

Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue
Women 7&U									
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				Boston Pizza Winter Chill Invitational, Fort Frances
					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				Boston Pizza Winter Chill Invitational, Fort Frances
					400 IM				
					200 F.R.				
					400 F.R.				
					200 M.R.				
					400 M.R.				
Women 8&U									
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				NWN TT May 2018, Thunder Bay
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				Northwest Narwhal Allstate Invitational
					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				2012 N.W.O. Open, Kenora
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.				2015 Northwest Narwhal Allstate Invite, Thunder Bay
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.				2015 Northwest Narwhal Allstate Invite, Thunder Bay
Women 9&U									
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	Elly Bodnar	02-Feb-19	231	1.24.21	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
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	225	6.28.53	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				NWN TT May 2018, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	223	44.62	50 BACK	43.93	200	14-Apr-13	Ilana Mironsky
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	221	1.36.02	100 BACK	1.32.39	213	14-Apr-13	Ilana Mironsky
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	244	3.18.49	200 BACK	3.13.37	240	14-Apr-13	Ilana Mironsky
N.W.O. Regional Championships, Thunder Bay	Sophie Venasky	02-Feb-19	180	52.00	50 BREAST	51.85	199	04-Feb-05	Takara Martin
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	182	1.53.08	100 BREAST	1.50.03	182	01-Dec-18	Sophie Venasky
N.W.O. Regional Championships, Thunder Bay	Katherine Warkentin	02-Feb-19	203	3.56.45	200 BREAST	3.51.90	195	01-Dec-18	Sophie Venasky
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	203	41.56	50 FLY	48.51	126	01-Dec-18	Katherine Warkentin
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	210	1.33.33	100 FLY	1.39.77	163	01-Dec-18	Elly Bodnar
					200 FLY	3.43.77	152	01-Dec-18	Elly Bodnar
					100 IM	1.38.13	192	01-Dec-18	Elly Bodnar
Thunder Bay May International Invitational	Ilana Mironsky	26-May-13	209	3.32.50	200 IM	3.24.27	212	01-Dec-18	Elly Bodnar
N.W.O. Regional Championships, Thunder Bay	Elly Bodnar	02-Feb-19	257	6.58.56	400 IM				2018 NWN SC, Thunder Bay
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, Brown, Warkentin, Boc
					400 F.R.				Northwest Narwhal Allstate Invitational
					200 M.R.	4.05.70		25-Nov-17	Ilana Mironsky, Warkentin, Bodnar, Br
					400 M.R.				Northwest Narwhal Allstate Invitational

NWN

Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
Women 10 & U										
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
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	287	2.51.17	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										
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	310	39.98	50 BACK	39.07	284	06-Nov-15	Rowan Sharp	NYAC CUP, Toronto
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	310	1.25.87	100 BACK	1.22.21	272	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	316	3.02.03	200 BACK	2.51.49	326	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
Manitoba/Saskatchewan Championships, Winnipeg	Rowan Sharp	02-Jul-15	267	45.78	50 BREAST	43.22	247	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	274	1.39.05	100 BREAST	1.33.33	255	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	296	3.28.56	200 BREAST	3.21.44	298	25-Nov-17	Kaitlyn Luu	Northwest Narwhal Allstate Invitational
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										
2018 N.W.O. Regional Champs	Kaitlyn Luu	03-Feb-18	315	3.05.18	200 IM	2.55.93	287	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
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-Mar	26-May-17	219	2.39.95	200 F.R.	2.41.69		01-Dec-18	Inar, Lutz, Warkentin, Niittynen-Dreif	2018 NWN SC, Thunder Bay
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, Siddo, Batt	26-May-17	204	3.00.34	200 M.R.	2.58.90		01-Dec-18	Inar, Lutz, Niittynen-Dreifelds, Bos	2018 NWN SC, Thunder Bay
400 M.R.										
Women 11 & 12										
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	32.92	406	01-Nov-18	Kaitlyn Luu	2018 NYAC Cup, Toronto
Manitoba/Saskatchewan Championships, Regina	Ellen LaFroy	05-Jul-12	348	1.19.49	100 FLY	1.15.34	380	01-Nov-18	Kaitlyn Luu	2018 NYAC Cup, Toronto
Manitoba/Saskatchewan Championships, Saskatoon	Kaitlyn Luu	05-Jul-18	325	2.57.01	200 FLY	2.46.24	372	01-Nov-18	Kaitlyn Luu	2018 NYAC Cup, Toronto
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, Ilana Mironsky, Meakin, Sharp, Cournoyer, Mironsky	02-Jul-15	383	2.12.92	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, Mironsky, Cournoyer, Sh	02-Apr-16		6.04.33	400 F.R.					
Manitoba/Saskatchewan Championships, Winnipeg	Ilana Mironsky, Sharp, McCuaig, Cournoyer	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.										
Women 13 & 14										
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	Covello, Ross, 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, Meakin, Sharp, LeRossignol, Bos	02-Mar-17	444	4.36.36	400 F.R.					
Prairie Winter International 2017	Kaitlyn Massaro, Meakin, Sharp, LeRossignol, Bos	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 Praire Winter International, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Kaitlyn Massaro, Meakin, Sharp, LeRossignol, Bos, LaFroy, LaBelle, Felix, Massaro	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	
Women 15 & 16										
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.					
Women 17 & 18										
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,Ross,Moorhouse	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.					
Women Open										
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	
Men 7&U										
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	1.52.57	63	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.29.74	200 FREE	3.56.85	73	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
					400 FREE					
					800 FREE					
					1500 FREE					
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	50	1.05.03	50 BACK	55.10	65	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.17.93	100 BACK	1.55.52	75	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.55.11	200 BACK	4.12.81	72	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Marko Iwanyszyn	25-May-18	52	1.10.48	50 BREAST	1.07.70	51	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
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	4.41.88	78	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
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	4.07.26	87	01-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
					400 IM					
					200 F.R.					
					400 F.R.					
					200 M.R.					
					400 M.R.					
Men 8&U										
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	87	47.07	50 FREE	54.71	59	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	96	1.42.39	100 FREE	1.57.23	64	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	94	3.43.58	200 FREE	4.21.09	62	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
					400 FREE					
					800 FREE					
					1500 FREE					
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	77	56.47	50 BACK	57.43	71	04-Apr-08	Jonas Hurlen	Northwestern Ontario Open, Kenora
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	87	1.56.98	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
N.W.O. Regional Championships, Thunder Bay	Marko Iwanyszyn	02-Feb-19	53	1.09.07	50 BREAST	1.10.45	54	29-Jan-08	Jonas Hurlen	Fort Frances Regional Meet
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	77	2.14.02	100 BREAST	2.35.47	45	10-Dec-11	Jordan Pozihun	2011 Narwhal End of the Year Meet, Thunder Bay
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	91	4.40.82	200 BREAST					
N.W.O. Regional Championships, Thunder Bay	Matthew Waddington	02-Feb-19	45	1.02.61	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.					
Men 9&U										
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	
Men 10 & U										
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
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	60	5:23.03	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.					
Men 11 & 12										
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, Barcena-Martinez, 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	26-May-17	215	2:35.84	200 M.R.	2:55.09		28-Nov-15	Lawson Mironsky, Barcena-Martinez, Battigelli, Meakin, Francis	2015 Northwest Narwhal Allstate Invite, Thunder Bay
					400 M.R.					
Men 13 & 14										
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
N.W.O. Regional Championships, Thunder Bay	Diego Barcena-Martinez	02-Feb-19	473	1:00.20	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
2018 NWN Allstate Classic	Diego Barcena-Martinez	07-Apr-18	397	4:59.22	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
2018 First General Grandprix, Thunder Bay	Nicholas Battigelli	25-May-18	319	2:43.75	200 BACK	2:30.57	345	01-Dec-18	Diego Barcena-Martinez	2018 NWN SC, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Tyler Trottier	02-Jul-15	395	36.26	50 BREAST	35.21	368	01-Dec-18	Nicholas Battigelli	2018 NWN SC, 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
N.W.O. Regional Championships, Thunder Bay	Diego Barcena-Martinez	02-Feb-19	418	2:32.36	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
N.W.O. Regional Championships, Thunder Bay	Diego Barcena-Martinez, Meakin, Sandoval, Battigelli	02-Feb-19		4:27.57	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
N.W.O. Regional Championships, Thunder Bay	Diego Barcena-Martinez, Battigelli	02-Feb-19		5:06.19	400 M.R.					

NWN

Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
Men 15 & 16										
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 Frances
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.					
Men 17 & 18										
Thunder Bay May International Invitational	Andrew Cameron	25-May-01	609	25.81	50 FREE	25.16	522	01-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2018 NWN Allstate Classic	Justin Felix	07-Apr-18	521	58.28	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	4:43.01	421	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
					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	31.42	353	01-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2018 First General Grand Prix, Thunder Bay	Justin Felix	25-May-18	390	1:10.95	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	2:37.97	298	25-Nov-17	Cameron Mackey	Northwest Narwhal Allstate Invitational
Manitoba Marlins Crocus Classic Invitational, Winnipeg	David Sellers	01-May-03	499	34.69	50 BREAST	34.63	387	03-Nov-17	Justin Felix	NYAC Cup, Toronto
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	2:22.17	445	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
					100 IM	1:09.00	395	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
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
2018 NWN Allstate Classic	Justin Felix	07-Apr-18	368	5:40.07	400 IM	5:22.51	389	03-Nov-17	Eric Osala	NYAC Cup, Toronto
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.					
Men Open										
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
2018 NWN Allstate Classic	Justin Felix	07-Apr-18	521	58.28	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	31.42	353	01-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2018 First General Grand Prix, Thunder Bay	Justin Felix	25-May-18	390	1:10.95	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
2018 N.W.O. Regional Champs	Felix,Osala,Mackey,Closs	03-Feb-18		1:48.88	200 F.R.	1:53.88		28-Nov-15	Dafoe,Mackey,Osala,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.					
2016 Sun Life Financial Grandprix, Thunder Bay	Mackey,Mironsky,Osala,Felix	27-May-16	384	2:08.47	200 M.R.	2:08.68		01-Dec-18	s,Battigelli,Barcena-Martine	2018 NWN SC, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Felix,Mironsky,Osala,Francis	02-Apr-16		5:03.07	400 M.R.					

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