

# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue
<b>Women 7&amp;U</b>									
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		41.80	50 FREE	42.29	15-Apr-11	Ilana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		1.41.57	100 FREE	1.39.95	15-Apr-11	Ilana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		3.37.43	200 FREE	3.34.46	15-Apr-11	Ilana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
					400 FREE	8.03.03	114	11-Feb-11	Ilana Mironsky
					800 FREE				
					1500 FREE				
2017 TBT May Grand Prix, Thunder Bay	Elly Bodnar	26-May-17	159	49.89	50 BACK	54.03	107	12-May-17	Elly Bodnar
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	124	1.56.50	100 BACK	2.00.84	94	12-May-17	Elly Bodnar
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	135	4.01.50	200 BACK				
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		1.00.47	50 BREAST	1.05.59		15-Apr-11	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		2.13.92	100 BREAST	2.08.98		15-Apr-11	Ilana Mironsky
2017 NWN LC Spring Classic, Thunder Bay	Sophie Venasky	01-Apr-17	96	5.02.91	200 BREAST	5.24.21	71	29-Jan-16	Addison Lutz
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11		58.71	50 FLY	1.09.03	44	26-Nov-16	Sophie Venasky
					100 FLY				
					200 FLY				
					100 IM	2.11.29	85	11-Feb-11	Ilana Mironsky
					200 IM				
					400 IM				
					200 F.R.				
					400 F.R.				
					200 M.R.				
					400 M.R.				
<b>Women 8&amp;U</b>									
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12		39.09	50 FREE	40.10	194	10-Dec-11	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12		1.32.52	100 FREE	1.30.42	179	13-Apr-12	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12		3.14.46	200 FREE	3.15.32	184	13-Apr-12	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12		6.50.27	400 FREE	7.04.70	169	10-Dec-11	Ilana Mironsky
					800 FREE	14.11.79	178	11-May-18	Elly Bodnar
					1500 FREE				
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	199	46.29	50 BACK	48.82	145	13-Apr-12	Ilana Mironsky
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	188	1.41.35	100 BACK	1.44.50	147	13-Apr-12	Ilana Mironsky
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	202	3.31.18	200 BACK	3.35.18		05-Feb-12	Ilana Mironsky
2018 N.W.O. Regional Champs	Sophie Venasky	07-Apr-18	142	56.40	50 BREAST	57.98		05-Feb-12	Ilana Mironsky
2018 NWN Allstate Classic	Katherine Warkentin	07-Apr-18	143	2.02.84	100 BREAST	2.08.98		15-Apr-11	Ilana Mironsky
2018 First General Grand Prix, Thunder Bay	Elly Bodnar	25-May-18	166	4.12.79	200 BREAST	4.28.73	125	25-Nov-17	Sophie Venasky
2018 NWN Allstate Classic	Elly Bodnar	07-Apr-18	128	48.35	50 FLY	50.11	115	25-Nov-17	Elly Bodnar
2018 NWN Allstate Classic	Elly Bodnar	07-Apr-18	126	1.50.52	100 FLY				
					200 FLY				
					100 IM	1.48.14	152	21-Oct-11	Ilana Mironsky
2018 First General Grand Prix, Thunder Bay	Elly Bodnar	25-May-18	184	3.41.41	200 IM	3.45.43	168	13-Apr-12	Ilana Mironsky
					400 IM				
2018 N.W.O. Regional Champs	Elly Bodnar, Warkentin, Roz	03-Feb-18		3.44.50	200 F.R.	4.26.11		28-Nov-15	Ailey, Luu, Eyben, Battecelli
					400 F.R.				
2017 NWO LC Champs	Ilana Mironsky, Lutz, Venasky, Bodnar	04-Feb-17		4.24.13	200 M.R.	4.32.93		28-Nov-15	Battecelli, Ailey, Luu, Lutz
					400 M.R.				
<b>Women 9&amp;U</b>									
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	257	37.30	50 FREE	37.52		05-Feb-12	Emma Covello
N.W.O. Swimming Championships, Thunder Bay	Takara Martin	01-Apr-05	250	1.25.76	100 FREE	1.22.96	232	14-Apr-13	Ilana Mironsky
N.W.O. Regional Championships, Thunder Bay	Takara Martin	01-Apr-05	258	3.04.35	200 FREE	2.58.00	243	14-Apr-13	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12		6.50.27	400 FREE	6.12.33	251	14-Apr-13	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	249	13.05.30	800 FREE	14.11.79	178	11-May-18	Elly Bodnar
					1500 FREE				
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	223	44.62	50 BACK	43.93	200	14-Apr-13	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	197	1.39.87	100 BACK	1.32.39	213	14-Apr-13	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	245	3.19.27	200 BACK	3.13.37	240	14-Apr-13	Ilana Mironsky
Thunder Bay May International Invitational	Lindsay Pozihun	25-May-01	205	52.65	50 BREAST	51.85	199	04-Feb-05	Takara Martin
N.W.O. Regional Championships, Thunder Bay	Takara Martin	01-Apr-05	187	1.57.18	100 BREAST	1.54.10	163	15-Nov-14	Rowan Sharp
2018 First General Grand Prix, Thunder Bay	Addison Lutz	25-May-18	168	4.11.70	200 BREAST	3.57.23		05-Feb-12	Emma Covello
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	145	47.70	50 FLY	48.89	124	26-Nov-16	Kaitlyn Luu
2018 N.W.O. Regional Champs	Elly Bodnar	03-Feb-18	87	2.04.77	100 FLY	2.01.09	91	25-Nov-17	Paige Venasky
					200 FLY				
					100 IM	1.41.12	186	08-Dec-12	Ilana Mironsky
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	209	3.32.50	200 IM	3.28.98	211	14-Apr-13	Ilana Mironsky
					400 IM				
2016 Sun Life Financial Grandprix, Thunder Bay	Luu, Venasky, Lutz, Venasky	27-May-16	65	3.59.80	200 F.R.	3.51.44		25-Nov-17	Ilana Mironsky, Bodnar, Warkentin, Luu
					400 F.R.				
					200 M.R.	4.05.70		25-Nov-17	Ilana Mironsky, Bodnar, Warkentin, Luu
					400 M.R.				

NWN

# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Women 10 &amp; U</b>										
Manitoba/Saskatchewan Championships, Winnipeg	Rowan Sharp	02-Jul-15	329	34.35	50 FREE	32.79	356	06-Nov-15	Rowan Sharp	NYAC CUP, Toronto
Manitoba/Saskatchewan Championships, Winnipeg	Rowan Sharp	02-Jul-15	347	1.14.08	100 FREE	1.13.39	335	06-Nov-15	Rowan Sharp	NYAC CUP, Toronto
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>287</b>	<b>2.51.17</b>	200 FREE	2.43.92	311	06-Nov-15	Rowan Sharp	NYAC CUP, Toronto
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	294	5.59.39	400 FREE	5.52.77	320	07-Apr-06	Takara Martin	Northwestern Ontario Open, Kenora
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	314	12.06.07	800 FREE	11.45.47	317	13-Mar-14	Ilana Mironsky	2014 ManSask SC Championships, Winnipeg
1500 FREE										
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>310</b>	<b>39.98</b>	50 BACK	39.07	284	06-Nov-15	Rowan Sharp	NYAC CUP, Toronto
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>310</b>	<b>1.25.87</b>	100 BACK	<b>1.22.21</b>	<b>272</b>	<b>17-Feb-18</b>	<b>Kaitlyn Luu</b>	<b>2018 Ontario Winter Festivals</b>
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	316	3.02.03	200 BACK	<b>2.51.49</b>	<b>326</b>	<b>17-Feb-18</b>	<b>Kaitlyn Luu</b>	<b>2018 Ontario Winter Festivals</b>
Manitoba/Saskatchewan Championships, Winnipeg	Rowan Sharp	02-Jul-15	267	45.78	50 BREAST	<b>43.22</b>	<b>247</b>	<b>17-Feb-18</b>	<b>Kaitlyn Luu</b>	<b>2018 Ontario Winter Festivals</b>
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>274</b>	<b>1.39.05</b>	100 BREAST	<b>1.33.33</b>	<b>255</b>	<b>17-Feb-18</b>	<b>Kaitlyn Luu</b>	<b>2018 Ontario Winter Festivals</b>
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>296</b>	<b>3.28.56</b>	200 BREAST	<b>3.21.44</b>	<b>298</b>	<b>25-Nov-17</b>	<b>Kaitlyn Luu</b>	<b>Northwest Narwhal Allstate Invitational</b>
Thunder Bay May International Invitational	Kaitlyn Massaro	23-May-08	292	39.54	50 FLY	38.16	294	26-Feb-10	Isabelle Stewart	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Kaitlyn Massaro	23-May-08	217	1.35.93	100 FLY	1.31.12	236	26-Feb-10	Isabelle Stewart	N.W.O. Regional Championships, Thunder Bay
2017 TBT May Grand Prix, Thunder Bay	Amira Siddo	26-May-17	132	3.58.71	200 FLY					
100 IM										
<b>2018 N.W.O. Regional Champs</b>	<b>Kaitlyn Luu</b>	<b>03-Feb-18</b>	<b>315</b>	<b>3.05.18</b>	200 IM	<b>2.55.93</b>	<b>287</b>	<b>17-Feb-18</b>	<b>Kaitlyn Luu</b>	<b>2018 Ontario Winter Festivals</b>
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	303	6.39.36	400 IM	6.29.32	301	31-Jan-14	Ilana Mironsky	N.W.O. Regional Championships, Thunder Bay
2017 TBT May Grand Prix, Thunder Bay	Ilana Mironsky, Amira Siddo, Barcena-Martinez	26-May-17	219	2.39.95	200 F.R.	<b>2.46.27</b>		<b>25-Nov-17</b>	Luu, Lutz, P. Venasky, Battigelli	<b>Northwest Narwhal Allstate Invitational</b>
NWN Allstate LC Spring Classic, Thunder Bay	Ilana Mironsky, Amira Siddo, Barcena-Martinez	02-Apr-16		8.07.38	400 F.R.					
2016 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky, Amira Siddo, Barcena-Martinez	26-May-17	204	3.00.34	200 M.R.	<b>3.13.43</b>		<b>25-Nov-17</b>	P. Venasky, Battigelli, Luu, Lutz	<b>Northwest Narwhal Allstate Invitational</b>
400 M.R.										
<b>Women 11 &amp; 12</b>										
Manitoba/Saskatchewan Championships, Winnipeg	Katie Meakin	02-Jul-15	529	29.33	50 FREE	29.39	494	11-Dec-14	Emma Covello	2014 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Katie Meakin	02-Jul-15	493	1.05.88	100 FREE	1.04.28	499	11-Dec-14	Emma Covello	2014 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Kaitlyn Massaro	07-May-10	511	2.24.80	200 FREE	2.22.65	504	18-Mar-10	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
Thunder Bay May International Invitational	Kaitlyn Massaro	28-May-10	504	5.05.53	400 FREE	4.59.35	504	18-Mar-10	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Ilana Mironsky	02-Jul-15	384	11.15.08	800 FREE	10.18.78	494	18-Mar-10	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
1500 FREE										
						22.15.59	367	04-Apr-08	Takara Martin	Northwestern Ontario Open, Kenora
Manitoba/Saskatchewan Championships, Winnipeg	Katie Meakin	02-Jul-15	475	34.67	50 BACK	34.76	404	12-Mar-15	Alyssa Bossio	2015 Man/Sask Championships, Saskatoon
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	510	1.12.74	100 BACK	1.12.46	442	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	515	2.34.71	200 BACK	2.31.72	495	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	27-May-16	415	39.51	50 BREAST	39.62	384	11-Dec-14	Emma Covello	2014 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	429	1.25.30	100 BREAST	1.24.11	414	29-Jan-16	Ilana Mironsky	2016 NWO Regional Championships, Thunder Bay
MAC Invitational, Markham	Ilana Mironsky	21-Apr-16		3.08.66	200 BREAST	3.00.45	414	29-Jan-16	Ilana Mironsky	2016 NWO Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Ellen LaFroy	05-Jul-12	397	34.10	50 FLY	<b>32.92</b>	<b>406</b>	<b>01-Nov-18</b>	<b>Kaitlyn Luu</b>	<b>2018 NYAC Cup, Toronto</b>
Manitoba/Saskatchewan Championships, Regina	Ellen LaFroy	05-Jul-12	348	1.19.49	100 FLY	<b>1.15.34</b>	<b>380</b>	<b>01-Nov-18</b>	<b>Kaitlyn Luu</b>	<b>2018 NYAC Cup, Toronto</b>
<b>Manitoba/Saskatchewan Championships, Saskatoon</b>	<b>Kaitlyn Luu</b>	<b>05-Jul-18</b>	<b>325</b>	<b>2.57.01</b>	200 FLY	<b>2.46.24</b>	<b>372</b>	<b>01-Nov-18</b>	<b>Kaitlyn Luu</b>	<b>2018 NYAC Cup, Toronto</b>
100 IM										
						1.15.93	433	11-Dec-14	Alyssa Bossio	2014 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	464	2.42.91	200 IM	2.38.46	469	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	448	5.50.57	400 IM	5.40.58	449	12-Mar-15	Alyssa Bossio	2015 Man/Sask Championships, Saskatoon
Manitoba/Saskatchewan Championships, Winnipeg	Kaitlyn Massaro	07-May-10	511	2.24.80	200 F.R.	2.07.81		30-Jan-15	Covello, Meakin, Mironsky, Bossio	2015 NWO Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Ilana Mironsky, Amira Siddo, Barcena-Martinez	02-Apr-16		6.04.33	400 F.R.					
Manitoba/Saskatchewan Championships, Winnipeg	Ilana Mironsky, Amira Siddo, Barcena-Martinez	27-May-16	353	2.30.21	200 M.R.	2.26.87		30-Jan-15	Mironsky, Covello, Bossio, Meakin	2015 NWO Regional Championships, Thunder Bay
400 M.R.										
<b>Women 13 &amp; 14</b>										
Prairie Winter International 2017	Katie Meakin	02-Mar-17	600	28.13	50 FREE	28.13	604	09-Apr-10	Takara Martin	Northwestern Ontario Open, Kenora
Prairie Winter International 2017	Katie Meakin	02-Mar-17	584	1.02.26	100 FREE	1.00.98	627	18-Mar-10	Takara Martin	Man/Sask Championships, Winnipeg
Golden Plains Invitational, Winnipeg	Takara Martin	30-Apr-09	606	2.16.74	200 FREE	2.11.00	611	15-Mar-12	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
2017 NWN LC Spring Classic, Thunder Bay	Katie Meakin	01-Apr-17	505	4.56.93	400 FREE	4.39.56	593	15-Mar-12	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	04-Jul-13	517	10.15.36	800 FREE	9.36.93	592	01-Mar-12	Kaitlyn Massaro	SC Junior Provincials, Nepean
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	04-Jul-13	513	19.37.08	1500 FREE	19.27.73	502	28-Nov-13	Brittney Felix	Prairie Winter International 2013, Winnipeg
Prairie Winter International 2017	Katie Meakin	02-Mar-17	554	32.93	50 BACK	32.42	498	29-Jan-16	Katie Meakin	2016 NWO Regional Championships, Thunder Bay
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen LaFroy	23-May-14	562	1.10.42	100 BACK	1.10.64	477	10-Dec-15	Alyssa Bossio	2015 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Alyssa Bossio	13-May-16	528	2.33.43	200 BACK	2.30.88	503	10-Dec-15	Alyssa Bossio	2015 Prairie Winter International, Winnipeg
Canadian Age Group Championships, Montreal	Takara Martin	15-Jul-09	593	36.39	50 BREAST	35.45	604	18-Mar-10	Takara Martin	Man/Sask Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Takara Martin	02-Jul-09	595	1.18.92	100 BREAST	1.16.11	615	25-Feb-10	Takara Martin	SC Junior Provincials, Etobicoke
Manitoba/Saskatchewan Championships, Winnipeg	Takara Martin	02-Jul-09	594	2.49.77	200 BREAST	2.43.97	608	13-Nov-09	Takara Martin	Swim International 2009, Brantford
Manitoba/Saskatchewan Championships, Winnipeg	Ellen LaFroy	04-Jul-13	534	30.90	50 FLY	29.58	630	02-Dec-09	Takara Martin	Prairie Winter International Invitational, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen LaFroy	23-May-14	559	1.07.93	100 FLY	1.06.37	570	14-Dec-13	Ellen LaFroy	NWN Allstate End of the year meet, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Ellen LaFroy	04-Jul-13	456	2.40.24	200 FLY	2.28.18	541	13-Mar-14	Ellen LaFroy	2014 ManSask SC Championships, Winnipeg
100 IM										
						1.09.30	578	28-Nov-13	Brittney Felix	Prairie Winter International 2013, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen LaFroy	23-May-14	584	2.30.91	200 IM	2.29.34	580	14-Dec-13	Ellen LaFroy	NWN Allstate End of the year meet, Thunder Bay
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen LaFroy	23-May-14	569	5.23.92	400 IM	5.18.61	549	13-Mar-14	Ellen LaFroy	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Emma Covello, Alyssa Bossio, James Bossio	02-Jul-15	474	2.03.85	200 F.R.	2.01.45	510	10-Dec-15	Meakin, Moorhouse, Moorhouse, Bossio	2015 Prairie Winter International, Winnipeg
Prairie Winter International 2017	Kaitlyn Massaro, Rowan Sharp, LeRossignol, Bossio	02-Mar-17	444	4.36.36	400 F.R.					
Prairie Winter International 2017	Kaitlyn Massaro, Rowan Sharp, LeRossignol, Bossio	02-Mar-17	410	10.21.59	800 F.R.					
Thunder Bay May International Invitational	Ellen LaFroy, LaBelle, Felix, Massaro	25-May-12		2.22.88	200 M.R.	2.20.37	429	10-Dec-15	Bossio, Moorhouse, Moorhouse, Meakin	2014 Prairie Winter International, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Kaitlyn Massaro, Rowan Sharp, LeRossignol, Bossio	02-Apr-16		5.38.78	400 M.R.					

NWN



# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Women 15 &amp; 16</b>										
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	08-Jul-10	635	28.16	50 FREE	27.87	619	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	08-Jul-10	708	59.97	100 FREE	1.00.02	602	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	600	2.13.91	200 FREE	2.11.82	638	12-Nov-10	Takara Martin	Swim International 2010, Brantford
TWIN Jump into June, Minneapolis	Takara Martin	04-Jun-10	570	4.53.29	400 FREE	4.38.13		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Kaitlyn Massaro	26-May-13	525	10.12.40	800 FREE	9.36.24		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Morgan Labelle	23-May-14	475	19.59.51	1500 FREE	19.25.89	505	31-Jan-14	Morgan Labelle	N.W.O. Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Kaitlyn Massaro	05-Jul-12	497	34.14	50 BACK	32.26		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Brittney Felix	27-May-16	496	1.13.41	100 BACK	1.09.14		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Morgan Labelle	23-May-14	477	2.38.76	200 BACK	2.30.02		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
2012 Eastern Canadian Championships, Gatineau	Takara Martin	16-Feb-12	673	34.00	50 BREAST	33.18	653	16-Feb-12	Takara Martin	2012 Eastern Canadian Championships, Gatineau
2012 Canadian Olympic & Paralympic Trials, Montreal	Takara Martin	27-Mar-12	636	1.14.73	100 BREAST	1.11.68	669	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
2012 Eastern Canadian Championships, Gatineau	Takara Martin	16-Feb-12	639	2.42.60	200 BREAST	2.35.95	642	16-Feb-12	Takara Martin	2012 Eastern Canadian Championships, Gatineau
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	08-Jul-10	646	29.91	50 FLY	28.94	597	16-Feb-12	Takara Martin	2012 Eastern Canadian Championships, Gatineau
Division III Team Champs, Thunder Bay	Takara Martin	15-Apr-11	569	1.07.64	100 FLY	1.06.70	562	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Takara Martin	27-May-11	400	2.45.19	200 FLY	2.36.86	456	30-Jan-15	Brittney Felix	2015 NWO Regional Championships, Thunder Bay
					100 IM	1.10.50	549	10-Dec-11	Takara Martin	2011 Narwhal End of the Year Meet, Thunder Bay
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	08-Jul-10	629	2.31.72	200 IM	2.29.00	584	03-Feb-11	Takara Martin	2012 N.W.O. Championships, Thunder Bay
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	555	5.27.72	400 IM	5.20.97	538	21-Jan-11	Takara Martin	N.W.O. Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Massaro,Labelle,LaFroy,Felix	04-Jul-13		2.00.91	200 F.R.	1.59.16		31-Jan-14	Massaro,Lafroy,Labelle,Felix	N.W.O. Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Lafroy,Eyben,Ross,Moorhouse	02-Apr-16		4.52.43	400 M.R.					
Division III Team Champs, Thunder Bay	Massaro,Tieman,Martin,Felix	15-Apr-11		2.18.04	200 M.R.	2.13.79		31-Jan-14	Massaro,Lafroy,Felix,Labelle	N.W.O Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Ross,Moorhouse,Lafroy,Eyber	02-Apr-16		5.31.64	400 M.R.					
<b>Women 17 &amp; 18</b>										
Thunder Bay May International Invitational	Takara Martin	25-May-12	590	28.29	50 FREE	28.71		30-Nov-12	Takara Martin	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	633	1.00.62	100 FREE	1.02.19		30-Nov-12	Takara Martin	Prairie Winter International, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Morgan LaBelle	02-Apr-16	434	2.29.15	200 FREE	2.12.26		30-Nov-12	Takara Martin	Prairie Winter International, Winnipeg
Thunder Bay May International Invitational	Takara Martin	26-May-13	489	5.03.49	400 FREE	4.55.05	502	28-Nov-15	Morgan Labelle	2015 Northwest Narwhal Allstate Invite, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	02-Jul-15	471	10.31.04	800 FREE	9.56.05	520	10-Dec-15	Morgan Labelle	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	02-Jul-15	495	19.41.00	1500 FREE	19.05.73	529	30-Jan-15	Morgan Labelle	2015 NWO Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	06-Jul-17	506	33.95	50 BACK	31.71	532	10-Dec-15	Brittney Felix	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	02-Jul-15	481	1.14.14	100 BACK	1.10.36	483	10-Dec-15	Brittney Felix	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	02-Jul-15	497	2.36.59	200 BACK	2.29.83	492	17-Mar-16	Morgan Labelle	Manitoba/Saskatchewan Championships,Saskatoon
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	666	34.11	50 BREAST	33.37		14-Feb-13	Takara Martin	2013 Eastern Canadian Championships, Montreal
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	646	1.14.53	100 BREAST	1.09.01		27-Feb-14	Takara Martin	Horizon League Championships 2014, Cleveland, OH
Thunder Bay May International Invitational	Takara Martin	24-May-13	635	2.42.96	200 BREAST	2.31.58		27-Feb-14	Takara Martin	Horizon League Championships 2014, Cleveland, OH
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	628	29.26	50 FLY	29.15		30-Nov-12	Takara Martin	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	605	1.06.25	100 FLY	1.06.98		30-Nov-12	Takara Martin	Prairie Winter International, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Morgan LaBelle	02-Apr-16	275	3.07.31	200 FLY	2.42.93	407	29-Jan-16	Brittney Felix	2016 NWO Regional Championships, Thunder Bay
					100 IM	1.09.85	556	10-Dec-15	Brittney Felix	2015 Prairie Winter International, Winnipeg
Thunder Bay May International Invitational	Takara Martin	26-May-13	585	2.30.75	200 IM	2.18.59		27-Feb-14	Takara Martin	Horizon League Championships 2014, Cleveland, OH
Thunder Bay May International Invitational	Takara Martin	26-May-13	539	5.30.98	400 IM	5.35.43	471	29-Jan-16	Morgan Labelle	2016 NWO Regional Championships, Thunder Bay
2016 Sun Life Financial Grandprix, Thunder Bay	Massaro,Labelle,James,Felix	27-May-16	503	2.01.43	200 F.R.	1.57.44		30-Nov-12	artin, Felix,Iwanonkiw,Massa	Prairie Winter International Invitational, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Lafroy,Eyben,Mironsky,Hauth,Fel	02-Apr-16		5.07.08	400 F.R.					
Thunder Bay May International Invitational	Massaro,Felix,James,Labelle	27-May-16	443	2.19.32	200 M.R.	2.09.56	546	10-Dec-15	Felix,Labelle,James,Ross	Prairie Winter International, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Labelle,Hauth,Felix,Massaro	02-Apr-16		5.28.39	400 M.R.					
<b>Women Open</b>										
Prairie Winter International 2017	Katie Meakin	02-Mar-17	600	28.13	50 FREE	27.87	580	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	08-Jul-10	654	59.97	100 FREE	1.00.02	613	01-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	600	2.13.91	200 FREE	2.11.00	611	15-Mar-12	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
TWIN Jump into June, Minneapolis	Takara Martin	04-Jun-10	542	4.53.29	400 FREE	4.35.65	615	09-Feb-17	Morgan Labelle	OUA Swimming Championships, Toronto
Thunder Bay May International Invitational	Kaitlyn Massaro	26-May-13	525	10.12.40	800 FREE	9.36.24		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	04-Jul-13	513	19.37.08	1500 FREE	19.05.73	529	30-Jan-15	Morgan Labelle	2015 NWO Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Kaitlyn Massaro	05-Jul-12	497	34.14	50 BACK	32.26		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Kaitlyn Massaro	25-May-12	510	1.12.70	100 BACK	1.09.14		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	02-Jul-15	497	2.36.59	200 BACK	2.25.60	549	26-Nov-16	Morgan Labelle	OUA Fairweather Div Championships, Guelph
2015 Canadian Swimming Trials, Toronto	Takara Martin	01-Apr-15	683	33.46	50 BREAST	32.71		02-Feb-17	Takara Martin	Oakland vs Bowling Green, Rochester Hills, MI
2014 Canadian Championships, Saskatoon	Takara Martin	18-Jul-14	697	1.12.68	100 BREAST	1.07.95		21-Feb-17	Takara Martin	Horizon League Championships 2017, Chicago,IL
2015 Canadian Swimming Championships, Quebec	Takara Martin	06-Aug-15	698	2.36.81	200 BREAST	2.28.02		21-Feb-17	Takara Martin	Horizon League Championships 2017, Chicago,IL
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	628	29.26	50 FLY	28.94	597	16-Feb-12	Takara Martin	2012 Eastern Canadian Championships, Gatineau
Manitoba/Saskatchewan Championships, Regina	Takara Martin	05-Jul-12	605	1.06.25	100 FLY	1.03.43		20-Jan-17	Takara Martin	Oakland vs MSU, Rochester Hills, MI
Manitoba/Saskatchewan Championships, Winnipeg	Ellen Lafroy	04-Jul-13	456	2.40.24	200 FLY	2.29.94	522	14-Dec-13	Ellen Lafroy	NWN Allstate End of the year meet, Thunder Bay
					100 IM	1.09.30	578	28-Nov-13	Brittney Felix	Prairie Winter International 2013, Winnipeg
Thunder Bay May International Invitational	Takara Martin	26-May-13	585	2.30.75	200 IM	2.17.88		21-Feb-17	Takara Martin	Horizon League Championships 2017, Chicago,IL
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	555	5.27.72	400 IM	5.20.97	538	21-Jan-11	Takara Martin	N.W.O. Regional Championships, Thunder Bay
2017 TBT May Grand Prix, Thunder Bay	Meakin,Felix,Labelle,Bossio	26-May-17	520	1.59.98	200 F.R.	1.57.44		30-Nov-12	artin, Felix,Iwanonkiw,Massa	Prairie Winter International Invitational, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Meakin,Dusolt,Moorhouse,Boss	02-Apr-16		4.39.03	400 F.R.					
NHCP Summer Splash, New Hope, MN, USA	artin,Massaro,Twomey,Tieme	20-Jun-09		10:39.16	800 F.R.					
Division III Team Champs, Thunder Bay	Massaro,Tieman,Martin,Felix	15-Apr-11		2.18.04	200 M.R.	2.09.14		30-Nov-12	Massaro,Martin,Lafroy,Felix	Prairie Winter International Invitational, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Labelle,Hauth,Felix,Massaro	02-Apr-16		5.28.39	400 M.R.					

NWN

# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Men 7&amp;U</b>										
2017 NWN LC Classic, Thunder Bay	Kadin Siddo	01-Apr-17	57	54.09	50 FREE	50.66	63	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.04.45	100 FREE	1.56.20	57	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.29.74	200 FREE	4.08.89	63	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
					400 FREE					
					800 FREE					
					1500 FREE					
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	50	1.05.03	50 BACK	57.08	58	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.17.93	100 BACK	2.27.44	36	12-May-17	Kadin Siddo	0-100 Meet, Fort Frances
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.55.11	200 BACK	5.03.62	42	25-Nov-17	Marko Iwanyszyn	Northwest Narwhal Allstate Invitational
2018 First General Grnad Prix, Thunder Bay	Marko Iwanyszyn	25-May-18	52	1.10.48	50 BREAST	1.21.43	29	12-May-17	Marko Iwanyszyn	0-100 Meet, Fort Frances
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	48	2.37.19	100 BREAST	2.20.22	62	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	60	5.23.03	200 BREAST					
2018 NWN Allstate Classic	Marko Iwanyszyn	07-Apr-18	18	1.24.56	50 FLY	1.03.20	41	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
					100 FLY					
					200 FLY					
					100 IM	2.02.60	70	02-Nov-18	Matthew Waddington	Splash 2018, Dryden
					200 IM					
					400 IM					
					200 F.R.					
					400 F.R.					
					200 M.R.					
					400 M.R.					
<b>Men 8&amp;U</b>										
2017 NWN LC Classic, Thunder Bay	Kadin Siddo	01-Apr-17	57	54.09	50 FREE	54.71	59	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.04.45	100 FREE	1.57.23	64	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.29.74	200 FREE	4.21.09	62	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
					400 FREE					
					800 FREE					
					1500 FREE					
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	50	1.05.03	50 BACK	57.43	71	04-Apr-08	Jonas Huren	Northwestern Ontario Open, Kenora
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.17.93	100 BACK	2.07.27	65	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.55.11	200 BACK	5.03.62	42	25-Nov-17	Marko Iwanyszyn	Northwest Narwhal Allstate Invitational
2018 First General Grnad Prix, Thunder Bay	Marko Iwanyszyn	25-May-18	52	1.10.48	50 BREAST	1.10.45	54	29-Jan-08	Jonas Hurlen	Fort Frances Regional Meet
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	48	2.37.19	100 BREAST	2.35.47	45	10-Dec-11	Jordan Pozihun	2011 Narwhal End of the Year Meet, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	60	5.23.03	200 BREAST					
Thunder Bay May International Invitational	Jordan Pozihun	27-May-11		1.22.75	50 FLY	1.17.37	22	10-Dec-11	Jordan Pozihun	2011 Narwhal End of the Year Meet, Thunder Bay
					100 FLY					
					200 FLY					
					100 IM	2.18.93	56	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
					200 IM					
					400 IM					
					200 F.R.					
					400 F.R.					
					200 M.R.					
					400 M.R.					
<b>Men 9&amp;U</b>										
Thunder Bay May International Invitational	Jordan Pozihun	25-May-12		46.46	50 FREE	41.21	138	16-Feb-01	Elliot Dewar	.W.O. Regional Swimming Championships, Thunder Bay
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08	71	1.56.46	100 FREE	1:30.41	139	16-Feb-01	Elliot Dewar	.W.O. Regional Swimming Championships, Thunder Bay
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08	83	4.02.44	200 FREE	3.15.82	130	08-Dec-12	Jordan Pozihun	2012 Narwhal End of the Year Meet, Thunder Bay
					400 FREE					
					800 FREE					
					1500 FREE					
Thunder Bay May International Invitational	Jordan Pozihun	25-May-12		56.98	50 BACK	51.38	99	16-Feb-01	Elliot Dewar	.W.O. Regional Swimming Championships, Thunder Bay
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08	104	1.54.51	100 BACK	1.57.03		14-Jun-08	Jonas Hurlen	Hopkins Summer Splash, Hopkins, MN USA
2014 Sun Life Financial Grandprix, Thunder Bay	Diego Barcena-Martinez	23-May-14	91	4.07.97	200 BACK	4.22.93	65	28-Nov-15	Carson Cambly	2015 Northwest Narwhal Allstate Invite, Thunder Bay
Thunder Bay May International Invitational	Jordan Pozihun	25-May-12		1.03.64	50 BREAST	56.18	107	16-Feb-01	Elliot Dewar	.W.O. Regional Swimming Championships, Thunder Bay
Thunder Bay May International Invitational	Jordan Pozihun	25-May-12		2.18.03	100 BREAST	1:58.68	118	16-Feb-01	Elliot Dewar	.W.O. Regional Swimming Championships, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	60	5.23.03	200 BREAST					
2014 Sun Life Financial Grandprix, Thunder Bay	Diego Barcena-Martinez	23-May-14	55	58.83	50 FLY	51.06	86	26-Feb-10	Lawson Mironsky	.W.O. Regional Swimming Championships, Thunder Bay
					100 FLY					
					200 FLY					
					100 IM	2.01.81	84	15-Nov-08	Jonas Hurlen	KSS Fall Invitational, Kenora
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08		4.18.84	200 IM	3.48.63	121	26-Feb-10	Lawson Mironsky	.W.O. Regional Swimming Championships, Thunder Bay
					400 IM					
					200 F.R.					
					400 F.R.					
					200 M.R.					
					400 M.R.					

NWN



# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Men 10 &amp; U</b>										
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	250	34.72	50 FREE	36.94	166	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	241	1:17.57	100 FREE	1:21.12	170	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	254	2:47.25	200 FREE	2:56.64	178	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Samuel Sandoval	01-Apr-17	160	6:44.59	400 FREE	6:18.16	178	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
					800 FREE	12:33.93	203	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
					1500 FREE					
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	277	38.56	50 BACK	44.79	128	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	05-May-05	230	1:27.98	100 BACK	1:35.81	133	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	05-May-05	248	3:05.63	200 BACK	3:19.66	150	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	193	47.57	50 BREAST	50.24	127	21-Jan-10	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	192	1:44.32	100 BREAST	1:43.49	172	09-Apr-10	Toby Quinn	Northwestern Ontario Open, Kenora
<b>2018 First General Grnad Prix, Thunder Bay</b>	<b>Matthew Waddington</b>	<b>25-May-18</b>	<b>60</b>	<b>5:23.03</b>	200 BREAST	3:53.24	151	11-Dec-10	Lawson Mironsky	Narwhal End Of The Year Meet, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	05-May-05	204	39.97	50 FLY	45.42	122	11-Dec-10	Jesse Massaro	Narwhal End Of The Year Meet, Thunder Bay
Thunder Bay May International Invitational	Lawson Mironsky	07-May-10	87	1:54.99	100 FLY	1:41.51	108	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
					200 FLY					
					100 IM	1:35.67	161	11-Dec-10	Lawson Mironsky	Narwhal End Of The Year Meet, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	05-May-05	217	3:17.50	200 IM	3:18.65	177	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
					400 IM	7:08.95	169	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
					200 F.R.					
					400 F.R.					
					200 M.R.					
					400 M.R.					
<b>Men 11 &amp; 12</b>										
Thunder Bay May International Invitational	Leven Sonego	25-May-07	382	30.16	50 FREE	29.54		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Thunder Bay May International Invitational	Leven Sonego	25-May-07	354	1:08.25	100 FREE	1:05.98		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Casey Sellers	01-May-03	332	2:33.01	200 FREE	2:22.43		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez	26-May-17	311	5:24.69	400 FREE	4:57.32		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	05-Jul-12	327	10:56.07	800 FREE	10:27.84		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Casey Sellers	01-May-03	262	23:09.83	1500 FREE	19:05.41	408	01-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	05-Jul-12	262	37.56	50 BACK	36.60		30-Nov-12	Jesse Massaro	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	05-Jul-12	236	1:23.98	100 BACK	1:17.63		30-Nov-12	Jesse Massaro	Prairie Winter International, Winnipeg
2017 NWN LC Spring Classic, Thunder Bay	Jesse Meakin	01-Apr-17	254	2:56.67	200 BACK	2:45.65		01-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Casey Sellers	01-May-03	347	39.14	50 BREAST	38.94	323	06-Feb-03	Casey Sellers	Manitoba/Saskatchewan Championships, Winnipeg
Division II Team Champs, Thunder Bay	Casey Sellers	25-Apr-03	333	1:26.81	100 BREAST	1:24.73	324	06-Feb-03	Casey Sellers	Manitoba/Saskatchewan Championships, Winnipeg
Division II Team Champs, Thunder Bay	Casey Sellers	25-Apr-03	335	3:07.58	200 BREAST	3:00.60	342	06-Feb-03	Casey Sellers	Manitoba/Saskatchewan Championships, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez	26-May-17	312	33.05	50 FLY	32.86		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez	26-May-17	256	1:18.36	100 FLY	1:11.66		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez	26-May-17	238	2:59.89	200 FLY	2:36.27		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
					100 IM	1:18.37	271	08-Dec-12	Lawson Mironsky	2012 Narwhal End of the Year Meet, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	05-Jul-12	298	2:50.54	200 IM	2:35.21	356	01-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	05-Jul-12	296	6:05.61	400 IM	5:23.53		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez, Battigelli, Bath, Barcena-Ma	26-May-17	249	2:14.70	200 F.R.	2:31.07		28-Nov-15	Lawson Mironsky, Battigelli, Meakin, Francis	2015 NWO Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic	Martinez, Meakin, Bath, Cambly	02-Apr-16		5:48.38	400 F.R.					
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez, Battigelli, Meakin, Francis	26-May-17	215	2:35.84	200 M.R.	2:55.09		28-Nov-15	Lawson Mironsky, Battigelli, Meakin, Francis	2015 Northwest Narwhal Allstate Invite, Thunder Bay
					400 M.R.					
<b>Men 13 &amp; 14</b>										
2017 NWN LC Spring Classic, Thunder Bay	Stuart Closs	01-Apr-17	434	27.61	50 FREE	26.78	435	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	23-May-14	434	1:01.95	100 FREE	59.19	437	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Jesse Massaro	04-Jul-13	390	2:19.59	200 FREE	2:08.29	464	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
<b>2018 NWN Allstate Classic</b>	<b>Diego Barcena-Martinez</b>	<b>07-Apr-18</b>	<b>397</b>	<b>4:59.22</b>	400 FREE	4:44.26	416	20-Feb-15	Lawson Mironsky	Splash 2015, Dryden
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	419	10:04.17	800 FREE	9:30.91	468	31-Jan-14	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	422	19:25.32	1500 FREE	18:49.47	426	28-Nov-13	Lawson Mironsky	Prairie Winter International 2013, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Jesse Massaro	04-Jul-13	347	34.21	50 BACK	32.89	324	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Jesse Massaro	24-May-13	342	1:14.22	100 BACK	1:10.45	335	31-Jan-14	Jesse Massaro	N.W.O. Regional Championships, Thunder Bay
<b>2018 First General Grandprix, Thunder Bay</b>	<b>Nicholas Battigelli</b>	<b>25-May-18</b>	<b>319</b>	<b>2:43.75</b>	200 BACK	2:31.37	344	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Tyler Trottier	02-Jul-15	395	36.26	50 BREAST	35.58	357	31-Jan-14	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Tyler Trottier	02-Jul-15	358	1:22.33	100 BREAST	1:14.85	410	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Tyler Trottier	02-Jul-15	368	2:57.13	200 BREAST	2:47.07	376	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	430	29.71	50 FLY	28.17	463	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	429	1:06.04	100 FLY	1:02.44	468	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	23-May-14	394	2:32.06	200 FLY	2:23.64	438	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
					100 IM	1:07.73	419	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
<b>2018 First General Grandprix, Thunder Bay</b>	<b>Diego Barcena-Martinez</b>	<b>25-May-18</b>	<b>383</b>	<b>2:36.97</b>	200 IM	2:23.69	444	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	426	5:23.92	400 IM	5:10.88	434	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Lawson Mironsky, Serratore, Felix, Massa	24-May-13		2:06.01	200 F.R.	2:01.25		31-Jan-14	Lawson Mironsky, Serratore, Felix, Massa	N.W.O. Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Closs, Leschuk, Ross, Moore	02-Apr-16		4:53.93	400 F.R.					
Thunder Bay May International Invitational	Jesse Massaro, Mironsky, Serratore, Felix	24-May-13		2:23.35	200 M.R.	2:21.36		31-Jan-14	Jesse Massaro, Mironsky, Serratore, Felix	N.W.O. Regional Championships, Thunder Bay
					400 M.R.					

NWN

# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Men 15 &amp; 16</b>										
2017 NWO LC Champs	Justin Felix	04-Feb-17	510	26.16	50 FREE	25.11	609	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
Golden Plains Invitational, Winnipeg	Lawson Mironsky	13-May-16	467	1:00.46	100 FREE	56.39	571	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	02-Jul-15	456	2:12.48	200 FREE	2:10.00	501		Andrew Cameron	
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	435	4:50.23	400 FREE	4:41.67	427	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
2016 Sun Life Financial Grandprix, Thunder Bay	Justin Felix	27-May-16	288	11:24.29	800 FREE	9:48.25	428	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	410	19:31.53	1500 FREE	19:45.06	399	31-Jan-03	David Sellers	.W.O. Regional Swimming Championships, Fort France
NWN Allstate LC Spring Classic, Thunder Bay	Lawson Mironsky	02-Apr-16	306	35.65	50 BACK	31.47	327	03-Nov-16	Justin Felix	2016 NYAC CUP, Toronto
Golden Plains Invitational, Winnipeg	Lawson Mironsky	13-May-16	368	1:12.42	100 BACK	1:09.78	344	26-Nov-16	Justin Felix	2016 NWN Allstate Invite, Thunder Bay
2017 NWO LC Champs	Eric Osala	04-Feb-17	348	2:39.08	200 BACK	2:37.84	299	26-Nov-16	Eric Osala	2016 NWN Allstate Invite, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Nathan Lavoie	19-Apr-01	531	33.97	50 BREAST	32.88	536	30-Nov-00	Nathan Lavoie	Prairie Winter International Invitational, Winnipeg
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Nathan Lavoie	13-Apr-00	471	1:17.30	100 BREAST	1:13.20	438	29-Jan-16	Lawson Mironsky	2016 NWO Regional Championships, Thunder Bay
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	416	2:50.13	200 BREAST	2:41.35	418	29-Jan-16	Lawson Mironsky	2016 NWO Regional Championships, Thunder Bay
MAC Invitational, Markham	Lawson Mironsky	21-Apr-16		28.58	50 FLY	26.67	637	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	531	1:01.52	100 FLY	1:00.41	586	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	450	2:25.45	200 FLY	2:22.48	442	26-Nov-16	Eric Osala	2016 NWN Allstate Invite, Thunder Bay
					100 IM	1:06.52	443	10-Dec-15	Lawson Mironsky	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	02-Jul-15	467	2:26.93	200 IM	2:21.39	538	03-Nov-16	Lawson Mironsky	2016 NYAC CUP, Toronto
2017 NWN LC Spring Classic, Thunder Bay	Eric Osala	01-Apr-17	367	5:40.31	400 IM	5:22.72	333	04-Nov-16	Eric Osala	2016 NYAC CUP, Toronto
2017 NWO LC Champs	Closs,Felix,Mironsky,Osala	04-Feb-17	378	1:51.77	200 F.R.	1:52.02	510	10-Dec-15	Mironsky,Osala,Closs,Felix	2015 Northwest Narwhal Allstate Invite, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Mironsky,Dafoe,Osala,Felix	02-Apr-16		4:11.19	400 F.R.					
Manitoba/Saskatchewan Championships, Winnipeg	Dafoe,Trottier,Mironsky,Osala	02-Jul-15	362	2:11.04	200 M.R.	2:05.34	417	10-Dec-15	Felix,Mironsky,Osala,Closs	2015 Northwest Narwhal Allstate Invite, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Felix,Mironsky,Osala,Francis	02-Apr-16		5:03.07	400 M.R.					
<b>Men 17 &amp; 18</b>										
Thunder Bay May International Invitational	Andrew Cameron	25-May-01	609	25.81	50 FREE	25.28	596	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
<b>2018 NWN Allstate Classic</b>	<b>Justin Felix</b>	<b>07-Apr-18</b>	<b>521</b>	<b>58.28</b>	100 FREE	57.32	544	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	427	2:15.41	200 FREE	2:09.62	506	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	David Sellers	28-May-04	453	4:52.06	400 FREE	<b>4.43.01</b>	<b>421</b>	<b>25-Nov-17</b>	<b>Eric Osala</b>	<b>Northwest Narwhal Allstate Invitational</b>
					800 FREE	9:50.01	471	27-Nov-03	David Sellers	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	David Sellers	23-May-03	415	19:51.90	1500 FREE	18:52.07	458	25-Apr-03	David Sellers	Division II Team Champs, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Justin Felix	01-Apr-17	389	32.91	50 BACK	<b>31.91</b>	<b>337</b>	<b>25-Nov-17</b>	<b>Cameron Mackey</b>	<b>Northwest Narwhal Allstate Invitational</b>
<b>2018 First General Grnad Prix, Thunder Bay</b>	<b>Justin Felix</b>	<b>25-May-18</b>	<b>390</b>	<b>1:10.95</b>	100 BACK	1:08.02	425	01-Feb-02	Andrew Cameron	Fort Frances Regional Meet
NWN Allstate LC Spring Classic, Thunder Bay	Cameron Mackey	02-Apr-16	329	2:42.08	200 BACK	<b>2.37.97</b>	<b>298</b>	<b>25-Nov-17</b>	<b>Cameron Mackey</b>	<b>Northwest Narwhal Allstate Invitational</b>
Manitoba Marlins Crocus Classic Invitational, Winnipeg	David Sellers	01-May-03	499	34.69	50 BREAST	<b>34.63</b>	<b>387</b>	<b>03-Nov-17</b>	<b>Justin Felix</b>	<b>NYAC Cup, Toronto</b>
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	477	1:17.00	100 BREAST	1:15.49	458	05-Apr-02	Andrew Cameron	Thunder Bay Regional Meet
Manitoba Marlins Crocus Classic Invitational, Winnipeg	David Sellers	01-May-03	430	2:52.50	200 BREAST	2:45.84	441	02-Dec-04	David Sellers	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	624	27.55	50 FLY	27.83	561	02-Mar-02	Andrew Cameron	Kenora Regional Meet
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	487	1:03.30	100 FLY	1:01.73	549	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	402	2:31.09	200 FLY	<b>2.22.17</b>	<b>445</b>	<b>25-Nov-17</b>	<b>Eric Osala</b>	<b>Northwest Narwhal Allstate Invitational</b>
					100 IM	<b>1.09.00</b>	<b>395</b>	<b>25-Nov-17</b>	<b>Eric Osala</b>	<b>Northwest Narwhal Allstate Invitational</b>
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	429	2:31.11	200 IM	2:24.05	512	02-Mar-02	Andrew Cameron	Kenora Regional Meet
<b>2018 NWN Allstate Classic</b>	<b>Justin Felix</b>	<b>07-Apr-18</b>	<b>368</b>	<b>5:40.07</b>	400 IM	<b>5.22.51</b>	<b>389</b>	<b>03-Nov-17</b>	<b>Eric Osala</b>	<b>NYAC Cup, Toronto</b>
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	444	1:51.21	200 F.R.					
					400 F.R.					
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	369	2:10.25	200 M.R.					
					400 M.R.					
<b>Men Open</b>										
Thunder Bay May International Invitational	Andrew Cameron	25-May-01	609	25.81	50 FREE	25.11	609	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
<b>2018 NWN Allstate Classic</b>	<b>Justin Felix</b>	<b>07-Apr-18</b>	<b>521</b>	<b>58.28</b>	100 FREE	56.39	571	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	02-Jul-15	456	2:12.48	200 FREE	2:08.29	464	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	435	4:50.23	400 FREE	4:41.67	427	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	419	10:04.17	800 FREE	9:30.91	468	31-Jan-14	Lawson Mironsky	N.W.O Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	422	19:25.32	1500 FREE	18:49.47		28-Nov-13	Lawson Mironsky	Prairie Winter International 2013, Winnipeg
2017 NWN LC Spring Classic, Thunder Bay	Justin Felix	01-Apr-17	389	32.91	50 BACK	31.47	327	03-Nov-16	Justin Felix	2016 NYAC CUP, Toronto
<b>2018 First General Grnad Prix, Thunder Bay</b>	<b>Justin Felix</b>	<b>25-May-18</b>	<b>390</b>	<b>1:10.95</b>	100 BACK	1:08.02	425	01-Feb-02	Andrew Cameron	Fort Frances Regional Meet
2017 NWO LC Champs	Eric Osala	04-Feb-17	348	2:39.08	200 BACK	2:39.89	292	14-Apr-13	Damon Quinn	Northwestern Ontario Open 2013, Kenora
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Nathan Lavoie	19-Apr-01	531	33.97	50 BREAST	32.88	536	30-Nov-00	Nathan Lavoie	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	477	1:17.00	100 BREAST	1:13.20	438	29-Jan-16	Lawson Mironsky	2016 NWO Regional Championships, Thunder Bay
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	416	2:50.13	200 BREAST	2:41.35	418	29-Jan-16	Lawson Mironsky	2016 NWO Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	624	27.55	50 FLY	26.67	637	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	531	1:01.52	100 FLY	1:00.41	586	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	450	2:25.45	200 FLY	2:22.48	442	26-Nov-16	Eric Osala	2016 NWN Allstate Invite, Thunder Bay
					100 IM	1:07.73	419	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	02-Jul-15	467	2:26.93	200 IM	2:21.64	538	01-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	04-Jul-13	426	5:23.92	400 IM	5:14.27	420	31-Jan-14	Lawson Mironsky	N.W.O Regional Championships, Thunder Bay
<b>2018 N.W.O. Regional Champs</b>	<b>Felix,Osala,Mackey,Closs</b>	<b>03-Feb-18</b>		<b>1.48.88</b>	200 F.R.	1:53.88		28-Nov-15	Dafoe,Mackey,Osala,Felix	2015 Northwest Narwhal Allstate Invite, Thunder Bay
					400 F.R.					
2016 Sun Life Financial Grandprix, Thunder Bay	Mackey,Mironsky,Osala,Felix	27-May-16	384	2:08.47	200 M.R.	2:11.82		28-Nov-15	Dafoe,Mackey,Osala,Felix	2015 Northwest Narwhal Allstate Invite, Thunder Bay
					400 M.R.					

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