



Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time		Time	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	11-Feb-11	Ilana Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
				800 FREE				
				1500 FREE				
2017 TBT May Grand Prix, Thunder Bay	Elly Bodnar	26-May-17	49.89	50 BACK	54.03	12-May-17	Elly Bodnar	0-100 Meet, Fort Frances
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	1.56.50	100 BACK	2.00.84	12-May-17	Elly Bodnar	0-100 Meet, Fort Frances
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	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	Ontario Division 3 Team Championships, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11	2.13.92	100 BREAST	2.08.98	15-Apr-11	Ilana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Sophie Venasky	1-Apr-17	5.02.91	200 BREAST	5.24.21	29-Jan-16	Addison Lutz	2016 NWO Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	27-May-11	58.71	50 FLY	1.09.03	26-Nov-16	Sophie Venasky	2016 NWN Allstate Invite, Thunder Bay
				100 FLY				
				200 FLY				
				100 IM	2.11.29	11-Feb-11	Ilana Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
				200 IM				
				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	10-Dec-11	Ilana Mironsky	2011 Narwhal End of the Year Meet, Thunder Bay
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12	1.32.52	100 FREE	1.30.42	13-Apr-12	Ilana Mironsky	2012 N.W.O. Open, Kenora
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12	3.14.46	200 FREE	3.15.32	13-Apr-12	Ilana Mironsky	2012 N.W.O. Open, Kenora
Thunder Bay May International Invitational	Ilana Mironsky	25-May-12	6.50.27	400 FREE	7:04.70	10-Dec-11	Ilana Mironsky	2011 Narwhal End of the Year Meet, Thunder Bay
				800 FREE	14.11.79	11-May-18	Elly Bodnar	NWN TT May 2018,Thunder Bay
				1500 FREE				
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	46.29	50 BACK	48.82	13-Apr-12	Ilana Mironsky	2012 N.W.O. Open, Kenora
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	1.41.35	100 BACK	1.44.50	13-Apr-12	Ilana Mironsky	2012 N.W.O. Open, Kenora
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	3.31.18	200 BACK	3.35.18	5-Feb-12	Ilana Mironsky	2012 N.W.O. Championships, Thunder Bay
2018 N.W.O. Regional Champs	Sophie Venasky	7-Apr-18	56.40	50 BREAST	57.98	5-Feb-12	Ilana Mironsky	2012 N.W.O. Championships, Thunder Bay
2018 NWN Allstate Classic	Katherine Warkentin	7-Apr-18	2.02.84	100 BREAST	2.08.98	15-Apr-11	Ilana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
2018 First General Grand Prix, Thunder Bay	Elly Bodnar	25-May-18	4.12.79	200 BREAST	4.28.73	25-Nov-17	Sophie Venasky	Northwest Narwhal Allstate Invitational
2018 NWN Allstate Classic	Elly Bodnar	7-Apr-18	48.35	50 FLY	50.11	25-Nov-17	Elly Bodnar	Northwest Narwhal Allstate Invitational
2018 NWN Allstate Classic	Elly Bodnar	7-Apr-18	1.50.52	100 FLY				
				200 FLY				
				100 IM	1.48.14	21-Oct-11	Ilana Mironsky	Boston Pizza Fall Frolic Swim Meet, Fort Frances
2018 First General Grand Prix, Thunder Bay	Elly Bodnar	25-May-18	3.41.41	200 IM	3.45.43	13-Apr-12	Ilana Mironsky	2012 N.W.O. Open, Kenora
				400 IM				
2018 N.W.O. Regional Champs	Venasky,Bodnar,Warkentin,Rozenb	3-Feb-18	3.44.50	200 F.R.	4.26.11	28-Nov-15	Ailey,Luu,Eyben,Battegelli	2015 Northwest Narwhal Allstate Invite, Thunder Bay
				400 F.R.				
2017 NWO LC Champs	Venasky,Lutz,Venasky,Bodnar	4-Feb-17	4.24.13	200 M.R.	4.32.93	28-Nov-15	Battegelli,Ailey,Luu,Lutz	2015 Northwest Narwhal Allstate Invite,Thunder Bay
				400 M.R.				
Women 9&U								
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	36.00	50 FREE	36.26	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	1.18.97	100 FREE	1.18.95	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 NWN LC Meet, Thunder Bay	Elly Bodnar	6-Apr-19	2.52.34	200 FREE	2.52.77	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
April Mac Invitational, Unionville	Elly Bodnar	11-Apr-19	6.00.61	400 FREE	6.12.33	14-Apr-13	Ilana Mironsky	Northwest Ontario Open 2013, Kenora
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	12.26.54	800 FREE	14.11.79	11-May-18	Elly Bodnar	NWN TT May 2018,Thunder Bay
				1500 FREE				
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	41.37	50 BACK	41.79	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	1.32.24	100 BACK	1.30.38	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	3.13.87	200 BACK	3.09.09	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Katherine Warkentin	24-May-19	48.19	50 BREAST	44.51	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Katherine Warkentin	24-May-19	1.44.63	100 BREAST	1.40.38	18-Oct-19	Katherine Warkentin	SaultSurgePentathlon,Sault Ste. Marie
April Mac Invitational, Unionville	Katherine Warkentin	11-Apr-19	3.42.97	200 BREAST	3.51.90	1-Dec-18	Sophie Venasky	2018 NWN SC, Thunder Bay
2019 NWN LC Meet, Thunder Bay	Elly Bodnar	6-Apr-19	40.39	50 FLY	40.95	12-Jun-19	Elly Bodnar	NWN TT June 2019, Thunder Bay
April Mac Invitational, Unionville	Elly Bodnar	11-Apr-19	1.30.42	100 FLY	1.39.77	1-Dec-18	Elly Bodnar	2018 NWN SC, Thunder Bay
				200 FLY	3.43.77	1-Dec-18	Elly Bodnar	2018 NWN SC, Thunder Bay
				100 IM	1.38.13	1-Dec-18	Elly Bodnar	2018 NWN SC, Thunder Bay
April Mac Invitational, Unionville	Elly Bodnar	11-Apr-19	3.10.35	200 IM	3.07.15	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Elly Bodnar	24-May-19	6.43.90	400 IM				
2016 Sun Life Financial Grandprix, Thunder Bay	Luu,Venasky,Lutz,Venasky	27-May-16	3.59.80	200 F.R.	3.51.44	25-Nov-17	Venasky,Brown,Warkentin,Bodn	Northwest Narwhal Allstate Invitational
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	cker, Grahram,A. Mozzon, A. Op	05/27/22	9.20.72	400 F.R.				
				200 M.R.	4.05.70	25-Nov-17	Venasky,Warkentin,Bodnar,Brow	Northwest Narwhal Allstate Invitational
				400 M.R.				





Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time		Time	Date	Swimmer	Venue
Women 10 & U								
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	33.43	50 FREE	31.34	15-Nov-25	Milana Khmyz	TBT Fall Invitational, Thunder Bay
2020 NWO Regional Champs	Elly Bodnar	31-Jan-20	1:12.37	100 FREE	1:10.37	22-Feb-20	Elly Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Elly Bodnar	31-Jan-20	2:39.31	200 FREE	2:33.57	22-Feb-20	Elly Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Elly Bodnar	31-Jan-20	5:40.78	400 FREE	5:28.71	22-Feb-20	Elly Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Elly Bodnar	31-Jan-20	11:27.64	800 FREE	11:45.47	13-Mar-14	Ilana Mironsky	2014 ManSask SC Championships, Winnipeg
1500 FREE								
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	37.26	50 BACK	36.66	15-Nov-15	Milana Khmyz	TBT Fall Invitational, Thunder Bay
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	1:18.18	100 BACK	1:19.68	15-Nov-25	Milana Khmyz	TBT Fall Invitational, Thunder Bay
2014 Sun Life Financial Grandprix, Thunder Bay	Ilana Mironsky	23-May-14	3:02.03	200 BACK	2:51.49	17-Feb-18	Kaitlyn Luu	2018 Ontario Winter Festivals
Manitoba/Saskatchewan Championships, Winnipeg	Rowan Sharp	2-Jul-15	45.78	50 BREAST	43.12	22-Feb-20	Katherine Warkentin	2020 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-Feb-18	1:39.05	100 BREAST	1:32.83	22-Feb-20	Katherine Warkentin	2020 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-Feb-18	3:28.56	200 BREAST	3:21.44	25-Nov-17	Kaitlyn Luu	Northwest Narwhal Allstate Invitational
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	35.41	50 FLY	33.97	15-Nov-25	Milana Khmyz	TBT Fall Invitational, Thunder Bay
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	1:21.09	100 FLY	1:21.11	1-Nov-19	Addison Lutz	NYAC CUP, Toronto
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Elly Bodnar	29-Feb-20	3:05.05	200 FLY	3:07.64	23-Nov-19	Elly Bodnar	2019 NWN Massaro Invite, Thunder Bay
100 IM								
2026 NWO LC Championships	Milana Khmyz	31-Jan-26	2:55.99	200 IM	2:51.56	22-Feb-20	Elly Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Elly Bodnar	31-Jan-20	6:22.47	400 IM	6:13.86	23-Nov-19	Elly Bodnar	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Jnar,Niittynen-Dreifelds,Lutz,Warker	24-May-19	2:34.97	200 F.R.	2:41.69	1-Dec-18	Inar,Lutz,Warkentin,Niittynen-Dreif	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	Jnar,Niittynen-Dreifelds,Lutz,Warker	6-Apr-19	5:48.09	400 F.R.	6:46.48	18-Nov-23	Opaski, Graham, Crocker, Abbigail	2023 TBT Fall Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Inar,Warkentin,Lutz,Niittynen-Dreif	24-May-19	2:57.36	200 M.R.	2:58.90	1-Dec-18	enasky,Lutz,Niittynen-Dreifelds,Bod	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	tynten-Dreifelds,Lutz,Bodnar,Warker	6-Apr-19	6:19.89	400 M.R.				
Women 11 & 12								
Manitoba/Saskatchewan Championships, Winnipeg	Katie Meakin	2-Jul-15	29.33	50 FREE	29.21	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Katherine Warkentin	17-Jun-22	1:03.75	100 FREE	1:04.04	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Elly Bodnar	17-Jun-22	2:20.61	200 FREE	2:19.11	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Elly Bodnar	17-Mar-22	5:01.76	400 FREE	4:56.11	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Elly Bodnar	17-Mar-22	10:21.14	800 FREE	10:13.17	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
1500 FREE								
Manitoba/Saskatchewan Championships, Winnipeg	Elly Bodnar	17-Mar-22	34.57	50 BACK	34.76	12/Mar/15	Alyssa Bossio	2015 Man/Sask Championships, Saskatoon
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	1:12.74	100 BACK	1:12.46	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Ilana Mironsky	13-May-16	2:34.71	200 BACK	2:31.72	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
2022 Northwest Narwhal Regional	Katherine Warkentin	3-Mar-22	36.46	50 BREAST	39.62	11-Dec-14	Emma Covello	2014 Prairie Winter International, Winnipeg
2022 Spring Forward, Toronto	Katherine Warkentin	7-Apr-22	1:19.69	100 BREAST	1:21.38	16-Dec-21	Katherine Warkentin	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Katherine Warkentin	17-Jun-22	2:54.27	200 BREAST	2:55.32	16-Dec-21	Katherine Warkentin	2021 Prairie Winter International, winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Elly Bodnar	17-Mar-22	31.88	50 FLY	32.92	1-Nov-18	Kaitlyn Luu	2018 NYAC Cup, Toronto
2022 Spring Forward, Toronto	Katherine Warkentin	7-Apr-22	1:11.98	100 FLY	1:12.29	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Elly Bodnar	17-Jun-22	2:46.63	200 FLY	2:43.47	16-Dec-21	Elly Bodnar	2021 Prairie Winter International, Winnipeg
100 IM								
2022 ManSask Summer LC Prov Championships, Saskatoon	Katherine Warkentin	7-Jul-22	2:37.83	200 IM	2:38.46	10-Dec-15	Ilana Mironsky	2015 Prairie Winter International, Winnipeg
2022 ManSask Summer LC Prov Championships, Saskatoon	Katherine Warkentin	7-Jul-22	5:41.94	400 IM	5:40.58	12-Mar-15	Alyssa Bossio	2015 Man/Sask Championships, Saskatoon
Manitoba/Saskatchewan Championships, Winnipeg	odnar,S.Venasky,H.Nisula,Warkenti	17-Mar-22	2:04.82	200 F.R.	2:05.05	21-Nov-21	odnar,Thompson,S.Venasky,Warkent	2021 NWN TT3, Thunder Bay
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	dnar, S. Venasky, H. Nisula, Warken	27-May-22	4:38.86	400 F.R.	5:26.37	23-Nov-19	Lambert,Brown,Battigelli,Opaski	2019 NWN Massaro Invite, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Bodnar,Warkentin,S.Venasky,Nisula	17-Mar-22	2:20.08	200 M.R.	2:19.62	16-Dec-21	Venaky,Warkentin,Bodnar,Thompsc	2021 Prairie Winter International,winnipeg
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	.Venasky,Warkentin,Bodnar,H.Nisul	27-May-22	5:15.62	400 M.R.	6:25.25	16-Nov-24	Graham,Pradal,Roberts,Opaski	Thunderbolts Fall Invitational, Thunder Bay
Women 13 & 14								
Prairie Winter International 2017	Katie Meakin	2-Mar-17	28.13	50 FREE	28.13	9-Apr-10	Takara Martin	Northwestern Ontario Open, Kenora
Prairie Winter International 2017	Katie Meakin	2-Mar-17	1:02.26	100 FREE	1:00.98	18-Mar-10	Takara Martin	Man/Sask Championships, Winnipeg
2023 TBT May International, Thunder Bay	Elly Bodnar	26-May-23	2:16.72	200 FREE	2:11.00	15-Mar-12	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
2017 NWN LC Spring Classic, Thunder Bay	Katie Meakin	1-Apr-17	4:56.93	400 FREE	4:39.56	15-Mar-12	Kaitlyn Massaro	Man/Sask Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	4-Jul-13	10:15.36	800 FREE	9:36.93	1-Mar-12	Kaitlyn Massaro	SC Junior Provincials, Nepean
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	4-Jul-13	19:37.08	1500 FREE	19:27.73	28-Nov-13	Brittney Felix	Prairie Winter International 2013, Winnipeg
Prairie Winter International 2017	Katie Meakin	2-Mar-17	32.93	50 BACK	32.42	29-Jan-16	Katie Meakin	2016 NWO Regional Championships, Thunder Bay
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	1:10.42	100 BACK	1:10.64	10-Dec-15	Alyssa Bossio	2015 Prairie Winter International, Winnipeg
Golden Plains Invitational, Winnipeg	Alyssa Bossio	13-May-16	2:33.43	200 BACK	2:30.88	10-Dec-15	Alyssa Bossio	2015 Prairie Winter International, Winnipeg
Canadian Age Group Championships, Montreal	Takara Martin	15-Jul-09	36.39	50 BREAST	35.45	18-Mar-10	Takara Martin	Man/Sask Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Takara Martin	2-Jul-09	1:18.92	100 BREAST	1:16.11	25-Feb-10	Takara Martin	SC Junior Provincials, Etobicoke
Manitoba/Saskatchewan Championships, Winnipeg	Takara Martin	2-Jul-09	2:49.77	200 BREAST	2:43.97	13-Nov-09	Takara Martin	Swim International 2009, Brantford
Manitoba/Saskatchewan Championships, Winnipeg	Ellen Lafroy	4-Jul-13	30.90	50 FLY	29.58	2-Dec-09	Takara Martin	Prairie Winter International Invitational, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	1:07.93	100 FLY	1:06.37	14-Dec-13	Ellen Lafroy	NWN Allstate End of the year meet, Thunder Bay
2023 TBT May International, Thunder Bay	Elly Bodnar	26-May-23	2:38.59	200 FLY	2:28.18	13-Mar-14	Ellen Lafroy	2014 ManSask SC Championships, Winnipeg
100 IM								
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	2:30.91	200 IM	2:29.34	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	5:23.92	400 IM	5:18.61	13-Mar-14	Ellen Lafroy	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Covello,Ross,James,Bossio	2-Jul-15	2:03.85	200 F.R.	2:01.45	10-Dec-15	Meakin,Moorhouse,Moorhouse,Bossi	2015 Prairie Winter International, Winnipeg
Prairie Winter International 2017	Meakin,Sharp,LeRossignol,Bossio	2-Mar-17	4:36.36	400 F.R.	4:47.52	16-Dec-21	Lutz,Nisula, P.Venaky,Brown	2021 Prairie Winter International, Winnipeg
Prairie Winter International 2017	Meakin,Sharp,LeRossignol,Bossio	2-Mar-17	10:21.59	800 F.R.				
Thunder Bay May International Invitational	LaFroy,LaBelle,Felix,Massaro	25-May-12	2:22.88	200 M.R.	2:20.37	10-Dec-15	ossio,Moorhouse,Moorhouse,Meaki	2014 Praire Winter International, Winnipeg
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	I. Nisula, E. Opaski, Brown, Thompsc	27-May-22	5:32.33	400 M.R.	5:26.21	16-Dec-21	Nisula,Brown,Lutz,P.Venaky	2021 Prairie Winter International, Wnnipeg





Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time	Time	Date	Swimmer	Venue
Women 15 & 16							
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	28.16	50 FREE	27.87	1-Dec-11	Takara Martin
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	59.97	100 FREE	1.00.02	1-Dec-11	Takara Martin
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	2.13.91	200 FREE	2.11.82	12-Nov-10	Takara Martin
TWIN Jump into June, Minneapolis	Takara Martin	4-Jun-10	4.53.29	400 FREE	4.38.13	30-Nov-12	Kaitlyn Massaro
Thunder Bay May International Invitational	Kaitlyn Massaro	26-May-13	10.12.40	800 FREE	9.36.24	30-Nov-12	Kaitlyn Massaro
2024 Festival of Spring, Ottawa	Tori Niittynen-Dreifelds	10-May-24	19.44.82	1500 FREE	19.25.89	31-Jan-14	Morgan Labelle
Manitoba/Saskatchewan Championships, Regina	Kaitlyn Massaro	5-Jul-12	34.14	50 BACK	32.26	30-Nov-12	Kaitlyn Massaro
2016 Sun Life Financial Grandprix, Thunder Bay	Brittney Felix	27-May-16	1.13.41	100 BACK	1.09.14	30-Nov-12	Kaitlyn Massaro
2014 Sun Life Financial Grandprix, Thunder Bay	Morgan Labelle	23-May-14	2.38.76	200 BACK	2.30.02	30-Nov-12	Kaitlyn Massaro
2012 Eastern Canadian Championships, Gatineau	Takara Martin	16-Feb-12	34.00	50 BREAST	33.18	16-Feb-12	Takara Martin
2012 Canadian Olympic & Paralympic Trials, Montreal	Takara Martin	27-Mar-12	1.14.73	100 BREAST	1.11.68	1-Dec-11	Takara Martin
2012 Eastern Canadian Championships, Gatineau	Takara Martin	16-Feb-12	2.42.60	200 BREAST	2.35.95	16-Feb-12	Takara Martin
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	29.91	50 FLY	28.94	16-Feb-12	Takara Martin
Division III Team Champs, Thunder Bay	Takara Martin	15-Apr-11	1.07.64	100 FLY	1.06.70	1-Dec-11	Takara Martin
2025 ManSask Summer LC Championships	Tori Niittynen-Dreifelds	10-Jul-25	2.32.22	200 FLY	2.33.47	5-Dec-24	Tori Niittynen-Dreifelds
				100 IM	1.10.50	10-Dec-11	Takara Martin
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	2.31.72	200 IM	2.29.00	3-Feb-11	Takara Martin
Ontario Age Groups, TPASC	Tori Niittynen-Dreifelds	27-Feb-25	5.25.99	400 IM	5.18.63	5-Dec-24	Tori Niittynen-Dreifelds
Manitoba/Saskatchewan Championships, Winnipeg	Massaro,Labelle,LaFroy,Felix	4-Jul-13	2.00.91	200 F.R.	1.59.16	31-Jan-14	Massaro,Lafroy,Labelle,Felix
NWN Allstate LC Spring Classic, Thunder Bay	Lafroy,Eyben,Ross,Moorhouse	2-Apr-16	4.52.43	400 F.R.	4.40.73	18-Nov-23	3odnar, Anderson, M. Nisula, McNal
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
NWN Allstate LC Spring Classic, Thunder Bay	Ross,Moorhouse,Lafroy,Eyben	2-Apr-16	5.31.64	400 M.R.	5.22.57	18-Nov-23	1. Nisula, Manning,Bodnar, Anderso
Women 17 & 18							
Manitoba/Saskatchewan Championships, Win nipeg	Emma Covello	4-Jul-19	27.97	50 FREE	26.87	1-Nov-19	Emma Covello
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	1.00.62	100 FREE	1.00.94	1-Nov-19	Emma Covello
2026 NWO LC Championships	Tori Niittynen-Dreifelds	31-Jan-26	2.22.11	200 FREE	2.12.26	30-Nov-12	Takara Martin
Thunder Bay May International Invitational	Takara Martin	26-May-13	5.03.49	400 FREE	4.55.05	28-Nov-15	Morgan Labelle
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	10.31.04	800 FREE	9.56.05	10-Dec-15	Morgan Labelle
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	19.41.00	1500 FREE	19.05.73	30-Jan-15	Morgan Labelle
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	6-Jul-17	33.95	50 BACK	31.71	10-Dec-15	Brittney Felix
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	1.14.14	100 BACK	1.10.36	10-Dec-15	Brittney Felix
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	2.36.59	200 BACK	2.29.83	17-Mar-16	Morgan Labelle
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	34.11	50 BREAST	33.37	14-Feb-13	Takara Martin
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	1.14.53	100 BREAST	1.09.01	27-Feb-14	Takara Martin
Thunder Bay May International Invitational	Takara Martin	24-May-13	2.42.96	200 BREAST	2.31.58	27-Feb-14	Takara Martin
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	29.26	50 FLY	28.96	1-Nov-19	Emma Covello
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	1.06.25	100 FLY	1.06.98	30-Nov-12	Takara Martin
2026 NWO LC Championships	Tori Niittynen-Dreifelds	31-Jan-26	2.37.50	200 FLY	2.29.05	15-Nov-25	Tori Niittynen-Dreifelds
				100 IM	1.09.85	10-Dec-15	Brittney Felix
Thunder Bay May International Invitational	Takara Martin	26-May-13	2.30.75	200 IM	2.18.59	27-Feb-14	Takara Martin
Thunder Bay May International Invitational	Takara Martin	26-May-13	5.30.98	400 IM	5.22.16	11-Dec-25	Tori Niittynen-Dreifelds
2016 Sun Life Financial Grandprix, Thunder Bay	Massaro,Labelle,James,Felix	27-May-16	2.01.43	200 F.R.	1.57.44	30-Nov-12	Martin, Felix,Iwanonkiw,Massaro
NWN Allstate LC Spring Classic, Thunder Bay	Cournoyer,Mironsky,Hauth,Felix	2-Apr-16	5.07.08	400 F.R.			
Thunder Bay May International Invitational	Massaro,Felix,James,Labelle	27-May-16	2.19.32	200 M.R.	2.09.56	10-Dec-15	Felix,Labelle,James,Ross
NWN Allstate LC Spring Classic, Thunder Bay	Labelle,Hauth,Felix,Massaro	2-Apr-16	5.28.39	400 M.R.			
Women Open							
Manitoba/Saskatchewan Championships,Winnipeg	Emma Covello	4-Jul-19	27.97	50 FREE	26.87	1-Nov-19	Emma Covello
Manitoba/Saskatewan Championships, Saskatoon	Takara Martin	8-Jul-10	59.97	100 FREE	1.00.02	1-Dec-11	Takara Martin
Ontario Sumer Games, Sudbury	Takara Martin	11-Aug-10	2.13.91	200 FREE	2.11.00	15-Mar-12	Kaitlyn Massaro
TWIN Jump into June, Minneapolis	Takara Martin	4-Jun-10	4.53.29	400 FREE	4.35.65	9-Feb-17	Morgan Labelle
Thunder Bay May International Invitational	Kaitlyn Massaro	26-May-13	10.12.40	800 FREE	9.36.24	30-Nov-12	Kaitlyn Massaro
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	4-Jul-13	19:37.08	1500 FREE	19.05.73	30-Jan-15	Morgan Labelle
Manitoba/Sakatchewan Championships,Winnipeg	Ellen Lafroy	4-Jul-19	33.63	50 BACK	31.71	10-Dec-15	Brittney Felix
Manitoba/Sakatchewan Championships,Winnipeg	Ellen Lafroy	4-Jul-19	1.11.33	100 BACK	1.09.14	30-Nov-12	Kaitlyn Massaro
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	2.36.59	200 BACK	2.25.60	26-Nov-16	Morgan Labelle
2015 Canadian Swimming Trials, Toronto	Takara Martin	1-Apr-15	33.46	50 BREAST	32.71	2-Feb-17	Takara Martin
2014 Canadian Championships, Saskatoon	Takara Martin	18-Jul-14	1.12.68	100 BREAST	1.07.95	21-Feb-17	Takara Martin
2015 Canadian Swimming Championships, Quebec	Takara Martin	6-Aug-15	2.36.81	200 BREAST	2.28.02	21-Feb-17	Takara Martin
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	29.26	50 FLY	28.94	16-Feb-12	Takara Martin
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	1.06.25	100 FLY	1.03.43	20-Jan-17	Takara Martin
Manitoba/Saskatchewan Championships, Winnipeg	Ellen Lafroy	4-Jul-19	2.30.69	200 FLY	2.28.18	13-Mar-14	Ellen Lafroy
				100 IM	1.09.30	28-Nov-13	Brittney Felix
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	2.30.91	200 IM	2.17.88	21-Feb-17	Takara Martin
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	5.23.92	400 IM	5.18.61	13-Mar-14	Ellen Lafroy
2017 TBT May Grand Prix, Thunder Bay	Meakin,Felix,Labelle,Bossio	26-May-17	1.59.98	200 F.R.	1.57.44	30-Nov-12	Martin, Felix,Iwanonkiw,Massaro
2019 First General Grand Prix, Thunder Bay	Lafroy,Cournoyer,Covello,Meakin	24-May-19	4.37.47	400 F.R.	4.40.73	18-Nov-23	3odnar, Anderson, M. Nisula, McNal
NHCP Summer Splash, New Hope, MN, USA	Martin,Massaro,Twomey,Tieman	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
2019 First General Grand Prix, Thunder Bay	Cournoyer,Meakin,Lafroy,Covello	24-May-19	5.28.39	400 M.R.	5.22.57	18-Nov-23	1. Nisula, Manning,Bodnar, Anderso





Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time		Time	Date	Swimmer	Venue
Men 7&U								
2017 NWN LC Classic, Thunder Bay	Kadin Siddo	1-Apr-17	54.09	50 FREE	50.66	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	2.04.45	100 FREE	1.52.57	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	4.29.74	200 FREE	3.56.85	1-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	1.05.03	50 BACK	55.10	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	2.17.93	100 BACK	1.55.52	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	4.55.11	200 BACK	4.12.81	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Marko Iwanyszyn	25-May-18	1.10.48	50 BREAST	1.07.70	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	2.37.19	100 BREAST	2.20.22	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Grnad Prix, Thunder Bay	Matthew Waddington	25-May-18	5.23.03	200 BREAST	4.41.88	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 NWN Allstate Classic	Marko Iwanyszyn	7-Apr-18	1.24.56	50 FLY	1.03.20	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
				100 FLY				
				200 FLY				
				100 IM	2.02.60	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
				200 IM	4.07.26	1-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								
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	46.51	50 FREE	42.97	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	1.41.46	100 FREE	1.33.46	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	3.31.12	200 FREE	3.15.59	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 NWN LC Meet, Thunder Bay	Matthew Waddington	6-Apr-19	7.59.74	400 FREE	7.31.16	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
				800 FREE				
				1500 FREE				
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	6-Apr-19	54.83	50 BACK	49.48	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	1.54.56	100 BACK	1.44.46	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 NWN LC Meet, Thunder Bay	Matthew Waddington	6-Apr-19	3.58.20	200 BACK	3.44.82	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	59.83	50 BREAST	55.53	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Marko Iwanyszyn	24-May-19	2.12.19	100 BREAST	2.09.35	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
2019 First General Grand Prix, Thunder Bay	Marko Iwanyszyn	24-May-19	4.31.56	200 BREAST	4.22.73	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	57.01	50 FLY	47.49	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
				100 FLY				
				200 FLY				
				100 IM	1.46.96	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	3.56.01	200 IM	3.38.94	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
				400 IM				
2019 NWN LC Meet, Thunder Bay	Waddington, M. Iwanyszyn, Waddington, Yang		8.50.19	200 F.R.	4.16.10	23-Nov-19	Waddington,K.Paradis,Waddington,S.Paradis	2019 NWN Massaro Invite, Thunder Bay
				400 F.R.				
				200 M.R.				
2019 NWN LC Meet, Thunder Bay	Waddington, M. Iwanyszyn, Waddington, Yang		9.33.84	400 M.R.				
Men 9&U								
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Charlie Makrides	29-Feb-20	40.82	50 FREE	41.21	16-Feb-01	Elliot Dewar	N.W.O. Regional Swimming Championships, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	1.31.43	100 FREE	1:30.41	16-Feb-01	Elliot Dewar	N.W.O. Regional Swimming Championships, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	3.16.95	200 FREE	3.15.82	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	7.13.92	400 FREE				
				800 FREE				
				1500 FREE				
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	53.08	50 BACK	49.48	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08	1.54.51	100 BACK	1.44.46	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	3.44.13	200 BACK	3.44.82	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Marko Iwanyszyn	29-Feb-20	55.34	50 BREAST	52.77	23-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Marko Iwanyszyn	31-Jan-20	2.00.59	100 BREAST	1.56.43	9-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Marko Iwanyszyn	31-Jan-20	4.15.39	200 BREAST	4.14.17	23-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	48.74	50 FLY	47.49	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	1.48.00	100 FLY				
				200 FLY				
				100 IM	1.46.96	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	3.56.01	200 IM	3.38.94	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Matthew Waddington	29-Feb-20	8.06.29	400 IM				
				200 F.R.				
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Waddington,K.Paradis,Makrides,Iwanyszyn	29-Feb-20	7.27.98	400 F.R.				
				200 M.R.				
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Waddington,M.Iwanyszyn,M.Waddington,S.F	29-Feb-20	9.21.50	400 M.R.				





Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time		Time	Date	Swimmer	Venue
Men 10 & U								
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	34.72	50 FREE	36.94	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	1.17.57	100 FREE	1.21.12	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	2.47.25	200 FREE	2.56.64	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Samuel Sandoval	1-Apr-17	6.44.59	400 FREE	6.18.16	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
				800 FREE	12.33.93	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
				1500 FREE				
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	38.56	50 BACK	44.79	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	5-May-05	1.27.98	100 BACK	1.35.81	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	5-May-05	3:05.63	200 BACK	3.19.66	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	47.57	50 BREAST	50.24	21-Jan-10	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	1.44.32	100 BREAST	1.43.49	9-Apr-10	Toby Quinn	Northwestern Ontario Open, Kenora
2024 Thunder Bay Everlast Grand Prix, Thunder Bay	Jamison McGuire	24-May-24	3.46.08	200 BREAST	3.47.65	13-May-24	Jamison McGuire	Kenora Swimming Sharks Invitational, Kenora
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	5-May-05	39.97	50 FLY	45.42	11-Dec-10	Jesse Massaro	Narwhal End Of The Year Meet, Thunder Bay
Thunder Bay May International Invitational	Lawson Mironsky	7-May-10	1.54.99	100 FLY	1.41.51	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
				200 FLY				
				100 IM	1.35.67	11-Dec-10	Lawson Mironsky	Narwhal End Of The Year Meet, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Donovan Taylor	5-May-05	3.17.50	200 IM	3.18.65	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
				400 IM	7.08.95	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
				200 F.R.				
				400 F.R.	8.01.48	23-Nov-19	Iwanyszyn,Islam,Waddington,Yang	2019 NWN Massaro Invite, Thunder Bay
				200 M.R.				
				400 M.R.				
Men 11 & 12								
Thunder Bay May International Invitational	Leven Sonego	25-May-07	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	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	1-May-03	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	5.24.69	400 FREE	4.57.32	30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	5-Jul-12	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	1-May-03	23.09.83	1500 FREE	19.05.41	1-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	5-Jul-12	37.56	50 BACK	36.60	30-Nov-12	Jesse Massaro	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	5-Jul-12	1.23.98	100 BACK	1.17.63	30-Nov-12	Jesse Massaro	Prairie Winter International, Winnipeg
Prairie Winter International 2019, Winnipeg	Samuel Sandoval	7-Mar-19	2.54.19	200 BACK	2.45.65	1-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Casey Sellers	1-May-03	39.14	50 BREAST	38.94	6-Feb-03	Casey Sellers	Manitoba/Saskatewan Championships, Winnipeg
Division II Team Champs, Thunder Bay	Casey Sellers	25-Apr-03	1:26.81	100 BREAST	1.24.73	6-Feb-03	Casey Sellers	Manitoba/Saskatewan Championships, Winnipeg
Division II Team Champs, Thunder Bay	Casey Sellers	25-Apr-03	3.07.58	200 BREAST	3.00.60	6-Feb-03	Casey Sellers	Manitoba/Saskatewan Championships, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Diego Barcena-Martinez	26-May-17	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	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	2.59.89	200 FLY	2.36.27	30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
				100 IM	1.18.37	8-Dec-12	Lawson Mironsky	2012 Narwhal End of the Year Meet, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	5-Jul-12	2.50.54	200 IM	2.35.21	1-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	5-Jul-12	6.05.61	400 IM	5.23.53	30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Meakin,Battigelli,Bath,Barcena-Martinez	26-May-17	2.14.70	200 F.R.	2.31.07	28-Nov-15	Barcena-Martinez,Battegelli,Meakin,Fra	2015 NWO Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic	Martinez,Meakin,Bath,Cambly	2-Apr-16	5.48.38	400 F.R.	7.10.66	16-Nov-24	Barrett,Thiessen,Mozzon,Thiessen	Thunderbolts Fall Invitational, Thunder Bay
2017 TBT May Grand Prix, Thunder Bay	Meakin,Battigelli,Barcena-Martinez,Meakin	26-May-17	2.35.84	200 M.R.	2.55.09	28-Nov-15	Meakin,Francis,Barcena-Martinez,Batte	2015 Northwest Narwhal Allstate Invite, Thunder Bay
				400 M.R.				
Men 13 & 14								
Prairie Winter International 2019, Winnipeg	Diego Barcena-Martinez	7-Mar-19	27.17	50 FREE	26.78	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	59.13	100 FREE	59.19	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	2.12.65	200 FREE	2.08.29	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	4.48.76	400 FREE	4.44.26	20-Feb-15	Lawson Mironsky	Splash 2015, Dryden
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-Jul-13	10.04.17	800 FREE	9.30.91	31-Jan-14	Lawson Mironsky	N.W.O Regional Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-Jul-13	19:25.32	1500 FREE	18.49.47	28-Nov-13	Lawson Mironsky	Prairie Winter International 2013, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Jesse Massaro	4-Jul-13	34.21	50 BACK	32.89	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	1.10.91	100 BACK	1.10.45	31-Jan-14	Jesse Massaro	N.W.O Regional Championships, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	2.36.84	200 BACK	2.30.57	1-Dec-18	Diego Barcena-Martinez	2018 NWN SC, Thunder Bay
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	35.21	50 BREAST	35.21	1-Dec-18	Nicholas Battigelli	2018 NWN SC, Thunder Bay
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	1.18.64	100 BREAST	1.14.85	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships,Winnipeg
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	2.55.82	200 BREAST	2.47.07	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships,Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	29.47	50 FLY	28.17	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships,Winnipeg
2019 Summer Ontario Youth-Junior Champs, Brantford	Diego Barcena-Martinez	27-Jun-19	1.04.24	100 FLY	1.02.44	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 Summer Ontario Youth-Junior Champs, Brantford	Diego Barcena-Martinez	27-Jun-19	2.27.78	200 FLY	2.23.64	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships,Winnipeg
				100 IM	1.07.73	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
Prairie Winter International 2019, Winnipeg	Diego Barcena-Martinez	7-Mar-19	2.31.03	200 IM	2.23.69	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships,Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-Jul-13	5.23.92	400 IM	5.10.88	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Mironsky,Serratore,Felix,Massaro	24-May-13	2.06.01	200 F.R.	2.01.25	31-Jan-14	Mironsky,Felix,Dafoe,Massaro	N.W.O Regional Championships, Thunder Bay
N.W.O. Regional Championships, Thunder Bay	Barcena-Martinez,Meakin,Sandoval,Battigelli	2-Feb-19	4.27.57	400 F.R.	6.06.12	18-Nov-23	Makrides,Walter,Iwanyszyn,McGuire	2023 TBT Fall Invite, Thunder Bay
Thunder Bay May International Invitational	Massaro,Mironsky,Serratore,Felix	24-May-13	2.23.35	200 M.R.	2.21.36	31-Jan-14	Massaro,Dafoe,Mironsky,Felix	N.W.O Regional Championships, Thunder Bay
N.W.O. Regional Championships, Thunder Bay	Meakin,Battigelli,Barcena-Martinez,Meakin	2-Feb-19	5.06.19	400 M.R.	6.46.84	18-Nov-23	McGuire,Iwanyszyn,Makrides,Walter	2023 TBT Fall Invite, Thunder Bay





Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	Time		Time	Date	Swimmer	Venue
Men 15 & 16								
2017 NWO LC Champs	Justin Felix	4-Feb-17	26.16	50 FREE	25.11	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barcena-Martinez	29-Feb-20	58.84	100 FREE	56.39	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	2.12.48	200 FREE	2.08.18	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	4.44.88	400 FREE	4.41.64	9-Nov-19	Diego Barcena-Martinez	2019 Splash, Dryden
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	9.54.21	800 FREE	9.48.25	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	18.53.16	1500 FREE	19.45.06	31-Jan-03	David Sellers	N.W.O. Regional Swimming Championships, Fort Frances
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barcena-Martinez	29-Feb-20	33.90	50 BACK	31.15	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
Golden Plains Invitational, Winnipeg	Lawson Mironsky	13-May-16	1.12.42	100 BACK	1.07.79	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barcena-Martinez	29-Feb-20	2.37.28	200 BACK	2.30.42	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Nathan Lavoie	19-Apr-01	33.97	50 BREAST	32.88	30-Nov-00	Nathan Lavoie	Prairie Winter International Invitational, Winnipeg
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Nathan Lavoie	13-Apr-00	1.17.30	100 BREAST	1.12.15	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	2.50.13	200 BREAST	2.40.21	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
MAC Invitational, Markham	Lawson Mironsky	21-Apr-16	28.58	50 FLY	26.67	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	1.01.52	100 FLY	1:00.41	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	2.25.45	200 FLY	2.22.48	26-Nov-16	Eric Osala	2016 NWN Allstate Invite, Thunder Bay
				100 IM	1.06.52	10-Dec-15	Lawson Mironsky	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	2.26.93	200 IM	2.21.39	3-Nov-16	Lawson Mironsky	2016 NYAC CUP, Toronto
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barcena-Martinez	29-Feb-20	5.29.49	400 IM	5.09.40	1-Nov-19	Diego Barcena-Martinez	NYAC Cup, Toronto
2017 NWO LC Champs	Closs,Felix,Mironsky,Osala	4-Feb-17	1.51.77	200 F.R.	1.52.02	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	2-Apr-16	4.11.19	400 F.R.				
Manitoba/Saskatchewan Championships, Winnipeg	Dafoe,Trottier,Mironsky,Osala	2-Jul-15	2.11.04	200 M.R.	2.05.34	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	2-Apr-16	5.03.07	400 M.R.				
Men 17 & 18								
Thunder Bay May International Invitational	Andrew Cameron	25-May-01	25.81	50 FREE	25.16	1-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	57.33	100 FREE	57.32	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	2.15.41	200 FREE	2:09.62	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	4.39.46	400 FREE	4.43.01	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
				800 FREE	9.50.01	27-Nov-03	David Sellers	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	David Sellers	23-May-03	19.51.90	1500 FREE	18.52.07	25-Apr-03	David Sellers	Division II Team Champs, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Justin Felix	1-Apr-17	32.91	50 BACK	31.42	1-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2018 First General Grnad Prix, Thunder Bay	Justin Felix	25-May-18	1.10.95	100 BACK	1:08.02	1-Feb-02	Andrew Cameron	Fort Frances Regional Meet
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Liam Frances	29-Feb-20	2.41.93	200 BACK	2.37.97	25-Nov-17	Cameron Mackey	Northwest Narwhal Allstate Invitational
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	31.73	50 BREAST	34.63	3-Nov-17	Justin Felix	NYAC Cup, Toronto
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	1.09.96	100 BREAST	1:15.49	5-Apr-02	Andrew Cameron	Thunder Bay Regional Meet
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	2.39.22	200 BREAST	2.45.84	2-Dec-04	David Sellers	Prairie Winter International Invitational, Winnipeg
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	27.55	50 FLY	27.83	2-Mar-02	Andrew Cameron	Kenora Regional Meet
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	1.03.30	100 FLY	1:01.73	29-Nov-01	Andrew Cameron	Prairie Winter International Invitational, Winnipeg
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	2.31.09	200 FLY	2.22.17	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
				100 IM	1.09.00	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	2.31.11	200 IM	2:24.05	2-Mar-02	Andrew Cameron	Kenora Regional Meet
2018 NWN Allstate Classic	Justin Felix	7-Apr-18	5.40.07	400 IM	5.22.51	3-Nov-17	Eric Osala	NYAC Cup, Toronto
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	1.51.21	200 F.R.				
				400 F.R.				
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	2.10.25	200 M.R.				
				400 M.R.				
Men Open								
2025 ManSask Summer LC Championships	Justin Felix	10-Jul-25	25.57	50 FREE	25.11	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	57.33	100 FREE	56.39	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	2.12.48	200 FREE	2.08.18	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	4.39.46	400 FREE	4.41.64	9-Nov-19	Diego Barcena-Martinez	2019 Splash, Dryden
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	9.54.21	800 FREE	9.30.91	31-Jan-14	Lawson Mironsky	N.W.O Regional Championships, Thunder Bay
2020 NWO LC Champs	Diego Barcena-Martinez	31-Jan-20	18.53.16	1500 FREE	18.49.47	28-Nov-13	Lawson Mironsky	Prairie Winter International 2013, Winnipeg
2025 ManSask Summer LC Championships	Justin Felix	10-Jul-25	31.43	50 BACK	30.72	5-Dec-24	Justin Felix	Prairie Winter International 2025, Winnipeg
2025 Able Energy Grand Prix, Thunder Bay	Justin Felix	23-May-25	1.10.41	100 BACK	1.07.79	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	2.36.84	200 BACK	2.30.42	23-Nov-19	Diego Barcena-Martinez	2019 NWN Massaro Invite, Thunder Bay
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	31.73	50 BREAST	32.83	15-Nov-25	Justin Felix	TBT Fall Invitational, Thunder Bay
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	1.09.96	100 BREAST	1.12.15	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
2026 NWO LC Championships	Nathaniel Campbell	31-Jan-26	2.39.22	200 BREAST	2.40.21	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
Thunder Bay May International Invitational	Andrew Cameron	24-May-02	27.55	50 FLY	26.67	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	1.01.52	100 FLY	1:00.41	1-Mar-01	Andrew Cameron	Manitoba/Saskatewan Championships, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	2.25.45	200 FLY	2.22.48	26-Nov-16	Eric Osala	2016 NWN Allstate Invite, Thunder Bay
				100 IM	1.05.40	5-Dec-24	Justin Felix	Prairie Winter International 2025, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	2.26.93	200 IM	2.21.39	3-Nov-16	Lawson Mironsky	2016 NYAC CUP, Toronto
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-Jul-13	5.23.92	400 IM	5.09.40	1-Nov-19	Diego Barcena-Martinez	NYAC Cup, Toronto
2018 N.W.O. Regional Champs	Felix,Osala,Mackey,Closs	3-Feb-18	1.48.88	200 F.R.	1.49.37	23-Nov-19	Barcena-Martinez,Felix,Osala,Francis	2019 NWN Massaro Invite, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Mironsky,Dafoe,Osala,Felix	2-Apr-16	4.11.19	400 F.R.	4.02.85	23-Nov-19	elix,Osala,Barcena-Martinez,Battigel	2019 NWN Massaro Invite, Thunder Bay
2016 Sun Life Financial Grandprix, Thunder Bay	Mackey,Mironsky,Osala,Felix	27-May-16	2.08.47	200 M.R.	1.59.49	23-Nov-19	arcena-Martinez,Battigelli,Osala,Felix	2019 NWN Massaro Invite, Thunder Bay
NWN Allstate LC Spring Classic, Thunder Bay	Felix,Mironsky,Osala,Francis	2-Apr-16	5.03.07	400 M.R.	5.23.96	16-Nov-24	H. Thiessen, Iwanyszyn,Felix, Walter	2024 Thunderbolt Fall Invitational, Thunder Bay

