	London	ON Junior Provincial Champs
14	5:08.82	Katie Smith	15	Feb 28-Mar 3, 2002	Brantford	ON Junior Provincial Champs
15	5:09.08	Cierra Glysz	16	February 27, 2015	Brantford	ON Provincial Age Group Champs
16	5:10.09	Melissa LeBlonc	16	November 29, 2019	Montreal	Neptune International de Noel
17	5:10.13	Erica Nagy	15	December 5-8, 1991	Winnipeg	Winter Prairie Invitational
18	5:10.44	Amelia Peron	16	January 11, 2025	Brampton	Stephen Clarke Classic
19	5:10.92	Kylie Collier	16	December 1, 2017	Montreal	Invitation Provinciale Neptune
20	5:12.50	Danicca Sinanan	15	November 29, 2012	Etobicoke	Youth Cup
21	5:13.10	Kate Mathewson	16	January 17-18, 2009	Toronto	Ontario Cup
22	5:14.61	Courtney Ranieri	15	December 7-9, 2007	Etobicoke	Mega City
23	5:14.83	Sabrina Phongphilack	16	January 18, 2015	Etobicoke	AB Meet
24	5:14.83	Shailyn MacQueen	16	February 10, 2018	Markham	Central Region Champs
25	5:15.68	Danielle Ranieri	15	February 26, 2010	Etobicoke	ON Junior Provincial Champs