



SWIM BC PROVINCIAL CHAMPIONSHIPS
March 2 - 5, 2023



Swim BC - CompTrak Summary
UPDATED MAY 4, 2023

COMP	TEAM	SWIMMER
2023BCWIN	RAC	BENNETT, Nicholas
2023BCWIN	ISC	KORMENDY, Dylan
2023BCWIN	LOSC	HISLOP, Phoenix

		Start (15m)		1st 50 Swim				Turn 1			2nd 50 Swim				Turn 2			3rd 50 Swim				Turn 3			4th 50 Swim				Finish	End Time	End Time		
		B-O (m)	T (sec)	T (sec)	DPS/50	SC/50	SR/50m	S-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	S-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	S-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	5m (sec)	(sec)	T (min/sec)		
WORLD AVERAGE*		13.1	5.5	24.78	2.1	17.0	51.1	2.7	11.7	7.6	28.58	2.3	15.9	43.7	3.2	10.8	9.0	33.22	2.2	17.0	38.9	3.6	8.4	7.8	27.68	2.4	17.1	44.9	2.9	114.26	1:54.26		
CDN-SR RECORD**		13.0	5.6	25.43	2.1	17.1	51.0	2.8	10.0	7.8	29.33	2.3	17.0	43.7	3.3	10.0	9.2	34.09	2.1	18.0	39.6	3.7	7.0	8.0	28.41	2.3	17.9	44.1	3.0	117.26	1:57.26		
AGE CATEGORY																																	
170		11.5	6.0	27.88	1.9	20.6	53.0	3.6	5.0	8.8	34.51	2.0	22.5	42.3	4.6	7.5	9.4	37.32	1.9	22.0	39.8	4.6	5.0	8.4	29.90	2.1	21.1	46.5	3.4	129.61	2:09.61		
170		12.0	6.0	27.50	1.8	20.7	55.8	3.8	12.0	8.4	33.70	1.9	20.0	44.7	4.2	7.5	10.4	37.60	1.7	24.5	46.3	4.6	6.5	8.3	31.40	1.9	22.5	49.2	4.2	130.20	2:10.20		
170		12.0	6.7	29.10	1.6	23.3	58.3	3.7	5.0	9.3	34.49	1.9	23.7	45.0	4.0	7.0	10.3	36.20	1.8	24.3	47.0	4.1	3.5	9.0	31.46	1.9	24.5	48.7	3.1	131.25	2:11.25		
AVERAGE		11.8	6.2	28.16	1.8	21.5	55.7	3.7	7.3	8.8	34.23	1.9	22.1	44.0	4.3	7.3	10.0	37.04	1.8	23.6	44.4	4.4	5.0	8.6	30.92	2.0	22.7	48.1	3.6	130.35	2:10.35		
2023BCWIN	HYACK	JUNG, Justin	15-17	10.5	6.5	28.94	2.0	19.4	48.8	4.0	6.5	9.4	35.85	2.3	18.6	35.2	4.4	8.0	9.8	36.65	2.0	20.7	39.8	4.5	5.0	8.4	30.07	2.1	21.8	47.8	3.4	131.51	2:11.51
2023BCWIN	KAI	KIRK, Aiden	15-17	10.5	6.3	28.17	1.8	21.5	54.7	3.6	9.5	8.8	33.60	2.1	19.0	43.2	5.0	7.5	9.6	40.22	1.6	27.1	45.2	5.1	6.0	8.2	29.70	2.2	20.3	47.0	3.6	131.69	2:11.69
2023BCWIN	SKSC	KIM, Lucas	15-17	11.0	6.3	29.03	1.7	22.5	54.8	3.6	5.0	9.5	35.77	2.2	20.5	37.5	4.6	7.5	10.6	38.22	2.1	20.6	37.2	4.4	4.5	8.7	30.67	2.2	20.4	44.5	3.7	133.69	2:13.69
AVERAGE		10.7	6.4	28.71	1.9	21.2	52.8	3.7	7.0	9.2	35.07	2.2	19.4	38.6	4.7	7.7	10.0	38.36	1.9	22.8	40.7	4.7	5.2	8.4	30.15	2.2	20.8	46.4	3.6	132.30	2:12.30		
2023BCWIN	HYACK	KIM, Laon	13-14	12.0	6.0	27.79	2.1	18.4	47.7	3.6	7.0	8.4	33.45	2.3	18.7	37.3	4.1	10.0	9.6	37.82	2.1	19.0	36.2	4.4	6.5	8.3	29.51	2.7	16.3	37.3	3.1	128.58	2:08.57
2023BCWIN	LOSC	PARK, Minhyuk-DANNY	13-14	10.0	6.8	29.10	2.0	20.3	48.7	3.4	7.0	9.8	36.26	2.4	17.9	34.0	4.2	9.5	10.8	41.14	2.0	20.6	35.8	4.6	5.5	8.6	31.39	2.3	19.6	41.3	3.5	137.89	2:17.89
2023BCWIN	LOSC	VELICICO, Alexandru	13-14	9.5	6.9	29.95	1.8	22.1	50.3	3.7	6.5	9.5	33.76	2.4	18.4	37.7	4.1	8.0	12.2	44.91	1.9	22.1	34.2	5.2	3.5	8.7	30.18	2.0	22.9	48.3	3.2	138.80	2:18.80
AVERAGE		10.5	6.6	28.95	2.0	20.3	48.9	3.6	6.8	9.2	34.49	2.4	18.3	36.3	4.1	9.2	10.9	41.29	2.0	20.6	35.4	4.7	5.2	8.5	30.36	2.3	19.6	42.3	3.3	135.09	2:15.09		

CODES: * WORLD AVERAGE -
 ** CDN RECORD MODEL - Based on World Average Models
 B-O (m) - Breakout Distance (m)
 T (sec) - Split Time (sec)
 DPS/50 - Av Distance per Stroke (metres/stroke cycle) / 50m
 SC/50 - Stroke Count (cyc) / 50m
 SR/50 - Av Stroke Rate / 50m



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COMP	TEAM	SWIMMER	AGE CATEGORY
2023BCWIN	RAC	BENNETT, Nicholas	170
2023BCWIN	LOSC	HISLOP, Phoenix	170
2023BCWIN	KCS	CAMERON, Parker	170

MENS 400 IM LC		Start (15m)		Turn Index 1		100 Fly (Clean)				Turn Index 2 & 3 5m in + 15m out			100 Back (Clean)				Turn Index 4 & 5 5m in + 15m out			100 Breast (Clean)				Turn Index 6 & 7 5m in + 15m out			100 Free (Clean)				Finish	End Time	End Time
B-O (m)	T (sec)	Fly-Fly	B-O (m)	T (sec)	DPS (m)	SC/50	SR/50	Fly-BK	B-O (m)	BK-BK	T (sec)	DPS (m)	SC/50	SR/50	BK-BR	B-O (m)	BR-BR	T (sec)	DPS (m)	SC/50	SR/50	BR-FR	B-O (m)	FR-FR	T (sec)	DPS (m)	SC/50	SR/50	5m (sec)	(sec)	T (min/sec)		
13.1	5.7	11.2	9.3	55.36	2.2	16.9	46.4	11.7	10.0	11.4	62.24	2.5	15.3	36.4	12.7	9.4	13.3	69.63	2.3	16.9	35.8	12.0	6.8	10.7	58.17	2.5	16.7	39.8	3.0	245.40	4:05.40		
13.0	5.8	11.4	8.0	56.72	2.1	17.7	46.5	11.9	8.0	11.6	63.76	2.5	16.3	36.3	13.0	10.0	13.6	71.34	2.3	17.0	35.7	12.3	8.0	10.9	59.59	2.5	16.6	39.7	3.1	251.41	4:11.41		
12.5	6.5	12.4	7.5	60.84	1.8	23.7	51.6	12.4	5.5	13.4	76.37	2.2	25.2	34.3	14.2	7.5	15.0	78.09	2.1	17.9	36.3	13.7	5.0	11.6	62.51	2.1	22.2	44.6	3.5	277.81	4:37.81		
11.5	6.2	12.2	7.0	60.73	1.9	23.2	49.5	12.2	8.5	13.5	71.88	2.3	23.8	34.8	15.0	10.3	15.6	85.39	1.8	20.7	37.8	14.2	6.0	12.5	65.05	2.2	21.4	42.3	3.5	283.05	4:43.05		
AVERAGE	12.0	6.35	12.3	7.3	60.79	1.9	23.4	50.5	12.3	7.0	13.5	74.13	2.3	24.5	34.5	14.6	8.9	15.3	81.74	1.9	19.3	37.0	14.0	5.5	12.0	63.78	2.2	21.8	43.5	3.5	280.43	4:40.43	
11.0	6.4	12.8	6.5	62.74	2.0	21.6	45.3	12.8	5.3	13.9	73.44	2.3	22.9	34.4	14.6	8.3	14.4	76.00	2.3	15.6	33.8	13.7	4.0	12.0	64.92	2.3	21.1	40.2	3.4	277.10	4:37.10		
12.0	6.4	12.6	6.0	62.56	1.7	25.5	52.6	12.6	5.3	13.6	74.61	2.2	26.0	35.6	15.1	6.3	15.1	77.67	2.0	18.2	38.3	13.7	4.5	12.1	64.03	2.2	21.1	41.3	3.9	278.87	4:38.87		
9.5	6.7	12.2	5.0	60.13	1.8	24.7	53.9	12.2	4.5	14.0	73.43	2.1	25.2	38.1	15.5	8.0	15.8	83.44	2.0	19.0	35.6	13.4	4.0	12.3	63.00	2.0	24.3	48.1	3.6	280.00	4:40.00		
AVERAGE	10.8	6.5	12.6	5.8	61.81	1.9	24.0	50.6	12.6	5.0	13.9	73.83	2.2	24.7	36.0	15.1	7.5	15.1	79.04	2.1	17.6	35.9	13.6	4.2	12.1	63.98	2.2	22.2	43.2	3.6	278.66	4:38.66	
11.5	6.2	12.5	7.5	60.62	2.1	21.3	46.5	12.5	6.0	13.1	71.75	2.4	22.4	33.4	13.9	9.8	15.0	78.56	2.1	18.8	35.3	13.0	6.0	12.1	62.47	2.7	17.1	34.2	3.3	273.40	4:33.40		
8.5	7.4	14.2	5.0	69.09	1.6	27.8	51.4	14.2	5.0	14.4	77.11	1.9	28.5	39.4	15.7	7.5	16.2	85.37	1.6	22.1	44.5	14.3	3.5	12.7	66.09	2.0	23.8	44.6	3.6	297.66	4:57.66		
AVERAGE	10.0	6.8	13.4	6.3	64.86	1.8	24.6	49.0	13.4	5.5	13.8	74.43	2.1	25.5	36.4	14.8	8.6	15.6	81.97	1.8	20.4	39.9	13.7	4.8	12.4	64.28	2.4	20.5	39.4	3.5	285.53	4:45.53	

CODES: * RECORD MODEL
 B-O (m) - Breakout Distance (m)
 T (sec) - Split Time (sec)
 DPS (m) - Av Distance per Stroke (metres/stroke cycle) / 50m
 SC/50 - Stroke Count (cyc) / 50m
 SR/50 - Av Stroke Rate / 50m