



# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue
<b>Women 7&amp;U</b>									
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		41.80	50 FREE	42.29	15-Apr-11	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	15-Apr-11	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	15-Apr-11	Iana Mironsky	Ontario Division 3 Team Championships, Thunder Bay
					400 FREE	8.03.03	114	11-Feb-11	Iana Mironsky
					800 FREE				Iana Mironsky
					1500 FREE				Iana Mironsky
2017 TBT May Grand Prix, Thunder Bay	Ely Bodnar	26-May-17	159	49.89	50 BACK	54.03	107	12-May-17	Ely Bodnar
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	124	1.56.50	100 BACK	2.00.84	94	12-May-17	Ely Bodnar
2017 TBT May Grand Prix, Thunder Bay	Sophie Venasky	26-May-17	135	4.01.50	200 BACK				Ely Bodnar
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		1.00.47	50 BREAST	1.05.59		15-Apr-11	Iana Mironsky
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		2.13.92	100 BREAST	2.08.98		15-Apr-11	Iana Mironsky
2017 NWN LC Spring Classic, Thunder Bay	Sophie Venasky	1-Apr-17	96	5.02.91	200 BREAST	5.24.21	71	29-Jan-16	Addison Lutz
Thunder Bay May International Invitational	Iana Mironsky	27-May-11		58.71	50 FLY	1.09.03	44	26-Nov-16	Sophie Venasky
					100 FLY				Sophie Venasky
					200 FLY				Sophie Venasky
					100 IM	2.11.29	85	11-Feb-11	Iana Mironsky
					200 IM				Iana Mironsky
					400 IM				Iana Mironsky
					200 F.R.				Iana Mironsky
					400 F.R.				Iana Mironsky
					200 M.R.				Iana Mironsky
					400 M.R.				Iana Mironsky
<b>Women 8&amp;U</b>									
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		39.09	50 FREE	40.10	194	10-Dec-11	Iana Mironsky
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		1.32.52	100 FREE	1.30.42	179	13-Apr-12	Iana Mironsky
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		3.14.46	200 FREE	3.15.32	184	13-Apr-12	Iana Mironsky
Thunder Bay May International Invitational	Iana Mironsky	25-May-12		6.50.27	400 FREE	7.04.70	169	10-Dec-11	Iana Mironsky
					800 FREE	14.11.79	178	11-May-18	Ely Bodnar
					1500 FREE				Ely Bodnar
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	199	46.29	50 BACK	48.82	145	13-Apr-12	Iana Mironsky
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	188	1.41.35	100 BACK	1.44.50	147	13-Apr-12	Iana Mironsky
2018 First General Grand Prix, Thunder Bay	Sophie Venasky	25-May-18	202	3.31.18	200 BACK	3.35.18		5-Feb-12	Iana Mironsky
2018 N.W.O. Regional Champs	Sophie Venasky	7-Apr-18	142	56.40	50 BREAST	57.98		5-Feb-12	Iana Mironsky
2018 NWN Allstate Classic	Katherine Warkentin	7-Apr-18	143	2.02.84	100 BREAST	2.08.98		15-Apr-11	Iana Mironsky
2018 First General Grand Prix, Thunder Bay	Ely Bodnar	25-May-18	166	4.12.79	200 BREAST	4.28.73	125	25-Nov-17	Sophie Venasky
2018 NWN Allstate Classic	Ely Bodnar	7-Apr-18	128	48.35	50 FLY	50.11	115	25-Nov-17	Ely Bodnar
2018 NWN Allstate Classic	Ely Bodnar	7-Apr-18	126	1.50.52	100 FLY				Ely Bodnar
					200 FLY				Ely Bodnar
					100 IM	1.48.14	152	21-Oct-11	Iana Mironsky
2018 First General Grand Prix, Thunder Bay	Ely Bodnar	25-May-18	184	3.41.41	200 IM	3.45.43	168	13-Apr-12	Iana Mironsky
					400 IM				Iana Mironsky
2018 N.W.O. Regional Champs	S. Venasky,Bodnar,Warkentin,Rozenberg	3-Feb-18		3.44.50	200 F.R.	4.26.11		28-Nov-15	Alley,Luu,Eyben,Battegelli
					400 F.R.				Alley,Luu,Eyben,Battegelli
2017 NWO LC Champs	Venasky,Lutz,Venasky,Bodnar	4-Feb-17		4.24.13	200 M.R.	4.32.93		28-Nov-15	Battegelli,Alley,Luu,Lutz
					400 M.R.				Battegelli,Alley,Luu,Lutz
<b>Women 9&amp;U</b>									
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
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
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
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	281	6.00.61	400 FREE	6.12.33	251	14-Apr-13	Iana Mironsky
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
					1500 FREE				Ely Bodnar
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
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
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
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
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
April Mac Invitational, Unionville	Katherine Warkentin	11-Apr-19	242	3.42.97	200 BREAST	3.51.90	195	1-Dec-18	Sophie Venasky
2019 NWN LC Meet, Thunder Bay	Ely Bodnar	6-Apr-19	221	40.39	50 FLY	40.95	126	12-Jun-19	Ely Bodnar
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	231	1.30.42	100 FLY	1.39.77	163	1-Dec-18	Ely Bodnar
					200 FLY	3.43.77	152	1-Dec-18	Ely Bodnar
					100 IM	1.38.13	192	1-Dec-18	Ely Bodnar
April Mac Invitational, Unionville	Ely Bodnar	11-Apr-19	290	3.10.35	200 IM	3.07.15	276	1-Nov-19	Katherine Warkentin
2019 First General Grand Prix, Thunder Bay	Ely Bodnar	24-May-19	257	6.43.90	400 IM				Katherine Warkentin
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
<b>2022 TBT 50th Anniversary Grand Prix, Thunder Bay</b>	<b>Crocker, Graham,A, Mozzon, A, Opaski</b>	<b>05/27/22</b>	<b>52</b>	<b>9.20.72</b>	400 F.R.				
					200 M.R.	4.05.70		25-Nov-17	S.Venasky,Warkentin,Bodnar,Brown
					400 M.R.				S.Venasky,Warkentin,Bodnar,Brown

NWN



# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Women 10 &amp; U</b>										
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	Ivana 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	Ivana 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-Dreifeids,Lutz,Warkentin	24-May-19	219	2.34.97	200 F.R.	2.41.69		1-Dec-18	Bodnar,Lutz,Warkentin,Niitynen-Dreifeids	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	Bodnar,Niitynen-Dreifeids,Lutz,Warkentin	6-Apr-19		5.48.09	400 F.R.					
2019 First General Grand Prix, Thunder Bay	Bodnar,Warkentin,Lutz,Niitynen-Dreifeids	24-May-19	204	2.57.36	200 M.R.	2.58.90		1-Dec-18	S.Venasky,Lutz,Niitynen-Dreifeids,Bodnar	2018 NWN SC, Thunder Bay
NWN LC Meet, Thunder bay	Niitynen-Dreifeids,Lutz,Bodnar,Warkentin	6-Apr-19		6.19.89	400 M.R.					
<b>Women 11 &amp; 12</b>										
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	Ivana Mironsky	13-May-16	510	1.12.74	100 BACK	1.12.46	442	10-Dec-15	Ivana Mironsky	2015 Man/Sask Championships, Saskatoon
Golden Plains Invitational, Winnipeg	Ivana Mironsky	13-May-16	515	2.34.71	200 BACK	2.31.72	495	10-Dec-15	Ivana 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	Ivana 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.					
<b>Women 13 &amp; 14</b>										
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	
<b>Women 15 &amp; 16</b>										
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.					
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.					
<b>Women 17 &amp; 18</b>										
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.					
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.					
<b>Women Open</b>										
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	OJA 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	Ellen 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	Ellen 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	Ellen Lafroy	4-Jul-19	528	2:30.69	200 FLY	2:28.18	541	13-Mar-14	Ellen Lafroy	2014 ManSask SC Championships, Winnipeg
					100 IM	1:09.30	578	28-Nov-13	Brittney Felix	Prairie Winter International 2013, Winnipeg
2014 Sun Life Financial Grandprix, Thunder Bay	Ellen Lafroy	23-May-14	584	2:30.91	200 IM	2:17.88		21-Feb-17	Takara Martin	Horizon League Championships 2017, Chicago, IL
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
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.					
NHCP Summer Splash, New Hope, MN, USA	Martin,Massaro,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	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.					

NWN



# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Men 7&amp;U</b>										
2017 NWN LC Classic, Thunder Bay	Kadin Siddo	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.					
<b>Men 8&amp;U</b>										
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.					
<b>Men 9&amp;U</b>										
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	
<b>Men 10 &amp; U</b>										
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	250	34.72	50 FREE	36.94	166	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	241	1:17.57	100 FREE	1:21.12	170	11-Feb-11	Lawson Mironsky	Boston Pizza Winter Chill Invitational, Fort Frances
Thunder Bay May International Invitational	Donovan Taylor	27-May-05	254	2:47.25	200 FREE	2:56.64	178	21-Jan-11	Lawson Mironsky	N.W.O. Regional Championships, Thunder Bay
2017 NWN LC Spring Classic, Thunder Bay	Samuel Sandoval	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.					
<b>Men 11 &amp; 12</b>										
Thunder Bay May International Invitational	Leven Sonego	25-May-07	382	30.16	50 FREE	29.54		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Thunder Bay May International Invitational	Leven Sonego	25-May-07	354	1:08.25	100 FREE	1:05.98		30-Nov-12	Lawson Mironsky	Prairie Winter International, Winnipeg
Manitoba Marlins Crocus Classic Invitational, Winnipeg	Casey Sellers	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.					
<b>Men 13 &amp; 14</b>										
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.					

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# Northwest Narwhal Swim Club Records

Long Course

Event

Short Course

Venue	Swimmer	Date	WP	Time	Time	WP	Date	Swimmer	Venue	
<b>Men 15 &amp; 16</b>										
2017 NWO LC Champs	Justin Felix	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
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	467	2:26.93	200 IM	1:06.52	443	10-Dec-15	Lawson Mironsky	2015 Prairie Winter International, Winnipeg
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	2016 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.					
<b>Men 17 &amp; 18</b>										
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
Thunder Bay May International Invitational	David Sellers	28-May-04	453	4:52.06	400 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
2017 TBT May Grand Prix, Thunder Bay	Lawson Mironsky	26-May-17	429	2:31.11	200 IM	1:09.00	395	25-Nov-17	Eric Osala	Northwest Narwhal Allstate Invitational
2018 NWN Allstate Classic	Justin Felix	7-Apr-18	368	5:40.07	400 IM	5:22.51	389	3-Nov-17	Eric Osala	Kenora Regional Meet
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	444	1:51.21	200 F.R.					NYAC Cup, Toronto
2017 TBT May Grand Prix, Thunder Bay	Felix,Mironsky,Osala,Closs	26-May-17	369	2:10.25	200 M.R.					
<b>Men Open</b>										
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
Manitoba/Saskatchewan Championships, Winnipeg	Lawson Mironsky	2-Jul-15	467	2:26.93	200 IM	1:07.73	419	11-Dec-14	Lawson Mironsky	2014 Prairie Winter International, Winnipeg
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	2016 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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