



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	Iana Mironsky	27-May-11		41.80	50 FREE		42.29	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		1.41.57	100 FREE		1.39.95	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		3.37.43	200 FREE		3.34.46	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
					400 FREE	114	8.03.03	Iana Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances		
					800 FREE						
					1500 FREE						
2017 TBT May Grand Prix, Thunder Bay	Ely Bodnar	26-May-17	159	49.89	50 BACK		54.03	Ely Bodnar	0-100 Meet, Fort Frances		
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	124	1.56.50	100 BACK		2.00.84	Ely Bodnar	0-100 Meet, Fort Frances		
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	135	4.01.50	200 BACK						
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		1.00.47	50 BREAST		1.05.59	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		2.13.92	100 BREAST		2.08.98	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
2017 NWN LC Spring Classic, Thunder Bay	Sophie Venasky	1-Apr-17	96	5.02.91	200 BREAST		5.24.21	Addison Lutz	2016 NWO Regional Championships, Thunder Bay		
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		58.71	50 FLY		1.09.03	Sophie Venasky	2016 NWN Allstate Invite, Thunder Bay		
					100 FLY						
					200 FLY						
					100 IM		2.11.29	Iana 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	Iana Mironsky	25-May-12		39.09	50 FREE		40.10	Iana Mironsky	2011 Narwhal End of the Year Meet, Thunder Bay		
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		1.32.52	100 FREE		1.30.42	Iana Mironsky	2012 N.W.O. Open, Kenora		
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		3.14.46	200 FREE		3.15.32	Iana Mironsky	2012 N.W.O. Open, Kenora		
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		6.50.27	400 FREE		7.04.70	Iana Mironsky	2011 Narwhal End of the Year Meet, Thunder Bay		
					800 FREE		14.11.79	Ely Bodnar	NWN TT May 2018, Thunder Bay		
					1500 FREE						
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	199	46.29	50 BACK		48.82	Iana Mironsky	2012 N.W.O. Open, Kenora		
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	188	1.41.35	100 BACK		1.44.50	Iana Mironsky	2012 N.W.O. Open, Kenora		
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	202	3.31.18	200 BACK		3.35.18	Iana Mironsky	2012 N.W.O. Championships, Thunder Bay		
2018 N.W.O. Regional Champs	Sophie Venasky	7-Apr-18	142	56.40	50 BREAST		57.98	Iana Mironsky	2012 N.W.O. Championships, Thunder Bay		
2018 NWN Allstate Classic	Katherine Warkentin	7-Apr-18	143	2.02.84	100 BREAST		2.08.98	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay		
2018 First General Grand Prix, Thunder Bay	Ely Bodnar	25-May-18	166	4.12.79	200 BREAST		4.28.73	Sophie Venasky	Northwest Narwhal Allstate Invitational		
2018 NWN Allstate Classic	Ely Bodnar	7-Apr-18	128	48.35	50 FLY		50.11	Ely Bodnar	Northwest Narwhal Allstate Invitational		
2018 NWN Allstate Classic	Ely Bodnar	7-Apr-18	126	1.50.52	100 FLY						
					200 FLY						
					100 IM		1.48.14	Iana Mironsky	Boston Pizza Fall Frolic Swim Meet, Fort Frances		
2018 First General Grand Prix, Thunder Bay	Ely Bodnar	25-May-18	184	3.41.41	200 IM		3.45.43	Iana Mironsky	2012 N.W.O. Open, Kenora		
					400 IM						
2018 N.W.O. Regional Champs	S. Venasky,Bodnar,Warkentin,Rozenberg	3-Feb-18		3.44.50	200 F.R.		4.26.11	Alley,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	Battegelli,Alley,Luu,Lutz	2015 Northwest Narwhal Allstate Invite, Thunder Bay		
					400 M.R.						
Women 9&U											
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	281	36.00	50 FREE		36.26	252	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	277	1.18.97	100 FREE		1.18.95	257	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 NWN LC Meet, Thunder Bay	Ely Bodnar	6-Apr-19	281	2.52.34	200 FREE		2.52.77	261	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	281	6.00.61	400 FREE		6.12.33	251	14-Apr-13	Iana Mironsky	Northwest Ontario Open 2013, Kenora
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	249	12.26.54	800 FREE		14.11.79	178	11-May-18	Ely Bodnar	NWN TT May 2018, Thunder Bay
					1500 FREE						
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	258	41.37	50 BACK		41.79	231	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	249	1.32.24	100 BACK		1.30.38	225	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	260	3.13.87	200 BACK		3.09.09	250	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Katherine Warkentin	24-May-19	224	48.19	50 BREAST		44.51	266	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Katherine Warkentin	24-May-19	223	1.44.63	100 BREAST		1.40.38	239	18-Oct-19	Katherine Warkentin	SaultSurgePentathlon,Sault Ste. Marie
April Mac Invitational, Unionville	Katherine Warkentin	11-Apr-19	242	3.42.97	200 BREAST		3.51.90	195	1-Dec-18	Sophie Venasky	2018 NWN SC, Thunder Bay
2019 NWN LC Meet, Thunder Bay	Ely Bodnar	6-Apr-19	221	40.39	50 FLY		40.95	126	12-Jun-19	Ely Bodnar	NWN TT June 2019, Thunder Bay
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	231	1.30.42	100 FLY		1.39.77	163	1-Dec-18	Ely Bodnar	2018 NWN SC, Thunder Bay
					200 FLY		3.43.77	152	1-Dec-18	Ely Bodnar	2018 NWN SC, Thunder Bay
					100 IM		1.38.13	192	1-Dec-18	Ely Bodnar	2018 NWN SC, Thunder Bay
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	290	3.10.35	200 IM		3.07.15	276	1-Nov-19	Katherine Warkentin	NYAC CUP, Toronto
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	257	6.43.90	400 IM						
2016 Sun Life Financial Grandprix, Thunder Bay	Luu,Venasky,Lutz,Venasky	27-May-16	65	3.59.80	200 F.R.		3.51.44		25-Nov-17	S.Venasky,Brown,Warkentin,Bodnar	Northwest Narwhal Allstate Invitational
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	Crocker, Graham,A, Mozzon, A, Opaski	05/27/22	52	9.20.72	400 F.R.						
					200 M.R.		4.05.70		25-Nov-17	S.Venasky,Warkentin,Bodnar,Brown	Northwest Narwhal Allstate Invitational
					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 10 & U										
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	339	33.93	50 FREE	32.79	356	6-Nov-15	Rowan Sharp	NYAC CUP, Toronto
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	364	1.12.37	100 FREE	1.10.37	364	22-Feb-20	Ely Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	356	2.39.31	200 FREE	2.33.57	371	22-Feb-20	Ely Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	294	5.40.78	400 FREE	5.28.71	363	22-Feb-20	Ely Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	350	11.27.64	800 FREE	11.45.47	317	13-Mar-14	Iana Mironsky	2014 ManSask SC Championships, Winnipeg
1500 FREE										
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-Feb-18	310	39.98	50 BACK	39.07	284	6-Nov-15	Rowan Sharp	NYAC CUP, Toronto
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-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	Iana 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	2-Jul-15	267	45.78	50 BREAST	43.12	293	22-Feb-20	Katherine Warkentin	2020 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-Feb-18	274	1.39.05	100 BREAST	1.32.83	303	22-Feb-20	Katherine Warkentin	2020 Ontario Winter Festivals
2018 N.W.O. Regional Champs	Kaitlyn Luu	3-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	37.62	272	1-Nov-19	Paige Brown	NYAC CUP, Toronto
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	288	1.24.00	100 FLY	1.21.11	305	1-Nov-19	Addison Lutz	NYAC CUP, Toronto
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Ely Bodnar	29-Feb-20	285	3.05.05	200 FLY	3.07.64	259	23-Nov-19	Ely Bodnar	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Ely Bodnar	29-Feb-20	355	2.58.05	200 IM	2.51.56	358	22-Feb-20	Ely Bodnar	2020 Ontario Winter Festivals
2020 NWO Regional Champs	Ely Bodnar	31-Jan-20	337	6.22.47	400 IM	6.13.86	332	23-Nov-19	Ely Bodnar	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Bodnar,Niitynen-Dreifelds,Lutz,Warkentin	24-May-19	219	2.34.97	200 F.R.	2.41.69		1-Dec-18	Bodnar,Lutz,Warkentin,Niitynen-Dreifelds	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	Bodnar,Niitynen-Dreifelds,Lutz,Warkentin	6-Apr-19		5.48.09	400 F.R.					
2019 First General Grand Prix, Thunder Bay	Bodnar,Warkentin,Lutz,Niitynen-Dreifelds	24-May-19	204	2.57.36	200 M.R.	2.58.90		1-Dec-18	S.Venasky,Lutz,Niitynen-Dreifelds,Bodnar	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	Niitynen-Dreifelds,Lutz,Bodnar,Warkentin	6-Apr-19		6.19.89	400 M.R.					
Women 11 & 12										
Manitoba/Saskatchewan Championships, Winnipeg	Katie Meakin	2-Jul-15	529	29.33	50 FREE	29.21	494	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Katherine Warkentin	17-Jun-22	533	1.03.75	100 FREE	1.04.04	499	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Ely Bodnar	17-Jun-22	518	2.20.61	200 FREE	2.19.11	504	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Ely Bodnar	17-Mar-22	481	5.01.76	400 FREE	4.56.11	504	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Ely Bodnar	17-Mar-22	475	10.21.14	800 FREE	10.13.17	494	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Ely Bodnar	17-Mar-22	475	34.57	50 BACK	34.76	404	12-Mar-15	Alyssa Bossio	Northwestern Ontario Open, Kenora
Golden Plains Invitational, Winnipeg	Iana Mironsky	13-May-16	510	1.12.74	100 BACK	1.12.46	442	10-Dec-15	Iana Mironsky	2015 Man/Sask Championships, Saskatoon
Golden Plains Invitational, Winnipeg	Iana Mironsky	13-May-16	515	2.34.71	200 BACK	2.31.72	495	10-Dec-15	Iana Mironsky	2015 Prairie Winter International, Winnipeg
2022 Northwest Narwhal Regional	Katherine Warkentin	3-Mar-22	524	36.46	50 BREAST	39.62	384	11-Dec-14	Emma Covello	2014 Prairie Winter International, Winnipeg
2022 Spring Forward, Toronto	Katherine Warkentin	7-Apr-22	521	1.19.69	100 BREAST	1.21.38	414	16-Dec-21	Katherine Warkentin	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Katherine Warkentin	17-Jun-22	508	2.54.27	200 BREAST	2.55.32	414	16-Dec-21	Katherine Warkentin	2021 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Ely Bodnar	17-Mar-22	450	31.88	50 FLY	32.92	406	1-Nov-18	Kaitlyn Luu	2018 NYAC Cup, Toronto
2022 Spring Forward, Toronto	Katherine Warkentin	7-Apr-22	457	1.11.98	100 FLY	1.12.29	380	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
2022 Ontario Summer Festival Championships, Etobicoke	Ely Bodnar	17-Jun-22	390	2.46.63	200 FLY	2.43.47	372	16-Dec-21	Ely Bodnar	2021 Prairie Winter International, Winnipeg
2022 ManSask Summer LC Prov Championships, Saskatoon	Katherine Warkentin	7-Jul-22	510	2.37.83	200 IM	1.15.93	433	11-Dec-14	Alyssa Bossio	2014 Prairie Winter International, Winnipeg
2022 ManSask Summer LC Prov Championships, Saskatoon	Katherine Warkentin	7-Jul-22	472	5.41.94	400 IM	5.40.58	449	12-Mar-15	Iana Mironsky	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Bodnar,S.Venasky,H.Nisula,Warkentin	17-Mar-22	425	2.04.82	200 F.R.	2.05.05		21-Nov-21	Bodnar,Thompson,S.Venasky,Warkentin	2021 NWN TT3, Thunder Bay
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	Bodnar, S. Venasky, H. Nisula, Warkentin	27-May-22	427	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	390	2.20.08	200 M.R.	2.19.62		16-Dec-21	S.Venasky,Warkentin,Bodnar,Thompson	2021 Prairie Winter International, Winnipeg
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	S.Venasky,Warkentin,Bodnar,H.Nisula	27-May-22	389	5.15.62	400 M.R.					
Women 13 & 14										
Prairie Winter International 2017	Katie Meakin	2-Mar-17	600	28.13	50 FREE	28.13	604	9-Apr-10	Takara Martin	Northwestern Ontario Open, Kenora
Prairie Winter International 2017	Katie Meakin	2-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	1-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	4-Jul-13	517	10.15.36	800 FREE	9.36.93	592	1-Mar-12	Kaitlyn Massaro	SC Junior Provincials, Nepean
Manitoba/Saskatchewan Championships, Winnipeg	Brittney Felix	4-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	2-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, Saskatoon
Manitoba/Saskatchewan Championships, Winnipeg	Takara Martin	2-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	2-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	4-Jul-13	534	30.90	50 FLY	29.58	630	2-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	4-Jul-13	456	2.40.24	200 FLY	2.28.18	541	13-Mar-14	Ellen Lafroy	2014 ManSask SC Championships, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	584	2.30.91	200 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	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	2-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	Meakin,Sharp,LeRoussignol,Bossio	2-Mar-17	444	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,LeRoussignol,Bossio	2-Mar-17	410	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	429	10-Dec-15	Bossio,Moorhouse,Moorhouse,Meakin	2014 Prairie Winter International, Winnipeg
2022 TBT 50th Anniversary Grand Prix, Thunder Bay	M. Nisula, E. Opaski, Brown,Thompson	27-May-22	333	5.32.33	400 M.R.	5.26.21		16-Dec-21	Nisula,Brown,Lutz,P.Venaky	2021 Prairie Winter International, Winnipeg

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	8-Jul-10	635	28.16	50 FREE	27.87	619	1-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	708	59.97	100 FREE	1.00.02	602	1-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Ontario Summer 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	4-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	5-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	1-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	8-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	1-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	8-Jul-10	629	2:31.72	200 IM	2:29.00	584	3-Feb-11	Takara Martin	2012 N.W.O. Championships, Thunder Bay
Ontario Summer 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	4-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	2-Apr-16		4:52.43	400 F.R.					N.W.O. Regional Championships, Thunder Bay
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,Eyben	2-Apr-16		5:31.64	400 M.R.					N.W.O. Regional Championships, Thunder Bay
Women 17 & 18										
Manitoba/Saskatchewan Championships, Winipeg	Emma Covello	4-Jul-19	606	27.97	50 FREE	26.87	621	1-Nov-19	Emma Covello	NYAC CUP, Toronto
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-Jul-12	633	1:00.62	100 FREE	1:00.94	560	1-Nov-19	Emma Covello	NYAC CUP, Toronto
NWN Allstate LC Spring Classic, Thunder Bay	Morgan LaBelle	2-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	2-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	2-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	6-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	2-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	2-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	5-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	5-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	5-Jul-12	628	29.26	50 FLY	28.96	596	1-Nov-19	Emma Covello	NYAC CUP, Toronto
Manitoba/Saskatchewan Championships, Regina	Takara Martin	5-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	2-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	Martin,Felix,Iwanonkiw,Massaro	Prairie Winter International Invitational, Winnipeg
NWN Allstate LC Spring Classic, Thunder Bay	Cournoyer,Mironsky,Hauth,Felix	2-Apr-16		5:07.08	400 F.R.					Prairie Winter International Invitational, Winnipeg
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	2-Apr-16		5:28.39	400 M.R.					Prairie Winter International, Winnipeg
Women Open										
Manitoba/Saskatchewan Championships, Winnipeg	Emma Covello	4-Jul-19	606	27.97	50 FREE	27.87	580	1-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Saskatoon	Takara Martin	8-Jul-10	654	59.97	100 FREE	1:00.02	613	1-Dec-11	Takara Martin	Prairie Winter International Invitational, Winnipeg
Ontario Summer 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	4-Jun-10	542	4:53.29	400 FREE	4:35.65	615	9-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	4-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, Winnipeg	Elien Lafroy	4-Jul-19	516	33.63	50 BACK	31.71	532	10-Dec-15	Brittney Felix	2015 Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Elien Lafroy	4-Jul-19	548	1:11.33	100 BACK	1:09.14		30-Nov-12	Kaitlyn Massaro	Prairie Winter International Invitational, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Morgan LaBelle	2-Jul-15	497	2:36.59	200 BACK	2:25.60	549	26-Nov-16	Morgan Labelle	OJA Fairweather Div Championships, Guelph
2015 Canadian Swimming Trials, Toronto	Takara Martin	1-Apr-15	683	33.46	50 BREAST	32.71		2-Feb-17	Takara Martin	Oakland vs MSU, 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	6-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	5-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	5-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	Elien Lafroy	4-Jul-19	528	2:30.69	200 FLY	2:28.18	541	13-Mar-14	Elien 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	Elien Lafroy	23-May-14	584	2:30.91	200 IM	2:17.88		21-Feb-17	Takara Martin	Horizon League Championships 2017, Chicago, IL
2014 Sun Life Financial Grandprix, Thunder Bay	Elien Lafroy	23-May-14	569	5:23.92	400 IM	5:18.61	549	13-Mar-14	Elien Lafroy	2014 ManSask SC Championships, Winnipeg
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	Martin,Felix,Iwanonkiw,Massaro	Prairie Winter International Invitational, Winnipeg
2019 First General Grand Prix, Thunder Bay	Lafroy,Cournoyer,Covello,Meakin	24-May-19		4:37.47	400 F.R.					Prairie Winter International Invitational, Winnipeg
NHCP Summer Splash, New Hope, MN, USA	Martin,Massaro,Tieman	20-Jun-09		10:39.16	800 F.R.					Prairie Winter International Invitational, Winnipeg
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
2019 First General Grand Prix, Thunder Bay	Cournoyer,Meakin,Lafroy,Covello	24-May-19		5:28.39	400 M.R.					Prairie Winter International Invitational, Winnipeg

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	1-Apr-17	57	54.09	50 FREE	50.66	63	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.04.45	100 FREE	1.52.57	63	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.29.74	200 FREE	3.56.85	73	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
					400 FREE					
					800 FREE					
					1500 FREE					
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	50	1.05.03	50 BACK	55.10	65	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	53	2.17.93	100 BACK	1.55.52	75	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	54	4.55.11	200 BACK	4.12.81	72	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Gmad Prix, Thunder Bay	Marko Iwanyszyn	25-May-18	52	1.10.48	50 BREAST	1.07.70	51	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	48	2.37.19	100 BREAST	2.20.22	62	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
2018 First General Gmad Prix, Thunder Bay	Matthew Waddington	25-May-18	60	5.23.03	200 BREAST	4.41.88	78	1-Dec-18	Matthew Waddington	2018 NWN SC, Thunder Bay
2018 NWN Allstate Classic	Marko Iwanyszyn	7-Apr-18	18	1.24.56	50 FLY	1.03.20	41	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
					100 FLY					
					200 FLY					
					100 IM	2.02.60	70	2-Nov-18	Matthew Waddington	Splash 2018, Dryden
					200 IM	4.07.26	87	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	87	46.51	50 FREE	42.97	102	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	96	1.41.46	100 FREE	1.33.46	111	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	96	3.31.12	200 FREE	3.15.59	131	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 NWN LC Meet, Thunder Bay	Matthew Waddington	6-Apr-19	96	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	84	54.83	50 BACK	49.48	90	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	87	1.54.56	100 BACK	1.44.46	76	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 NWN LC Meet, Thunder Bay	Matthew Waddington	6-Apr-19	103	3.58.20	200 BACK	3.44.82	103	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	71	59.83	50 BREAST	55.53	94	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Marko Iwanyszyn	24-May-19	77	2.12.19	100 BREAST	2.09.35	79	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
2019 First General Grand Prix, Thunder Bay	Marko Iwanyszyn	24-May-19	91	4.31.56	200 BREAST	4.22.73	96	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	45	57.01	50 FLY	47.49	96	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
					100 FLY					
					200 FLY					
					100 IM	1.46.96	70	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	65	3.56.01	200 IM	3.38.94	125	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
					400 IM					
2019 NWN LC Meet, Thunder Bay	Sandoval, M. Iwanyszyn, Waddington, Yang			8.50.19	400 F.R.	4.16.10		23-Nov-19	Yang, K.Paradis, Waddington, S.Paradis	2019 NWN Massaro Invite, Thunder Bay
					200 M.R.					
2019 NWN LC Meet, Thunder Bay	Sandoval, 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	134	40.82	50 FREE	41.21	138	16-Feb-01	Elliot Dewar	N.W.O. Regional Swimming Championships, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	130	1.31.43	100 FREE	1.30.41	139	16-Feb-01	Elliot Dewar	N.W.O. Regional Swimming Championships, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	138	3.16.95	200 FREE	3.15.82	131	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	130	7.13.92	400 FREE					
					800 FREE					
					1500 FREE					
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	92	53.08	50 BACK	49.48	90	18-Oct-19	Matthew Waddington	SaultSurgePentathlon, Sault Ste. Marie
Thunder Bay May International Invitational	Jonas Hurlen	23-May-08	104	1.54.51	100 BACK	1.44.46	76	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	124	3.44.13	200 BACK	3.44.82	103	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Marko Iwanyszyn	29-Feb-20	103	55.34	50 BREAST	52.77	109	23-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Marko Iwanyszyn	31-Jan-20	106	2.00.59	100 BREAST	1.56.43	108	9-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Marko Iwanyszyn	31-Jan-20	122	4.15.39	200 BREAST	4.14.17	106	23-Nov-19	Marko Iwanyszyn	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	95	48.74	50 FLY	47.49	96	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2020 NWO Regional Champs	Matthew Waddington	31-Jan-20	98	1.48.00	100 FLY					
					200 FLY					
					100 IM	1.46.96	70	9-Nov-19	Matthew Waddington	2019 Splash, Dryden
2019 First General Grand Prix, Thunder Bay	Matthew Waddington	24-May-19	65	3.56.01	200 IM	3.38.94	125	23-Nov-19	Matthew Waddington	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Matthew Waddington	29-Feb-20	126	8.06.29	400 IM					
					200 F.R.					
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Waddington, K.Paradis, Makrides, Iwanys:	29-Feb-20		7.27.98	400 F.R.					
					200 M.R.					
2nd Annual Exterior Finishing LC Invite, Thunder Bay	adis, M.Iwanyszyn, M.Waddington, S.P:	29-Feb-20		9.21.50	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	1-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	5-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	5-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	9-Apr-10	Toby Quinn	Northwestern Ontario Open, Kenora
2020 NWO Regional Champs	Marko Iwanyszyn	31-Jan-20	122	4:15.39	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	5-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	7-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	5-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.	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	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	1-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	5-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	1-May-03	262	23:09.83	1500 FREE	19:05.41	408	1-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	5-Jul-12	262	37.56	50 BACK	36.60		30-Nov-12	Jesse Massaro	Prairie Winter International, Winnipeg
Manitoba/Saskatchewan Championships, Regina	Jesse Massaro	5-Jul-12	236	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	265	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	347	39.14	50 BREAST	38.94	323	6-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	6-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	6-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	8-Dec-12	Lawson Mironsky	2012 Narwhal End of the Year Meet, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	5-Jul-12	298	2:50.54	200 IM	2:35.21	356	1-Feb-13	Lawson Mironsky	2013 N.W.O. Championships, Thunder Bay
Manitoba/Saskatchewan Championships, Regina	Lawson Mironsky	5-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	Meakin, Battigelli, Bath, Barcena-Martinez	26-May-17	249	2:14.70	200 F.R.	2:31.07		28-Nov-15	Barcena-Martinez, Battigelli, Meakin, Francis	2015 NWO Regional Championships, Thunder Bay
NWN Allstate LC Spring Classic	Martinez, Meakin, Bath, Cambly	2-Apr-16		5:48.38	400 F.R.					
2017 TBT May Grand Prix, Thunder Bay	Bath, Battigelli, Barcena-Martinez, Meakin	26-May-17	215	2:35.84	200 M.R.	2:55.09		28-Nov-15	Meakin, Francis, Barcena-Martinez, Battigelli	2015 Northwest Narwhal Allstate Invite, Thunder Bay
					400 M.R.					
Men 13 & 14										
Prairie Winter International 2019, Winnipeg	Diego Barcena-Martinez	7-Mar-19	455	27.17	50 FREE	26.78	435	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	473	59.13	100 FREE	59.19	437	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	444	2:12.65	200 FREE	2:08.29	464	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	428	4:48.76	400 FREE	4:44.26	416	20-Feb-15	Lawson Mironsky	Splash 2015, Dryden
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-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	4-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	4-Jul-13	347	34.21	50 BACK	32.89	324	30-Jan-15	Lawson Mironsky	2015 NWO Regional Championships, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	343	1:10.91	100 BACK	1:10.45	335	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	334	2:36.84	200 BACK	2:30.57	345	1-Dec-18	Diego Barcena-Martinez	2018 NWN SC, Thunder Bay
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	400	35.21	50 BREAST	35.21	368	1-Dec-18	Nicholas Battigelli	2018 NWN SC, Thunder Bay
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	383	1:18.64	100 BREAST	1:14.85	410	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Prairie Winter International 2019, Winnipeg	Nicholas Battigelli	7-Mar-19	373	2:55.82	200 BREAST	2:47.07	376	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
2019 First General Grand Prix, Thunder Bay	Diego Barcena-Martinez	24-May-19	430	29.47	50 FLY	28.17	463	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
2019 Summer Ontario Youth-Junior Champs, Brantford	Diego Barcena-Martinez	27-Jun-19	466	1:04.24	100 FLY	1:02.44	468	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
2019 Summer Ontario Youth-Junior Champs, Brantford	Diego Barcena-Martinez	27-Jun-19	429	2:27.78	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
Prairie Winter International 2019, Winnipeg	Diego Barcena-Martinez	7-Mar-19	430	2:31.03	200 IM	2:23.69	444	13-Mar-14	Lawson Mironsky	2014 ManSask SC Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-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	Mironsky, Serratore, Felix, Massaro	24-May-13		2:06.01	200 F.R.	2:01.25		31-Jan-14	Mironsky, Felix, Dafeo, 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.					
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, Dafeo, Mironsky, Felix	N.W.O. Regional Championships, Thunder Bay
N.W.O. Regional Championships, Thunder Bay	Cambly, Battigelli, Barcena-Martinez, Meakin	2-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	4-Feb-17	510	26.16	50 FREE	25.11	609	1-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barceña-Martinez	29-Feb-20	506	58.84	100 FREE	56.39	571	1-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2020 NWO LC Champs	Diego Barceña-Martinez	31-Jan-20	457	2:12.48	200 FREE	2:08.18	465	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
2020 NWO LC Champs	Diego Barceña-Martinez	31-Jan-20	460	4:44.88	400 FREE	4:41.64	427	9-Nov-19	Diego Barceña-Martinez	2019 Splash, Dryden
2020 NWO LC Champs	Diego Barceña-Martinez	31-Jan-20	288	9:54.21	800 FREE	9:48.25	428	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
2020 NWO LC Champs	Diego Barceña-Martinez	31-Jan-20	454	18:53.16	1500 FREE	19:45.06	399	31-Jan-03	David Sellers	N.W.O. Regional Swimming Championships, Fort Frances
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barceña-Martinez	29-Feb-20	354	33.90	50 BACK	31.15	362	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
Golden Plains Invitational, Winnipeg	Lawson Mironsky	13-May-16	368	1:12.42	100 BACK	1:07.79	375	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barceña-Martinez	29-Feb-20	360	2:37.28	200 BACK	2:30.42	346	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro 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	1:12.15	438	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
2016 Sun Life Financial Grandprix, Thunder Bay	Lawson Mironsky	27-May-16	417	2:50.13	200 BREAST	2:40.21	418	16-Dec-21	Fischer Jackson	2021 Prairie Winter International, Winnipeg
MAC Invitational, Markham	Lawson Mironsky	21-Apr-16		28.58	50 FLY	26.67	637	1-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	1-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	2-Jul-15	467	2:26.93	200 IM	2:21.39	538	3-Nov-16	Lawson Mironsky	2016 NYAC CUP, Toronto
2nd Annual Exterior Finishing LC invite, Thunder Bay	Diego Barceña-Martinez	29-Feb-20	405	5:29.49	400 IM	5:09.40	440	1-Nov-19	Diego Barceña-Martinez	NYAC Cup, Toronto
2017 NWO LC Champs	Closs,Felix,Mironsky,Osala	4-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	2-Apr-16		4:11.19	400 F.R.					
Manitoba/Saskatchewan Championships, Winnipeg	Dafoe,Trottier,Mironsky,Osala	2-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	2-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	1-Dec-18	Justin Felix	2018 NWN SC, Thunder Bay
2018 NWN Allstate Classic	Justin Felix	7-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	1-Apr-17	389	32.91	50 BACK	31.42	353	1-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	1-Feb-02	Andrew Cameron	Fort Frances Regional Meet
2nd Annual Exterior Finishing LC Invite, Thunder Bay	Liam Frances	29-Feb-20	330	2:41.93	200 BACK	2:37.97	298	25-Nov-17	Cameron Mackey	Northwest Narwhal Allstate Invitational
Manitoba Marlins Crocus Classic Invitational, Winnipeg	David Sellers	1-May-03	499	34.69	50 BREAST	34.63	387	3-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	5-Apr-02	Andrew Cameron	Thunder Bay Regional Meet
Manitoba Marlins Crocus Classic Invitational, Winnipeg	David Sellers	1-May-03	430	2:52.50	200 BREAST	2:45.84	441	2-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	2-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	2-Mar-02	Andrew Cameron	Kenora Regional Meet
2018 NWN Allstate Classic	Justin Felix	7-Apr-18	368	5:40.07	400 IM	5:22.51	389	3-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										
2019 NWN LC Meet, Thunder Bay	Justin Felix	6-Apr-19	537	25.72	50 FREE	25.11	609	1-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
2018 NWN Allstate Classic	Justin Felix	7-Apr-18	521	58.28	100 FREE	56.39	571	1-Mar-01	Andrew Cameron	Manitoba/Saskatchewan Championships, Winnipeg
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	456	2:12.48	200 FREE	2:08.18	465	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barceña-Martinez	24-May-19	435	4:48.76	400 FREE	4:41.67	427	16-Oct-15	Lawson Mironsky	MAC Fall Fest Invitational 2015, Unionville
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-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	4-Jul-13	422	19:25.32	1500 FREE	18:49.47		28-Nov-13	Lawson Mironsky	Prairie Winter International 2013, Winnipeg
2019 NWN LC Meet, Thunder Bay	Justin Felix	6-Apr-19	407	32.43	50 BACK	31.15	362	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barceña-Martinez	24-May-19	343	1:10.91	100 BACK	1:07.79	375	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro Invite, Thunder Bay
2019 First General Grand Prix, Thunder Bay	Diego Barceña-Martinez	24-May-19	334	2:36.84	200 BACK	2:30.42	346	23-Nov-19	Diego Barceña-Martinez	2019 NWN Massaro 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
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	1-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	1-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	2-Jul-15	467	2:26.93	200 IM	2:21.39	538	3-Nov-16	Lawson Mironsky	2016 NYAC CUP, Toronto
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	4-Jul-13	426	5:23.92	400 IM	5:09.40	440	1-Nov-19	Diego Barceña-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	Barceña-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	Felix,Osala,Barceña-Martinez,Battigelli	2019 NWN Massaro Invite, Thunder Bay
2016 Sun Life Financial Grandprix, Thunder Bay	Mackey,Mironsky,Osala,Felix	27-May-16	384	2:08.47	200 M.R.	1:59.49		23-Nov-19	Barceña-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.					

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