

Inter-Continental Dual-Meet



**Grand Prairie,
Alberta, Canada
and
Aberdeen, Scotland
10th March 2019**

Men's 50 m Freestyle

Event
Men
50 FREE
Short Course

Date
10/03/2019

No. of Competitors
22

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kevin Reynard	SCB	0:28.07	54.06	50-54	1.1162	0:25.15
Peter Long	SCB	0:29.03	55.39	55-59	1.1231	0:25.85
Andy Wheeler	SCB	0:28.35	41.31	40-44	1.0504	0:26.99
Adam Caton	SCB	0:30.72	32.67	30-34	1.0058	0:30.54
Stewart Gairns	B&B	0:31.10	52.25	50-54	1.1068	0:28.10
Brian Bain	SCB	0:32.15	59.12	55-59	1.1465	0:28.04
Ian Milne	SCB	0:31.70	68.02	65-69	1.2266	0:25.84
Chris Carden	B&B	0:39.61	57.06	55-59	1.1318	0:35.00
Kamran Majidli	SCB	0:35.88	28.64	24-29	1.0010	0:35.84
Marcus Score	FSF	0:37.54	59.09	55-59	1.1463	0:32.75
McClean Eubank	FSF	0:26.95	30.70	30-34	1.0022	0:26.89
Jeremy Lane	FSF	0:28.26	31.49	30-34	1.0027	0:28.18
Luke Dunbar	FSF	0:27.70	24.67	24-29	1.0000	0:27.70
Darrel Shwarok	FSF	0:38.08	47.01	44-49	1.0735	0:35.47
John Webster	FSF	0:35.17	55.03	55-59	1.1212	0:31.37
Dave Salter	FSF	0:30.61	57.86	55-59	1.1376	0:26.91
Stefano Jun	FSF	0:30.27	24.32	24-29	1.0000	0:30.27
Yoshi Takara	FSF	0:37.59	52.01	50-54	1.1055	0:34.00
Greg Shiercz	FSF	0:37.90	51.75	50-54	1.1039	0:34.33
Eric Evenson	SR	0:31.47	33.41	30-34	1.0088	0:31.20
Rob Buehler	SR	0:35.71	30.63	30-34	1.0022	0:35.63
Richard Fletcher	SR	0:31.94	49.57	50-54	1.0899	0:29.31

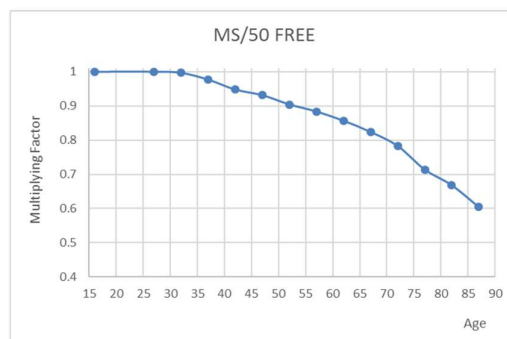
Results By Age Category

Age Cat.	Place	Name	Club	Time
24-29	1	Luke Dunbar	FSF	0:27.70
	2	Stefano Jun	FSF	0:30.27
	3	Kamran Majidli	SCB	0:35.88
30-34	1	McClean Eubank	FSF	0:26.95
	2	Jeremy Lane	FSF	0:28.26
	3	Adam Caton	SCB	0:30.72
	4	Eric Evenson	SR	0:31.47
40-44	5	Rob Buehler	SR	0:35.71
	1	Andy Wheeler	SCB	0:28.35
44-49	1	Darrel Shwarok	FSF	0:38.08
50-54	1	Kevin Reynard	SCB	0:28.07
	2	Stewart Gairns	B&B	0:31.10
	3	Richard Fletcher	SR	0:31.94
	4	Yoshi Takara	FSF	0:37.59
	5	Greg Shiercz	FSF	0:37.90
	1	Peter Long	SCB	0:29.03
55-59	2	Dave Salter	FSF	0:30.61
	3	Brian Bain	SCB	0:32.15
	4	John Webster	FSF	0:35.17
65-69	5	Marcus Score	FSF	0:37.54
	6	Chris Carden	B&B	0:39.61
	1	Ian Milne	SCB	0:31.70

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Kevin Reynard	SCB	54.06	0:28.07	0:25.15	15
2	Ian Milne	SCB	68.02	0:31.70	0:25.84	12
3	Peter Long	SCB	55.39	0:29.03	0:25.85	9
4	McClean Eubank	FSF	30.70	0:26.95	0:26.89	7
5	Dave Salter	FSF	57.86	0:30.61	0:26.91	5
6	Andy Wheeler	SCB	41.31	0:28.35	0:26.99	3
7	Luke Dunbar	FSF	24.67	0:27.70	0:27.70	2
8	Brian Bain	SCB	59.12	0:32.15	0:28.04	
9	Stewart Gairns	B&B	52.25	0:31.10	0:28.10	
10	Jeremy Lane	FSF	31.49	0:28.26	0:28.18	1
11	Richard Fletcher	SR	49.57	0:31.94	0:29.31	
12	Stefano Jun	FSF	24.32	0:30.27	0:30.27	
13	Adam Caton	SCB	32.67	0:30.72	0:30.54	
14	Eric Evenson	SR	33.41	0:31.47	0:31.20	
15	John Webster	FSF	55.03	0:35.17	0:31.37	
16	Marcus Score	FSF	59.09	0:37.54	0:32.75	
17	Yoshi Takara	FSF	52.01	0:37.59	0:34.00	
18	Greg Shiercz	FSF	51.75	0:37.90	0:34.33	
19	Chris Carden	B&B	57.06	0:39.61	0:35.00	
20	Darrel Shwarok	FSF	47.01	0:38.08	0:35.47	
21	Rob Buehler	SR	30.63	0:35.71	0:35.63	
22	Kamran Majidli	SCB	28.64	0:35.88	0:35.84	

Club	Points
FSF	15
SCB	39



Women's 50 m Freestyle

Event
Women
50 FREE
Short Course

Date
10/03/2019

No. of Competitors
29

Results By Age Category

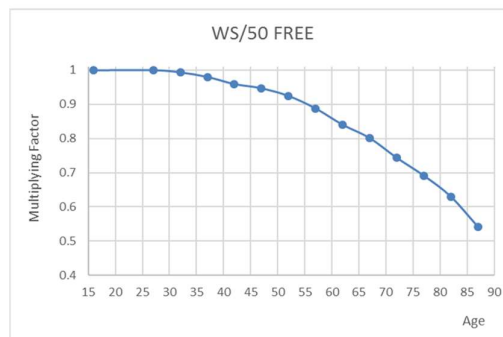
Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kelly McIntosh	SCB	0:29.01	29.61	30-34	1.0033	0:28.91
Jenny Brown	SCB	0:34.91	30.63	30-34	1.0046	0:34.75
Joanna Nicholson	B&B	0:36.84	47.06	44-49	1.0561	0:34.88
Gillian Main	SCB	0:41.69	55.89	55-59	1.1161	0:37.35
Jennifer Smith	SCB	0:39.31	31.69	30-34	1.0059	0:39.08
Froya Rossvoll	SCB	0:38.78	44.02	40-44	1.0477	0:37.02
Sye Kasim	SCB	0:55.34	32.90	30-34	1.0088	0:54.86
Freddi Bromling	FSF	1:10.12	72.54	70-74	1.3556	0:51.72
Marie Fortin	FSF	0:37.47	41.77	40-44	1.0412	0:35.99
Naomi Smith	FSF	0:41.61	32.47	30-34	1.0076	0:41.30
Shannon Armstrong	FSF	0:40.04	43.13	40-44	1.0453	0:38.31
Anji Porter	FSF	0:32.36	43.38	40-44	1.0459	0:30.94
Mary-Helen Hopkins	FSF	0:42.37	63.40	60-64	1.2061	0:35.13
Diane Primeau	FSF	1:28.06	77.34	75-79	1.4556	1:00.50
Barb Paton	FSF	0:57.32	44.68	44-49	1.0495	0:54.62
Joanne Stewart	FSF	0:46.15	56.85	55-59	1.1246	0:41.04
Shonah Finlay	FSF	0:40.50	43.98	40-44	1.0476	0:38.66
Kaitlyn Lukoni	FSF	0:48.43	34.00	30-34	1.0118	0:47.86
Adele Major	FSF	1:22.85	72.01	70-74	1.3448	1:01.61
Natasha Evenson	FSF	0:36.56	34.17	30-34	1.0123	0:36.12
Wendy McMillan	FSF	1:00.00	65.10	65-69	1.2257	0:48.95
XiuYing Zhao	FSF	0:44.95	53.04	50-54	1.0908	0:41.21
Lisa Kerkhof	SR	0:35.83	34.42	35-39	1.0130	0:35.37
Alyson Vavrek	FSF	0:35.14	30.57	30-34	1.0045	0:34.98
Rebecca Leigh	SR	0:39.13	30.98	30-34	1.0050	0:38.93
Cory Wickberg	SR	1:16.63	33.10	30-34	1.0093	1:15.92
Andrea Snider	FSF	0:37.28	36.29	35-39	1.0181	0:36.62
Amanda Roessler	SR	0:38.58	37.80	35-39	1.0237	0:37.69
Lucia Martin	FSF	1:10.94	67.02	65-69	1.2481	0:56.84

Age Cat.	Place	Name	Club	Time
30-34	1	Kelly McIntosh	SCB	0:29.01
	2	Jenny Brown	SCB	0:34.91
	3	Alyson Vavrek	FSF	0:35.14
	4	Natasha Evenson	FSF	0:36.56
	5	Rebecca Leigh	SR	0:39.13
	6	Jennifer Smith	SCB	0:39.31
	7	Naomi Smith	FSF	0:41.61
	8	Kaitlyn Lukoni	FSF	0:48.43
	9	Sye Kasim	SCB	0:55.34
	10	Cory Wickberg	SR	1:16.63
35-39	1	Lisa Kerkhof	SR	0:35.83
	2	Andrea Snider	FSF	0:37.28
	3	Amanda Roessler	SR	0:38.58
40-44	1	Anji Porter	FSF	0:32.36
	2	Marie Fortin	FSF	0:37.47
	3	Froya Rossvoll	SCB	0:38.78
	4	Shannon Armstrong	FSF	0:40.04
	5	Shonah Finlay	FSF	0:40.50
44-49	1	Joanna Nicholson	B&B	0:36.84
	2	Barb Paton	FSF	0:57.32
50-54	1	XiuYing Zhao	FSF	0:44.95
	1	Gillian Main	SCB	0:41.69
55-59	2	Joanne Stewart	FSF	0:46.15
	1	Mary-Helen Hopkins	FSF	0:42.37
65-69	1	Wendy McMillan	FSF	1:00.00
	2	Lucia Martin	FSF	1:10.94
70-74	1	Freddi Bromling	FSF	1:10.12
	2	Adele Major	FSF	1:22.85
75-79	1	Diane Primeau	FSF	1:28.06

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Kelly McIntosh	SCB	29.61	0:29.01	0:28.91	15
2	Anji Porter	FSF	43.38	0:32.36	0:30.94	12
3	Jenny Brown	SCB	30.63	0:34.91	0:34.75	9
4	Joanna Nicholson	B&B	47.06	0:36.84	0:34.88	
5	Alyson Vavrek	FSF	30.57	0:35.14	0:34.98	7
6	Mary-Helen Hopkins	FSF	63.40	0:42.37	0:35.13	5
7	Lisa Kerkhof	SR	34.42	0:35.83	0:35.37	
8	Marie Fortin	FSF	41.77	0:37.47	0:35.99	3
9	Natasha Evenson	FSF	34.17	0:36.56	0:36.12	
10	Andrea Snider	FSF	36.29	0:37.28	0:36.62	
11	Froya Rossvoll	SCB	44.02	0:38.78	0:37.02	2
12	Gillian Main	SCB	55.89	0:41.69	0:37.35	1
13	Amanda Roessler	SR	37.80	0:38.58	0:37.69	
14	Shannon Armstrong	FSF	43.13	0:40.04	0:38.31	
15	Shonah Finlay	FSF	43.98	0:40.50	0:38.66	
16	Rebecca Leigh	SR	30.98	0:39.13	0:38.93	
17	Jennifer Smith	SCB	31.69	0:39.31	0:39.08	
18	Joanne Stewart	FSF	56.85	0:46.15	0:41.04	
19	XiuYing Zhao	FSF	53.04	0:44.95	0:41.21	
20	Naomi Smith	FSF	32.47	0:41.61	0:41.30	
21	Kaitlyn Lukoni	FSF	34.00	0:48.43	0:47.86	
22	Wendy McMillan	FSF	65.10	1:00.00	0:48.95	
23	Freddi Bromling	FSF	72.54	1:10.12	0:51.72	
24	Barb Paton	FSF	44.68	0:57.32	0:54.62	
25	Sye Kasim	SCB	32.90	0:55.34	0:54.86	
26	Lucia Martin	FSF	67.02	1:10.94	0:56.84	
27	Diane Primeau	FSF	77.34	1:28.06	1:00.50	
28	Adele Major	FSF	72.01	1:22.85	1:01.61	
29	Cory Wickberg	SR	33.10	1:16.63	1:15.92	

Club	Points
FSF	27
SCB	27



Men's 200 m Butterfly

Event
Men
200 FLY
Short Course

Date
10/03/2019

No. of Competitors
4

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Ian Milne	SCB	3:24.40	68.02	65-69	1.3917	2:26.87
Brian Bain	SCB	3:33.78	59.12	55-59	1.2083	2:56.93
McClellan Eubank	FSF	2:43.62	30.70	30-34	1.0073	2:42.43
Jeremy Lane	FSF	2:54.19	31.49	30-34	1.0089	2:52.66

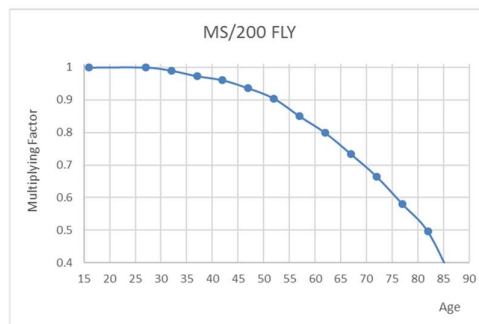
Results By Age Category

Age Cat.	Place	Name	Club	Time
30-34	1	McClellan Eubank	FSF	2:43.62
	2	Jeremy Lane	FSF	2:54.19
55-59	1	Brian Bain	SCB	3:33.78
65-69	1	Ian Milne	SCB	3:24.40

Overall Result by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Ian Milne	SCB	68.02	3:24.40	2:26.87	15
2	McClellan Eubank	FSF	30.70	2:43.62	2:42.43	12
3	Jeremy Lane	FSF	31.49	2:54.19	2:52.66	9
4	Brian Bain	SCB	59.12	3:33.78	2:56.93	7

Club	Points
FSF	21
SCB	22



Women's 200 m Butterfly

Event
Women
200 FLY
Short Course

Date
10/03/2019

No. of Competitors
8

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Anji Porter	FSF	3:16.03	43.38	40-44	1.0636	3:04.31
Marie Fortin	FSF	4:43.01	41.77	40-44	1.0573	4:27.68
Shannon Armstrong	FSF	4:03.55	43.13	40-44	1.0626	3:49.20
Theresa Thompson	FSF	4:20.31	52.80	50-54	1.1374	3:48.87
Naomi Smith	FSF	4:09.08	32.47	30-34	1.0253	4:02.93
Shonah Finlay	FSF	4:05.56	43.98	40-44	1.0659	3:50.38
Joanne Stewart	FSF	4:46.61	56.85	55-59	1.2041	3:58.03
Alyson Vavrek	FSF	3:41.10	30.57	30-34	1.0173	3:37.35

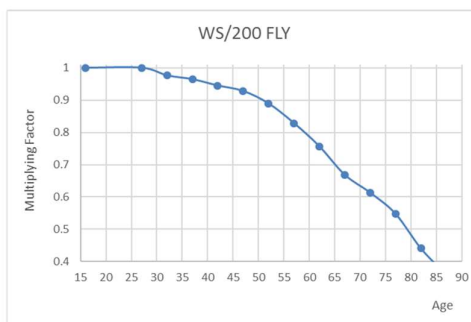
Results By Age Category

Age Cat.	Place	Name	Club	Time
30-34	1	Alyson Vavrek	FSF	3:41.10
	2	Naomi Smith	FSF	4:09.08
40-44	1	Anji Porter	FSF	3:16.03
	2	Shannon Armstrong	FSF	4:03.55
	3	Shonah Finlay	FSF	4:05.56
	4	Marie Fortin	FSF	4:43.01
50-54	1	Theresa Thompson	FSF	4:20.31
55-59	1	Joanne Stewart	FSF	4:46.61

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Anji Porter	FSF	43.38	3:16.03	3:04.31	15
2	Alyson Vavrek	FSF	30.57	3:41.10	3:37.35	12
3	Theresa Thompson	FSF	52.80	4:20.31	3:48.87	9
4	Shannon Armstrong	FSF	43.13	4:03.55	3:49.20	7
5	Shonah Finlay	FSF	43.98	4:05.56	3:50.38	
6	Joanne Stewart	FSF	56.85	4:46.61	3:58.03	
7	Naomi Smith	FSF	32.47	4:09.08	4:02.93	
8	Marie Fortin	FSF	41.77	4:43.01	4:27.68	

Club	Points
FSF	43
SCB	0



Men's 200 m Breaststroke

Event
Men
200 BREAST
Short Course

Date
10/03/2019

No. of Competitors
13

Results By Age Category

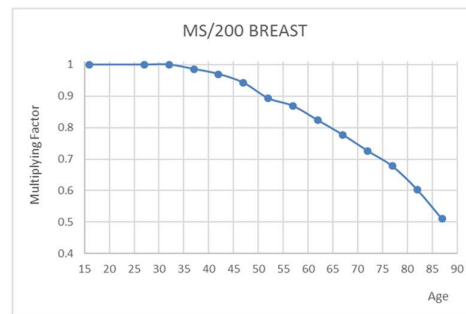
Name	Club	Time	Age	Age Group	Factor	Adj. Time
Chris Ferguson	SCB	2:37.29	37.14	35-39	1.0147	2:35.02
Bill Reid	SCB	3:05.57	64.72	65-69	1.2535	2:28.04
Brian Bain	SCB	3:24.81	59.12	55-59	1.1780	2:53.87
Stewart Gairns	B&B	3:31.32	52.25	50-54	1.1212	3:08.48
Ian Milne	SCB	3:52.35	68.02	65-69	1.3047	2:58.09
Marcus Score	FSF	3:57.22	59.09	55-59	1.1776	3:21.45
McClean Eubank	FSF	3:11.04	30.70	30-34	1.0000	3:11.04
Jeremy Lane	FSF	3:06.73	31.49	30-34	1.0000	3:06.73
Darrel Shwarok	FSF	4:01.26	47.01	44-49	1.0612	3:47.34
John Webster	FSF	3:44.36	55.03	55-59	1.1386	3:17.04
Yoshi Takara	FSF	4:22.33	52.01	50-54	1.1197	3:54.29
Bret Olsen	FSF	2:56.39	30.64	30-34	1.0000	2:56.39
Greg Shiercz	FSF	3:55.98	51.75	50-54	1.1167	3:31.32

Age Cat.	Place	Name	Club	Time
30-34	1	Bret Olsen	FSF	2:56.39
	2	Jeremy Lane	FSF	3:06.73
	3	McClean Eubank	FSF	3:11.04
35-39	1	Chris Ferguson	SCB	2:37.29
44-49	1	Darrel Shwarok	FSF	4:01.26
50-54	1	Stewart Gairns	B&B	3:31.32
	2	Greg Shiercz	FSF	3:55.98
	3	Yoshi Takara	FSF	4:22.33
55-59	1	Brian Bain	SCB	3:24.81
	2	John Webster	FSF	3:44.36
	3	Marcus Score	FSF	3:57.22
65-69	1	Bill Reid	SCB	3:05.57
	2	Ian Milne	SCB	3:52.35

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Bill Reid	SCB	64.72	3:05.57	2:28.04	15
2	Chris Ferguson	SCB	37.14	2:37.29	2:35.02	12
3	Brian Bain	SCB	59.12	3:24.81	2:53.87	9
4	Bret Olsen	FSF	30.64	2:56.39	2:56.39	7
5	Ian Milne	SCB	68.02	3:52.35	2:58.09	5
6	Jeremy Lane	FSF	31.49	3:06.73	3:06.73	3
7	Stewart Gairns	B&B	52.25	3:31.32	3:08.48	
8	McClean Eubank	FSF	30.70	3:11.04	3:11.04	2
9	John Webster	FSF	55.03	3:44.36	3:17.04	1
10	Marcus Score	FSF	59.09	3:57.22	3:21.45	
11	Greg Shiercz	FSF	51.75	3:55.98	3:31.32	
12	Darrel Shwarok	FSF	47.01	4:01.26	3:47.34	
13	Yoshi Takara	FSF	52.01	4:22.33	3:54.29	

Club	Points
FSF	13
SCB	41



Women's 200 m Breaststroke

Event
Women
200 BREAST
Short Course

Date
10/03/2019

No. of Competitors
22

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kelly McIntosh	SCB	3:05.41	29.61	30-34	1.0072	3:04.08
Audrey Cooper	SCB	3:24.72	64.46	65-69	1.2902	2:38.67
Jenny Brown	SCB	3:29.05	30.63	30-34	1.0100	3:26.98
Gillian Main	SCB	4:01.44	55.89	55-59	1.1761	3:25.28
Joanna Nicholson	B&B	3:57.91	47.06	44-49	1.0854	3:39.18
Anji Porter	FSF	3:08.61	43.38	40-44	1.0546	2:58.84
Shannon Armstrong	FSF	3:38.61	43.13	40-44	1.0525	3:27.70
Shonah Finlay	FSF	3:50.08	43.98	40-44	1.0596	3:37.14
Barb Paton	FSF	4:51.57	44.68	44-49	1.0655	4:33.65
Marie Fortin	FSF	4:16.72	41.77	40-44	1.0425	4:06.25
Naomi Smith	FSF	4:32.27	32.47	30-34	1.0155	4:28.12
Theresa Thompson	FSF	4:19.15	52.80	50-54	1.1371	3:47.90
Kaitlyn Lukoni	FSF	4:33.60	34.00	30-34	1.0211	4:27.96
Mary-Helen Hopkins	FSF	4:35.07	63.40	60-64	1.2778	3:35.27
Wendy McMillan	FSF	5:41.77	65.10	65-69	1.2977	4:23.37
XiuYing Zhao	FSF	4:53.83	53.04	50-54	1.1402	4:17.71
Freddi Bromling	FSF	7:27.00	72.54	70-74	1.4011	5:19.04
Adele Major	FSF	8:22.37	72.01	70-74	1.3920	6:00.89
Diane Primeau	FSF	8:13.96	77.34	75-79	1.4922	5:31.03
Alyson Vavrek	FSF	3:32.54	30.57	30-34	1.0099	3:30.47
Andrea Snider	FSF	3:58.36	36.29	35-39	1.0294	3:51.56
Lucia Martin	FSF	8:07.11	67.02	65-69	1.3203	6:08.93

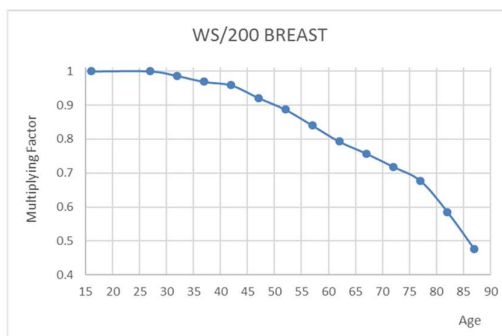
Results By Age Category

Age Cat.	Place	Name	Club	Time
30-34	1	Kelly McIntosh	SCB	3:05.41
	2	Jenny Brown	SCB	3:29.05
	3	Alyson Vavrek	FSF	3:32.54
	4	Naomi Smith	FSF	4:32.27
	5	Kaitlyn Lukoni	FSF	4:33.60
35-39	1	Andrea Snider	FSF	3:58.36
40-44	1	Anji Porter	FSF	3:08.61
	2	Shannon Armstrong	FSF	3:38.61
	3	Shonah Finlay	FSF	3:50.08
	4	Marie Fortin	FSF	4:16.72
44-49	1	Joanna Nicholson	B&B	3:57.91
	2	Barb Paton	FSF	4:51.57
50-54	1	Theresa Thompson	FSF	4:19.15
	2	XiuYing Zhao	FSF	4:53.83
55-59	1	Gillian Main	SCB	4:01.44
	1	Mary-Helen Hopkins	FSF	4:35.07
65-69	1	Audrey Cooper	SCB	3:24.72
	2	Wendy McMillan	FSF	5:41.77
	3	Lucia Martin	FSF	8:07.11
70-74	1	Freddi Bromling	FSF	7:27.00
75-79	2	Adele Major	FSF	8:22.37
	1	Diane Primeau	FSF	8:13.96

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Audrey Cooper	SCB	64.46	3:24.72	2:38.67	15
2	Anji Porter	FSF	43.38	3:08.61	2:58.84	12
3	Kelly McIntosh	SCB	29.61	3:05.41	3:04.08	9
4	Gillian Main	SCB	55.89	4:01.44	3:25.28	7
5	Jenny Brown	SCB	30.63	3:29.05	3:26.98	5
6	Shannon Armstrong	FSF	43.13	3:38.61	3:27.70	3
7	Alyson Vavrek	FSF	30.57	3:32.54	3:30.47	2
8	Mary-Helen Hopkins	FSF	63.40	4:35.07	3:35.27	1
9	Shonah Finlay	FSF	43.98	3:50.08	3:37.14	
10	Joanna Nicholson	B&B	47.06	3:57.91	3:39.18	
11	Theresa Thompson	FSF	52.80	4:19.15	3:47.90	
12	Andrea Snider	FSF	36.29	3:58.36	3:51.56	
13	Marie Fortin	FSF	41.77	4:16.72	4:06.25	
14	XiuYing Zhao	FSF	53.04	4:53.83	4:17.71	
15	Wendy McMillan	FSF	65.10	5:41.77	4:23.37	
16	Kaitlyn Lukoni	FSF	34.00	4:33.60	4:27.96	
17	Naomi Smith	FSF	32.47	4:32.27	4:28.12	
18	Barb Paton	FSF	44.68	4:51.57	4:33.65	
19	Freddi Bromling	FSF	72.54	7:27.00	5:19.04	
20	Diane Primeau	FSF	77.34	8:13.96	5:31.03	
21	Adele Major	FSF	72.01	8:22.37	6:00.89	
22	Lucia Martin	FSF	67.02	8:07.11	6:08.93	

Club	Points
FSF	18
SCB	36



Men's 200 m Freestyle

Event	Date	No. of Competitors
Men	10/03/2019	18
200 FREE		
Short Course		

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Peter Long	SCB	2:18.68	55.39	55-59	1.1226	2:03.54
Kevin Reynard	SCB	2:27.72	54.06	50-54	1.1109	2:12.97
Andy Wheeler	SCB	2:15.81	41.31	40-44	1.0564	2:08.56
Brian Bain	SCB	2:31.90	59.12	55-59	1.1570	2:11.29
Mark Hadfield	SCB	2:29.41	32.90	30-34	1.0058	2:28.55
Stewart Gairns	B&B	2:48.62	52.25	50-54	1.0951	2:33.97
Ian Milne	SCB	2:48.93	68.02	65-69	1.2728	2:12.73
Chris Carden	B&B	2:48.97	57.06	55-59	1.1372	2:28.59
Kamran Majidli	SCB	3:13.41	28.64	24-29	1.0000	3:13.41
McClean Eubank	FSF	2:14.09	30.70	30-34	1.0000	2:14.09
Jeremy Lane	FSF	2:12.87	31.49	30-34	1.0000	2:12.87
Darrel Shwarok	FSF	3:39.75	47.01	44-49	1.0599	3:27.34
John Webster	FSF	2:55.45	55.03	55-59	1.1193	2:36.74
Dave Salter	FSF	2:33.46	57.86	55-59	1.1449	2:14.04
Stefano Jun	FSF	2:44.37	24.32	24-29	1.0000	2:44.37
Yoshi Takara	FSF	3:27.64	52.01	50-54	1.0930	3:09.97
Marcus Score	FSF	4:37.60	59.09	55-59	1.1567	4:00.00
Greg Shiercz	FSF	3:25.36	51.75	50-54	1.0912	3:08.19

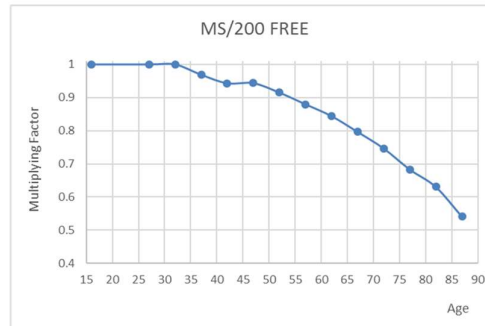
Results By Age Category

Age Cat.	Place	Name	Club	Time
24-29	1	Stefano Jun	FSF	2:44.37
	2	Kamran Majidli	SCB	3:13.41
30-34	1	Jeremy Lane	FSF	2:12.87
	2	McClean Eubank	FSF	2:14.09
	3	Mark Hadfield	SCB	2:29.41
40-44	1	Andy Wheeler	SCB	2:15.81
44-49	1	Darrel Shwarok	FSF	3:39.75
50-54	1	Kevin Reynard	SCB	2:27.72
	2	Stewart Gairns	B&B	2:48.62
	3	Greg Shiercz	FSF	3:25.36
	4	Yoshi Takara	FSF	3:27.64
55-59	1	Peter Long	SCB	2:18.68
	2	Brian Bain	SCB	2:31.90
	3	Dave Salter	FSF	2:33.46
	4	Chris Carden	B&B	2:48.97
	5	John Webster	FSF	2:55.45
	6	Marcus Score	FSF	4:37.60
65-69	1	Ian Milne	SCB	2:48.93

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Peter Long	SCB	55.39	2:18.68	2:03.54	15
2	Andy Wheeler	SCB	41.31	2:15.81	2:08.56	12
3	Brian Bain	SCB	59.12	2:31.90	2:11.29	9
4	Ian Milne	SCB	68.02	2:48.93	2:12.73	7
5	Jeremy Lane	FSF	31.49	2:12.87	2:12.87	5
6	Kevin Reynard	SCB	54.06	2:27.72	2:12.97	
7	Dave Salter	FSF	57.86	2:33.46	2:14.04	3
8	McClean Eubank	FSF	30.70	2:14.09	2:14.09	2
9	Mark Hadfield	SCB	32.90	2:29.41	2:28.55	
10	Chris Carden	B&B	57.06	2:48.97	2:28.59	
11	Stewart Gairns	B&B	52.25	2:48.62	2:33.97	
12	John Webster	FSF	55.03	2:55.45	2:36.74	1
13	Stefano Jun	FSF	24.32	2:44.37	2:44.37	
14	Greg Shiercz	FSF	51.75	3:25.36	3:08.19	
15	Yoshi Takara	FSF	52.01	3:27.64	3:09.97	
16	Kamran Majidli	SCB	28.64	3:13.41	3:13.41	
17	Darrel Shwarok	FSF	47.01	3:39.75	3:27.34	
18	Marcus Score	FSF	59.09	4:37.60	4:00.00	

Club	Points
FSF	11
SCB	43



Women's 200 m Freestyle

Event
Women
200 FREE
Short Course

Date
10/03/2019

No. of Competitors
20

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kelly McIntosh	SCB	2:25.44	29.61	30-34	1.0066	2:24.49
Kerri Palmer	SCB	2:26.50	22.42	18-24	1.0000	2:26.50
Froya Rossvoll	SCB	3:04.68	44.02	40-44	1.0438	2:56.94
Marie Fortin	FSF	3:42.30	41.77	40-44	1.0336	3:35.08
Naomi Smith	FSF	3:41.14	32.47	30-34	1.0130	3:38.30
Shannon Armstrong	FSF	3:32.63	43.13	40-44	1.0397	3:24.52
Anji Porter	FSF	2:35.73	43.38	40-44	1.0408	2:29.62
Mary-Helen Hopkins	FSF	3:31.62	63.40	60-64	1.2613	2:47.78
Diane Primeau	FSF	6:44.34	77.34	75-79	1.5220	4:25.66
Barb Paton	FSF	4:48.66	44.68	44-49	1.0469	4:35.74
Joanne Stewart	FSF	6:20.54	56.85	55-59	1.1405	5:33.66
Shonah Finlay	FSF	3:13.10	43.98	40-44	1.0436	3:05.04
Theresa Thompson	FSF	3:18.03	52.80	50-54	1.0872	3:02.14
Kaitlyn Lukoni	FSF	4:23.91	34.00	30-34	1.0142	4:20.22
Adele Major	FSF	7:40.85	72.01	70-74	1.4007	5:29.01
Wendy McMillan	FSF	6:19.21	65.10	65-69	1.2751	4:57.39
XiuYing Zhao	FSF	5:13.65	53.04	50-54	1.0904	4:47.65
Alyson Vavrek	FSF	2:53.30	30.57	30-34	1.0090	2:51.75
Andrea Snider	FSF	3:05.07	36.29	35-39	1.0160	3:02.16
Freddi Bromling	FSF	6:00.88	72.54	70-74	1.4126	4:15.48

Results By Age Category

Age Cat.	Place	Name	Club	Time
18-24	1	Kerri Palmer	SCB	2:26.50
30-34	1	Kelly McIntosh	SCB	2:25.44
	2	Alyson Vavrek	FSF	2:53.30
	3	Naomi Smith	FSF	3:41.14
	4	Kaitlyn Lukoni	FSF	4:23.91
35-39	1	Andrea Snider	FSF	3:05.07
40-44	1	Anji Porter	FSF	2:35.73
	2	Froya Rossvoll	SCB	3:04.68
	3	Shonah Finlay	FSF	3:13.10
	4	Shannon Armstrong	FSF	3:32.63
	5	Marie Fortin	FSF	3:42.30
44-49	1	Barb Paton	FSF	4:48.66
50-54	1	Theresa Thompson	FSF	3:18.03
	2	XiuYing Zhao	FSF	5:13.65
55-59	1	Joanne Stewart	FSF	6:20.54
60-64	1	Mary-Helen Hopkins	FSF	3:31.62
65-69	1	Wendy McMillan	FSF	6:19.21
70-74	1	Freddi Bromling	FSF	6:00.88
	2	Adele Major	FSF	7:40.85
75-79	1	Diane Primeau	FSF	6:44.34

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Kelly McIntosh	SCB	29.61	2:25.44	2:24.49	15
2	Kerri Palmer	SCB	22.42	2:26.50	2:26.50	12
3	Anji Porter	FSF	43.38	2:35.73	2:29.62	9
4	Mary-Helen Hopkins	FSF	63.40	3:31.62	2:47.78	7
5	Alyson Vavrek	FSF	30.57	2:53.30	2:51.75	5
6	Froya Rossvoll	SCB	44.02	3:04.68	2:56.94	3
7	Theresa Thompson	FSF	52.80	3:18.03	3:02.14	2
8	Andrea Snider	FSF	36.29	3:05.07	3:02.16	
9	Shonah Finlay	FSF	43.98	3:13.10	3:05.04	
10	Shannon Armstrong	FSF	43.13	3:32.63	3:24.52	
11	Marie Fortin	FSF	41.77	3:42.30	3:35.08	
12	Naomi Smith	FSF	32.47	3:41.14	3:38.30	
13	Freddi Bromling	FSF	72.54	6:00.88	4:15.48	
14	Kaitlyn Lukoni	FSF	34.00	4:23.91	4:20.22	
15	Diane Primeau	FSF	77.34	6:44.34	4:25.66	
16	Barb Paton	FSF	44.68	4:48.66	4:35.74	
17	XiuYing Zhao	FSF	53.04	5:13.65	4:47.65	
18	Wendy McMillan	FSF	65.10	6:19.21	4:57.39	
19	Adele Major	FSF	72.01	7:40.85	5:29.01	
20	Joanne Stewart	FSF	56.85	6:20.54	5:33.66	

Club	Points
FSF	23
SCB	30



Men's 200 m Backstroke

Event
Men
200 BACK
Short Course

Date
10/03/2019

No. of Competitors
12

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Jonathan Quinn	SCB	2:20.82	28.70	24-29	1.0005	2:20.74
John MacLean	SCB	2:42.75	30.21	30-34	1.0010	2:42.58
Kevin Reynard	SCB	3:02.87	54.06	50-54	1.1317	2:41.59
Mark Hadfield	SCB	2:45.21	32.90	30-34	1.0058	2:44.25
Brian Bain	SCB	3:02.47	59.12	55-59	1.1967	2:32.47
Ian Milne	SCB	3:28.61	68.02	65-69	1.3304	2:36.80
McClean Eubank	FSF	2:42.22	30.70	30-34	1.0012	2:42.03
Jeremy Lane	FSF	2:26.87	31.49	30-34	1.0014	2:26.66
Darrel Shwarok	FSF	4:15.18	47.01	44-49	1.0792	3:56.45
John Webster	FSF	4:00.46	55.03	55-59	1.1413	3:30.70
Yoshi Takara	FSF	4:59.33	52.01	50-54	1.1112	4:29.37
Marcus Score	FSF	4:31.55	59.09	55-59	1.1962	3:47.02

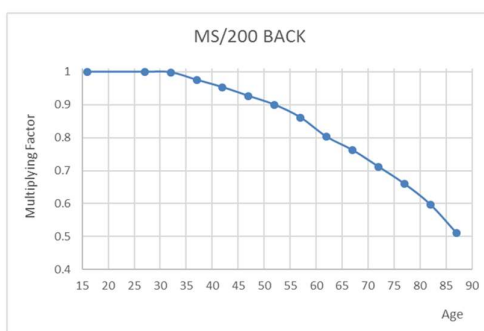
Results By Age Category

Age Cat.	Place	Name	Club	Time
24-29	1	Jonathan Quinn	SCB	2:20.82
30-34	1	Jeremy Lane	FSF	2:26.87
	2	McClean Eubank	FSF	2:42.22
	3	John MacLean	SCB	2:42.75
	4	Mark Hadfield	SCB	2:45.21
44-49	1	Darrel Shwarok	FSF	4:15.18
50-54	1	Kevin Reynard	SCB	3:02.87
	2	Yoshi Takara	FSF	4:59.33
55-59	1	Brian Bain	SCB	3:02.47
	2	John Webster	FSF	4:00.46
	3	Marcus Score	FSF	4:31.55
65-69	1	Ian Milne	SCB	3:28.61

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Jonathan Quinn	SCB	28.70	2:20.82	2:20.74	15
2	Jeremy Lane	FSF	31.49	2:26.87	2:26.66	12
3	Brian Bain	SCB	59.12	3:02.47	2:32.47	9
4	Ian Milne	SCB	68.02	3:28.61	2:36.80	7
5	Kevin Reynard	SCB	54.06	3:02.87	2:41.59	5
6	McClean Eubank	FSF	30.70	2:42.22	2:42.03	3
7	John MacLean	SCB	30.21	2:42.75	2:42.58	
8	Mark Hadfield	SCB	32.90	2:45.21	2:44.25	
9	John Webster	FSF	55.03	4:00.46	3:30.70	2
10	Marcus Score	FSF	59.09	4:31.55	3:47.02	1
11	Darrel Shwarok	FSF	47.01	4:15.18	3:56.45	
12	Yoshi Takara	FSF	52.01	4:59.33	4:29.37	

Club	Points
FSF	18
SCB	36



Women's 200 m Backstroke

Event
Women
200 BACK
Short Course

Date
10/03/2019

No. of Competitors
16

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kelly McIntosh	SCB	2:40.13	29.61	30-34	1.0075	2:38.94
Marie Fortin	FSF	4:15.08	41.77	40-44	1.0473	4:03.56
Mary-Helen Hopkins	FSF	3:59.02	63.40	60-64	1.2708	3:08.08
Wendy McMillan	FSF	5:55.47	65.10	65-69	1.3025	4:32.92
Theresa Thompson	FSF	3:57.96	52.80	50-54	1.1272	3:31.10
Shonah Finlay	FSF	3:52.21	43.98	40-44	1.0574	3:39.60
Naomi Smith	FSF	4:20.74	32.47	30-34	1.0150	4:16.89
Barb Paton	FSF	5:27.52	44.68	44-49	1.0606	5:08.82
Joanne Stewart	FSF	5:02.79	56.85	55-59	1.1920	4:14.01
XiuYing Zhao	FSF	4:43.68	53.04	50-54	1.1311	4:10.80
Kaitlyn Lukoni	FSF	5:07.31	34.00	30-34	1.0170	5:02.16
Adele Major	FSF	6:46.55	72.01	70-74	1.4230	4:45.70
Alyson Vavrek	FSF	3:00.66	30.57	30-34	1.0103	2:58.83
Andrea Snider	FSF	3:39.38	36.29	35-39	1.0201	3:35.06
Anji Porter	FSF	3:06.84	43.38	40-44	1.0547	2:57.14
Lucia Martin	FSF	6:45.84	67.02	65-69	1.3384	5:03.23

Results By Age Category

Age Cat.	Place	Name	Club	Time
30-34	1	Kelly McIntosh	SCB	2:40.13
	2	Alyson Vavrek	FSF	3:00.66
	3	Naomi Smith	FSF	4:20.74
	4	Kaitlyn Lukoni	FSF	5:07.31
35-39	1	Andrea Snider	FSF	3:39.38
40-44	1	Anji Porter	FSF	3:06.84
	2	Shonah Finlay	FSF	3:52.21
	3	Marie Fortin	FSF	4:15.08
44-49	1	Barb Paton	FSF	5:27.52
50-54	1	Theresa Thompson	FSF	3:57.96
	2	XiuYing Zhao	FSF	4:43.68
55-59	1	Joanne Stewart	FSF	5:02.79
60-64	1	Mary-Helen Hopkins	FSF	3:59.02
65-69	1	Wendy McMillan	FSF	5:55.47
	2	Lucia Martin	FSF	6:45.84
70-74	1	Adele Major	FSF	6:46.55

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Kelly McIntosh	SCB	29.61	2:40.13	2:38.94	15
2	Anji Porter	FSF	43.38	3:06.84	2:57.14	12
3	Alyson Vavrek	FSF	30.57	3:00.66	2:58.83	9
4	Mary-Helen Hopkins	FSF	63.40	3:59.02	3:08.08	7
5	Theresa Thompson	FSF	52.80	3:57.96	3:31.10	5
6	Andrea Snider	FSF	36.29	3:39.38	3:35.06	
7	Shonah Finlay	FSF	43.98	3:52.21	3:39.60	
8	Marie Fortin	FSF	41.77	4:15.08	4:03.56	
9	XiuYing Zhao	FSF	53.04	4:43.68	4:10.80	
10	Joanne Stewart	FSF	56.85	5:02.79	4:14.01	
11	Naomi Smith	FSF	32.47	4:20.74	4:16.89	
12	Wendy McMillan	FSF	65.10	5:55.47	4:32.92	
13	Adele Major	FSF	72.01	6:46.55	4:45.70	
14	Kaitlyn Lukoni	FSF	34.00	5:07.31	5:02.16	
15	Lucia Martin	FSF	67.02	6:45.84	5:03.23	
16	Barb Paton	FSF	44.68	5:27.52	5:08.82	

Club	Points
FSF	33
SCB	15



Men's 400 m Individual Medley

Event
Men
400 IM
Short Course

Date
10/03/2019

No. of Competitors
9

Name	Club	Time	Age	Age Group	Factor	Adj. Time
John MacLean	SCB	5:39.51	30.21	30-34	1.0000	5:39.51
Brian Bain	SCB	6:22.50	59.12	55-59	1.1833	5:23.24
Bill Reid	SCB	6:31.34	64.72	65-69	1.2657	5:09.18
Ian Milne	SCB	7:17.07	68.02	65-69	1.3312	5:28.32
Adam Caton	SCB	6:40.75	32.67	30-34	1.0036	6:39.32
Mark Hadfield	SCB	6:12.25	32.90	30-34	1.0048	6:10.46
Jeremy Lane	FSF	5:31.63	31.49	30-34	1.0000	5:31.63
John Webster	FSF	7:03.81	55.03	55-59	1.1335	6:13.88
Luke Dunbar	FSF	6:19.20	24.67	24-29	1.0000	6:19.20

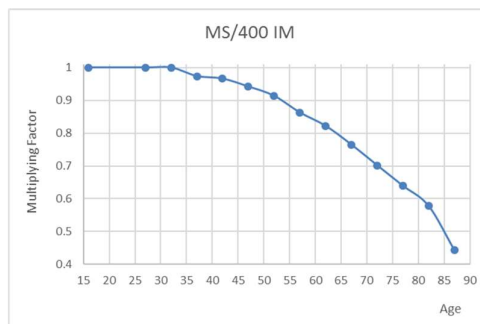
Results By Age Category

Age Cat.	Place	Name	Club	Time
24-29	1	Luke Dunbar	FSF	6:19.20
30-34	1	Jeremy Lane	FSF	5:31.63
	2	John MacLean	SCB	5:39.51
	3	Mark Hadfield	SCB	6:12.25
	4	Adam Caton	SCB	6:40.75
55-59	1	Brian Bain	SCB	6:22.50
	2	John Webster	FSF	7:03.81
65-69	1	Bill Reid	SCB	6:31.34
	2	Ian Milne	SCB	7:17.07

Overall Results by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Bill Reid	SCB	64.72	6:31.34	5:09.18	15
2	Brian Bain	SCB	59.12	6:22.50	5:23.24	12
3	Ian Milne	SCB	68.02	7:17.07	5:28.32	9
4	Jeremy Lane	FSF	31.49	5:31.63	5:31.63	7
5	John MacLean	SCB	30.21	5:39.51	5:39.51	5
6	Mark Hadfield	SCB	32.90	6:12.25	6:10.46	
7	John Webster	FSF	55.03	7:03.81	6:13.88	3
8	Luke Dunbar	FSF	24.67	6:19.20	6:19.20	2
9	Adam Caton	SCB	32.67	6:40.75	6:39.32	

Club	Points
FSF	12
SCB	41



Women's 400 m Individual Medley

Event
Women
400 IM
Short Course

Date
10/03/2019

No. of Competitors
19

Name	Club	Time	Age	Age Group	Factor	Adj. Time
Kelly McIntosh	SCB	5:46.03	29.61	30-34	1.0038	5:44.71
Audrey Cooper	SCB	6:28.78	64.46	65-69	1.3101	4:56.75
Gillian Main	SCB	7:58.71	55.89	55-59	1.1688	6:49.59
Jenny Brown	SCB	6:58.07	30.63	30-34	1.0053	6:55.86
Anji Porter	FSF	6:08.05	43.38	40-44	1.0585	5:47.71
Shannon Armstrong	FSF	7:46.63	43.13	40-44	1.0567	7:21.58
Shonah Finlay	FSF	7:39.93	43.98	40-44	1.0627	7:12.78
Naomi Smith	FSF	8:44.67	32.47	30-34	1.0095	8:39.74
Joanne Stewart	FSF	17:52.71	56.85	55-59	1.1818	15:07.70
Theresa Thompson	FSF	8:13.09	52.80	50-54	1.1267	7:17.64
Marie Fortin	FSF	8:56.91	41.77	40-44	1.0478	8:32.42
Kaitlyn Lukoni	FSF	9:56.72	34.00	30-34	1.0167	9:46.94
XiuYing Zhao	FSF	11:11.55	53.04	50-54	1.1300	9:54.31
Wendy McMillan	FSF	12:06.44	65.10	65-69	1.3247	9:08.37
Adele Major	FSF	16:54.71	72.01	70-74	1.4942	11:19.10
Diane Primeau	FSF	17:28.72	77.34	75-79	1.6365	10:40.82
Lucia Martin	FSF	15:03.96	67.02	65-69	1.3689	11:00.35
Andrea Snider	FSF	8:23.92	36.29	35-39	1.0273	8:10.52
Alyson Vavrek	FSF	6:51.80	30.57	30-34	1.0052	6:49.66

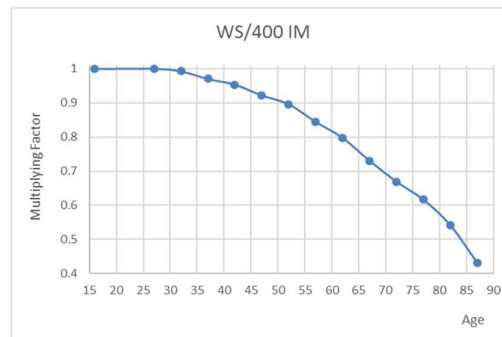
Results By Age Category

Age Cat.	Place	Name	Club	Time
30-34	1	Kelly McIntosh	SCB	5:46.03
	2	Alyson Vavrek	FSF	6:51.80
	3	Jenny Brown	SCB	6:58.07
	4	Naomi Smith	FSF	8:44.67
	5	Kaitlyn Lukoni	FSF	9:56.72
35-39	1	Andrea Snider	FSF	8:23.92
	1	Anji Porter	FSF	6:08.05
40-44	2	Shonah Finlay	FSF	7:39.93
	3	Shannon Armstrong	FSF	7:46.63
	4	Marie Fortin	FSF	8:56.91
	1	Theresa Thompson	FSF	8:13.09
50-54	2	XiuYing Zhao	FSF	11:11.55
	1	Gillian Main	SCB	7:58.71
55-59	2	Joanne Stewart	FSF	17:52.71
	1	Audrey Cooper	SCB	6:28.78
	2	Wendy McMillan	FSF	12:06.44
65-69	3	Lucia Martin	FSF	15:03.96
	1	Adele Major	FSF	16:54.71
70-74	1	Diane Primeau	FSF	17:28.72

Overall Result by Age Adjusted Time and Team Points

Place	Name	Club	Age	Time	Adj. Time	Points
1	Audrey Cooper	SCB	64.46	6:28.78	4:56.75	15
2	Kelly McIntosh	SCB	29.61	5:46.03	5:44.71	12
3	Anji Porter	FSF	43.38	6:08.05	5:47.71	9
4	Gillian Main	SCB	55.89	7:58.71	6:49.59	7
5	Alyson Vavrek	FSF	30.57	6:51.80	6:49.66	5
6	Jenny Brown	SCB	30.63	6:58.07	6:55.86	3
7	Shonah Finlay	FSF	43.98	7:39.93	7:12.78	2
8	Theresa Thompson	FSF	52.80	8:13.09	7:17.64	1
9	Shannon Armstrong	FSF	43.13	7:46.63	7:21.58	
10	Andrea Snider	FSF	36.29	8:23.92	8:10.52	
11	Marie Fortin	FSF	41.77	8:56.91	8:32.42	
12	Naomi Smith	FSF	32.47	8:44.67	8:39.74	
13	Wendy McMillan	FSF	65.10	12:06.44	9:08.37	
14	Kaitlyn Lukoni	FSF	34.00	9:56.72	9:46.94	
15	XiuYing Zhao	FSF	53.04	11:11.55	9:54.31	
16	Diane Primeau	FSF	77.34	17:28.72	10:40.82	
17	Lucia Martin	FSF	67.02	15:03.96	11:00.35	
18	Adele Major	FSF	72.01	16:54.71	11:19.10	
19	Joanne Stewart	FSF	56.85	17:52.71	15:07.70	

Club	Points
FSF	17
SCB	37



Overall Points

Event	Fast Swimming Fossils	Silver City Blues
Men 50 FREE	15	39
Women 50 FREE	27	27
Men 200 FLY	21	22
Women 200 FLY	43	0
Men 200 BREAST	13	41
Women 200 BREAST	18	36
Men 200 FREE	11	43
Women 200 FREE	23	30
Men 200 BACK	18	36
Women 200 BACK	33	15
Men 400 IM	12	41
Women 400 IM	17	37
Total	251	367

Nash Metric Mile Relay Results

Silver City Blues 1	15:41.66
Fast Swimming Fossils 1	16:46.77
Fast Swimming Fossils 2	19:47.38
Silver City Blues 2 (6 men 2 women)	18:24.60