



SWIM BC PROVINCIAL CHAMPIONSHIPS

March 2 - 5, 2023



Swim BC - CompTrak Summary

UPDATED MAY 4, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HPCVN	LEBUKE, James
2023BCWIN	UVIC	FANG, Maxwell
2023BCWIN	CDSC	ERAKOVIC, Koca

MENS 50 FR LC	Start (15m)		Swim 1st 25			Swim 2nd 25				Swim 50m Clean Swim				Finish	End Time	
	B-O (m)	15m (sec)	25m(sec)	DPS / 25	SC / 25	SR / 25	25m(sec)	DPS / 25	SC / 25	SR / 25	V (m/s)	DPS (m/c)	SC/50	SR (c/m)	5m (sec)	(min/sec)
WORLD AVERAGE*	11.1	5.1	9.49	2.2	6.3	63.1	11.92	2.2	11.2	59.3	2.2	2.2	17.5	60.6	2.5	21.42
CDN-SR RECORD**	11.0	5.2	9.58	2.1	6.6	64.2	12.03	2.1	11.3	60.6	2.2	2.1	17.9	61.8	2.5	21.61
AGE CATEGORY																
170	9.0	5.4	10.50	1.8	8.9	65.0	13.09	1.9	12.9	62.3	1.9	1.9	21.4	63.2	2.8	23.59
170	10.0	5.6	10.60	1.9	7.9	64.5	13.17	2.0	12.4	59.0	2.0	1.9	20.2	60.8	2.9	23.77
170	9.5	5.7	10.80	2.0	7.8	60.5	13.35	2.1	11.6	55.5	1.9	2.1	19.1	57.2	2.9	24.15
AVERAGE	9.5	5.6	10.6	1.9	8.2	63.3	13.20	2.0	12.3	58.9	1.9	2.0	20.2	60.4	2.9	23.84
15-17	12.5	5.7	10.70	2.1	6.0	57.0	13.39	2.1	11.4	54.5	2.0	2.1	17.4	55.3	3.0	24.09
15-17	8.5	5.9	10.90	2.0	8.3	60.5	13.58	1.8	12.9	61.8	1.9	1.9	21.7	61.3	2.9	24.48
15-17	10.0	5.8	11.20	2.1	7.1	52.0	13.39	2.3	10.9	52.0	1.9	2.2	17.7	52.0	3.0	24.59
AVERAGE	10.3	5.8	10.9	2.1	7.1	56.5	13.45	2.1	11.7	56.1	1.9	2.1	18.9	56.2	3.0	24.39
13-14	11.5	5.6	10.60	2.1	6.4	56.0	13.21	2.2	11.1	53.5	2.0	2.2	17.3	54.3	3.0	23.81
13-14	9.0	6.1	11.70	2.0	8.0	53.0	14.11	2.2	11.4	50.0	1.8	2.1	19.0	51.0	2.8	25.81
13-14	9.5	6.5	11.80	1.9	8.2	58.5	14.08	1.9	12.6	56.5	1.8	1.9	20.8	57.2	2.9	25.88
AVERAGE	10.0	6.1	11.37	2.0	7.5	55.8	13.80	2.1	11.7	53.3	1.9	2.1	19.0	54.2	2.9	25.17

CODES: * WORLD AVERAGE - Average of Top 8 World Performances from RSI Data Base

** 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



SWIM BC PROVINCIAL CHAMPIONSHIPS March 2 - 5, 2023



Swim BC - CompTrak Summary UPDATED MAY 4, 2023

COMP	TEAM	SWIMMER
2023BCWIN	UVIC	FANG, Maxwell
2023BCWIN	LOSC	MACPHERSON, Callum
2023BCWIN	NRST	MORCH, Peter

MENS 100 FR LC			Start (15m)		Swim 1st 50				LC Turn / Turn Av sc			Swim 2nd 50				Finish	End Time	End Time			
			B-O (m)	15m (sec)	25m (sec)	50m (sec)	DPS / 50m	SC / 50m	SR / 50m	5m in	B-O(m)	15 out	25m (sec)	50m (sec)	DPS / 50m	SC / 50m	SR / 50m	5m (sec)	(sec)	(min/sec)	
WORLD AVERAGE*			10.2	5.4	10.02	22.53	2.4	16.2	52.1	2.8	7.1	6.3	13.42	24.75	2.3	18.2	49.5	2.8	47.29	47.29	
CDN-SR RECORD**			10.0	5.4	10.01	22.53	2.4	16.6	53.3	2.8	6.5	6.3	13.41	24.74	2.3	18.8	50.7	2.7	47.27	47.27	
AGE CATEGORY																					
2023BCWIN	UVIC	FANG, Maxwell	170	9.0	5.7	10.90	25.18	2.1	19.5	53.2	3.3	5.5	6.8	12.40	26.74	2.2	20.5	49.3	3.0	51.92	51.92
2023BCWIN	LOSC	MACPHERSON, Callum	170	8.0	6.0	11.30	25.54	2.2	19.1	50.8	3.5	4.5	7.0	12.50	27.01	2.1	21.7	51.2	3.3	52.55	52.55
2023BCWIN	NRST	MORCH, Peter	170	9.0	5.9	11.30	25.67	2.4	17.3	47.0	3.4	4.5	7.0	12.40	27.00	2.2	20.4	47.8	3.3	52.67	52.67
AVERAGE			8.7	5.9	11.17	25.46	2.2	18.6	50.3	3.4	4.8	6.9	12.43	26.92	2.2	20.9	49.4	3.2	52.38	0:52.38	
2023BCWIN	HYACK	OROGO, Paul	15-17	11.5	5.9	11.10	25.49	2.3	16.7	49.2	3.8	6.5	7.1	12.60	27.30	2.2	19.8	48.0	3.0	52.79	52.79
2023BCWIN	RAPID	HE, River	15-17	10.0	6.0	11.40	25.87	2.3	17.4	48.2	3.7	6.0	7.1	12.80	27.85	2.3	19.4	46.3	3.5	53.72	53.72
2023BCWIN	CDSC	CHAN, Alvin	15-17	10.0	6.0	11.30	25.63	2.4	16.7	46.0	3.3	6.5	7.3	13.10	28.12	2.4	18.1	43.0	3.4	53.75	53.75
AVERAGE			10.5	6.0	11.27	25.66	2.3	16.9	47.8	3.6	6.3	7.2	12.83	27.76	2.3	19.1	45.8	3.3	53.42	0:53.42	
2023BCWIN	UVPCS	CAMARAIRE, Alex	13-14	8.5	6.4	12.00	27.35	2.2	18.6	47.2	3.8	4.5	7.6	13.30	28.32	2.2	20.4	46.0	3.2	55.67	55.67
2023BCWIN	LOSC	VELICICO, Alexandru	13-14	7.5	6.6	12.10	27.36	2.0	20.9	51.2	3.7	4.5	7.6	13.40	28.88	2.0	22.4	50.0	3.5	56.24	56.24
2023BCWIN	CRKW	MILLNS, Zac	13-14	8.5	6.6	12.20	27.57	2.2	19.2	48.7	3.7	4.0	7.7	13.60	28.97	2.0	23.0	50.2	3.6	56.54	56.54
AVERAGE			8.2	6.5	12.10	27.43	2.1	19.5	49.0	3.7	4.3	7.6	13.43	28.72	2.1	21.9	48.7	3.4	56.15	0:56.15	

CODES: * WORLD AVERAGE - Average of Top 8 World Performances from RSI Data Base
 ** 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



SWIM BC PROVINCIAL CHAMPIONSHIPS
March 2 - 5, 2023



Swim BC - CompTrak Summary
UPDATED MAY 4, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HPCVN	LEBUKE, James
2023BCWIN	UVPCS	FANG, Maxwell
2023BCWIN	LOSC	MACPHERSON, Callum

MENS 200 FR LC			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*			11.1	5.8	24.4	2.7	13.7	42.2	3.0	7.3	6.8	26.2	2.7	15.3	41.2	3.2	7.0	6.8	26.3	2.6	15.9	42.0	3.2	7.1	6.9	26.2	2.4	17.1	44.5	2.7	103.17	1:43.17	
CDN-SR RECORD**			10.0	6.0	25.20	2.7	14.2	41.3	3.12	6.0	7.0	27.05	2.7	15.9	40.3	3.32	6.0	7.0	27.17	2.6	16.4	41.1	3.3	6.0	7.1	26.97	2.4	17.7	43.4	2.8	106.40	1:46.40	
AGE CATEGORY																																	
		170	10.5	6.0	26.55	2.2	18.0	47.0	3.2	6.0	7.7	28.92	2.3	19.1	44.0	3.6	5.0	7.5	29.02	2.1	21.1	46.3	3.5	5.0	7.4	28.86	2.0	22.1	48.8	3.2	113.35	1:53.35	
		170	12.0	5.9	26.49	2.4	15.8	44.2	3.5	7.0	7.3	28.71	2.3	18.4	43.5	3.7	5.5	7.5	29.74	2.3	19.1	42.3	3.9	5.5	7.7	28.88	2.3	19.1	42.8	3.1	113.82	1:53.82	
		170	10.0	6.2	26.63	2.4	16.4	44.2	3.5	5.0	7.6	29.13	2.4	18.5	41.5	3.6	5.0	7.6	29.74	2.3	19.6	41.8	3.6	5.0	7.6	29.78	2.2	20.5	44.3	3.5	115.28	1:55.28	
AVERAGE			10.8	6.0	26.56	2.3	16.7	45.1	3.4	6.0	7.5	28.92	2.4	18.7	43.0	3.6	5.2	7.5	29.50	2.3	19.9	43.5	3.7	5.2	7.6	29.17	2.2	20.6	45.3	3.3	114.15	1:54.15	
2023BCWIN	LOSC	BAE, Jihoon	15-17	9.0	6.3	28.22	2.4	16.8	41.2	3.9	4.5	7.7	30.04	2.4	18.7	40.0	3.9	4.5	7.6	30.35	2.3	19.8	41.5	4.0	4.0	7.6	28.83	2.2	20.6	45.8	3.5	117.44	1:57.44
2023BCWIN	WDSC	MCLEOD, Zachary	15-17	8.5	6.3	27.49	1.9	21.5	54.0	4.2	4.5	7.7	30.20	2.0	22.8	50.3	4.4	4.0	7.8	31.12	2.0	23.4	48.5	4.2	4.0	7.8	29.02	2.0	22.6	50.3	3.5	117.83	1:57.83
2023BCWIN	CDSC	CHAN, Alvin	15-17	10.5	6.7	27.86	2.8	14.3	37.2	3.7	7.5	7.7	30.28	2.8	15.0	34.8	4.2	6.5	7.6	30.90	2.6	16.5	35.7	4.0	6.5	7.7	29.21	2.4	18.4	42.3	3.6	118.25	1:58.25
AVERAGE			9.3	6.4	27.86	2.4	17.5	44.1	3.9	5.5	7.7	30.17	2.4	18.8	41.7	4.2	5.0	7.7	30.79	2.3	19.9	41.9	4.1	4.8	7.7	29.02	2.2	20.5	46.2	3.5	117.84	1:57.84	
2023BCWIN	HYACK	KIM, Laon	13-14	11.5	5.9	26.87	2.8	13.9	37.7	3.8	7.5	7.5	29.34	2.9	14.7	35.2	4.1	6.0	7.4	30.17	2.8	15.5	33.8	4.0	7.0	7.7	30.00	2.8	15.2	33.8	3.6	116.38	1:56.38
2023BCWIN	LOSC	VELICICO, Alexandru	13-14	9.0	7.1	28.85	2.3	18.1	44.7	3.9	5.0	8.1	31.07	2.3	19.3	42.0	4.3	4.5	8.3	31.55	2.2	21.0	43.7	4.2	4.5	8.5	30.42	2.2	21.0	45.3	3.4	121.89	2:01.89
2023BCWIN	UVPCS	CAMARAIRE, Alex	13-14	10.0	6.7	28.52	2.5	16.2	40.3	3.8	5.0	8.1	31.44	2.4	19.0	39.0	3.8	4.5	8.2	31.33	2.3	19.5	40.2	3.8	4.5	8.1	30.86	2.3	19.5	40.2	3.4	122.15	2:02.15
AVERAGE			10.2	6.6	28.08	2.5	16.1	40.9	3.8	5.8	7.9	30.62	2.5	17.7	38.7	4.1	5.0	8.0	31.02	2.4	18.7	39.2	4.0	5.3	8.1	30.43	2.4	18.6	39.8	3.4	120.14	2:00.14	

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



SWIM BC PROVINCIAL CHAMPIONSHIPS
March 2 - 5, 2023



Swim BC - CompTrak Summary
UPDATED MAY 4, 2023
COMP TEAM SWIMMER

MENS 400 FR LC			Start (15m)		Swim 1st 50			Turn (Average)			Clean Swim Values - 50-350m (Average)				Swim last 50				Finish	End Time	End Time		
			B-O (m)	T (sec)	Lap Split	DPS/50	SC/50	SR/50	5m in	B-O(m)	15 out	Lap Av	DPS (m/c)	SC/50	SR/50	Lap Split	DPS/50	SC/50	SR/50	5m (sec)	(sec)	T (min/sec)	
WORLD AVERAGE*			10.4	6.1	25.92	2.9	13.1	37.2	3.3	6.2	7.3	28.05	2.9	14.8	36.3	26.36	2.6	16.5	42.1	2.9	220.55	3:40.55	
CDN-SR RECORD**			10.0	6.2	26.26	2.8	13.8	38.3	3.3	7.0	7.4	28.41	2.8	15.1	37.3	26.71	2.5	16.9	43.6	3.0	223.46	3:43.46	
AGE CATEGORY																							
2023BCWIN	KAI	SAVELEV, Daniil	170	10.0	6.1	28.55	2.5	15.8	39.5	4.3	5.0	7.7	30.93	2.4	18.7	39.6	29.78	2.2	22.7	43.0	3.5	245.06	4:05.06
2023BCWIN	LOSC	WOZNY, Maksym	170	7.5	6.2	28.11	2.4	17.7	41.8	4.1	4.0	7.8	31.25	2.3	19.7	40.1	30.69	2.2	22.4	42.0	3.6	246.88	4:06.88
2023BCWIN	LOSC	YIP, Channah	170	12.0	6.6	29.56	2.5	15.0	37.7	4.4	5.5	7.8	31.56	2.4	18.6	38.9	28.93	2.2	22.7	44.7	3.4	250.49	4:10.49
AVERAGE			9.8	6.3	28.7	2.5	16.2	39.7	4.2	4.8	7.8	31.2	2.4	19.0	39.5	29.8	2.2	22.6	43.2	3.5	247.48	4:07.48	
2023BCWIN	WDSC	MCLEOD, Zachary	15-17	8.5	6.3	27.93	1.9	21.5	53.0	4.4	4.0	8.0	31.64	2.0	23.3	47.7	30.67	1.9	25.9	48.8	3.7	249.41	4:09.41
2023BCWIN	KAI	KIRK, Aiden	15-17	10.5	6.3	28.70	2.4	16.5	41.2	4.3	6.0	7.8	31.73	2.3	19.2	40.4	30.99	2.1	23.8	44.2	3.6	250.82	4:10.82
2023BCWIN	VPSC	DESCHAMBAULT, Noah	15-17	10.0	6.9	29.68	2.4	16.7	40.8	4.4	4.3	7.9	32.13	2.2	20.7	41.3	30.96	2.1	24.2	44.3	3.7	264.59	4:14.59
AVERAGE			9.7	6.5	28.8	2.2	18.2	45.0	4.3	4.8	7.9	31.8	2.2	21.1	43.1	30.9	2.0	24.6	45.8	3.7	254.94	4:11.61	
2023BCWIN	LOSC	VELICICO, Alexandru	13-14	8.5	6.6	28.78	2.4	17.5	42.5	4.5	4.5	8.1	32.56	2.3	19.5	39.4	31.35	2.1	23.8	44.8	3.9	266.70	4:16.70
2023BCWIN	UVPCS	CAMARAIRE, Alex	13-14	9.5	6.8	29.56	2.4	16.9	39.7	4.3	4.9	8.3	32.79	2.4	18.7	37.2	31.32	2.4	21.1	39.3	3.7	269.12	4:19.12
2023BCWIN	LOSC	PARK, Minhyuk (DANNY)	13-14	8.5	6.5	29.24	2.4	17.5	40.7	4.5	5.1	8.2	33.24	2.3	19.5	38.5	32.15	2.3	22.1	39.0	3.7	271.95	4:21.95
AVERAGE			8.8	6.6	29.2	2.4	17.3	40.9	4.4	4.8	8.2	32.9	2.3	19.2	38.4	31.6	2.2	22.3	41.1	3.8	269.26	4:19.26	

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



SWIM BC PROVINCIAL CHAMPIONSHIPS March 2 - 5, 2023



Swim BC - CompTrak Summary
UPDATED MAY 4, 2023

COMP TEAM SWIMMER
2023BCWIN LOSC ERICKSON, Aidan

MENS 800 FR LC			Start (15m)		Swim 1st 50				Turn (Average)			Clean Swim Values (Average)				Swim last 50				Finish	End Time	End Time		
			B-O (m)	T (sec)	Lap Split	DPS/50	SC/50	SR/50	5m in	B-O(m)	15 out	Lap Av	DPS (m/c)	SC/50	SR (c/m)	Lap Split	DPS/50	SC/50	SR/50	5m (sec)	(sec)	T (min/sec)		
WORLD AVERAGE*			9.5	6.4	26.85	2.7	14.6	39.3	3.2	6.3	7.6	28.97	2.9	14.7	34.8	27.30	2.4	17.9	44.0	2.7	459.74	7:39.74		
CDN-SR RECORD**			9.0	6.4	26.97	2.6	15.3	40.0	3.2	6.0	7.7	29.10	2.8	15.3	35.6	27.43	2.3	18.4	45.1	2.8	461.86	7:41.86		
AGE CATEGORY																								
170			10.0	6.5	28.90	2.5	15.6	38.5	4.1	4.0	8.1	32.55	2.5	18.1	35.9	32.26	2.5	19.6	36.0	3.8	516.80	8:36.80		
AVERAGE			10.0	6.5	28.90	2.5	15.6	38.5	4.1	4.0	8.1	32.55	2.5	18.1	35.9	32.26	2.5	19.6	36.0	3.8	516.80	8:36.80		
2023BCWIN	WOSC	MCLEOD, Zachary	15-17		9.0	6.9	27.90	2.1	19.0	50.0	4.2	4.0	8.5	32.50	2.0	22.3	45.0	31.15	2.0	24.5	46.0	3.8	514.06	8:34.06
AVERAGE			9.0	6.9	27.90	2.1	19.0	50.0	4.2	4.0	8.5	32.50	2.0	22.3	45.0	31.15	2.0	24.5	46.0	3.8	514.06	8:34.06		
2023BCWIN	HYACK	KIM, Laon	13-14		12.0	6.1	28.40	2.9	12.8	34.0	4.3	5.8	8.0	32.22	3.0	14.5	30.4	31.90	2.8	17.5	32.0	3.6	511.40	8:31.40
2023BCWIN	LOSC	VELICIC, Alexandru	13-14		8.0	6.7	29.49	2.5	16.4	39.5	4.4	4.1	8.5	33.82	2.4	18.8	36.1	30.43	2.1	23.3	45.0	3.5	533.39	8:53.39
AVERAGE			10	6.4	28.95	2.7	14.6	36.8	4.4	5.0	8.2	33.02	2.7	16.7	33.3	31.17	2.5	20.4	38.5	3.6	522.40	8:42.40		

CODES: * WORLD AVERAGE -
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 DPS/50 - Av Distance per Stroke (metres/stroke cycle) / 50m
 SC/50 - Stroke Count (cyc) / 50m
 SR/50 - Av Stroke Rate / 50m



SWIM BC PROVINCIAL CHAMPIONSHIPS March 2 - 5, 2023



Swim BC - CompTrak Summary UPDATED MAY 4, 2023

COMP	TEAM	SWIMMER
2023BCWIN	WDSC	MCLEOD, Zachary
2023BCWIN	LOSC	BENSON, Keiran
2023BCWIN	LOSC	PARK, Minhyuk-DANNY

MENS 1500 FR LC	Start (15m)		Swim 1st 50				Turn (Average)			Clean Swim Values (Average)				Swim last 50				Finish	End Time	End Time	
	B-O (m)	T (sec)	Lap Split	DPS/50	SC/50	SR/50	5m in	B-O(m)	15 out	Lap Av	DPS (m/c)	SC/50	SR (c/m)	Lap Split	DPS/50	SC/50	SR/50	5m (sec)	(sec)	T (min/sec)	
WORLD AVERAGE*	10.1	6.5	27.27	2.6	15.0	40.5	3.4	6.4	7.7	29.43	2.8	15.7	36.5	26.94	2.3	18.4	45.8	2.6	878.29	14:38.19	
CDN-SR RECORD**	10.1	6.5	27.31	2.6	14.5	39.1	3.4	6.0	7.7	29.47	2.8	15.4	35.8	27.00	2.3	16.1	45.1	2.6	879.60	14:39.63	
AGE CATEGORY																					
15 - 16	8.5	6.6	28.42	2.1	19.8	47.5	4.2	3.7	8.3	32.51	2.1	22.6	44.3	31.05	2.0	23.1	46.0	3.8	969.80	16:09.82	
13-14	8.0	7.0	30.17	2.3	18.3	40.5	4.5	4.7	8.7	34.26	2.0	22.4	42.6	32.77	2.0	22.6	44.0	3.6	1022.20	17:02.21	
13-14	9.0	6.6	28.96	2.3	17.8	42.5	4.4	5.5	8.4	34.50	2.4	18.9	35.5	34.19	2.2	20.2	37.5	4.1	1029.28	17:09.28	
AVERAGE	8.5	6.8	29.57	2.3	18.0	41.5	4.4	5.1	8.5	34.38	2.2	20.6	39.1	33.48	2.1	21.4	40.8	3.8	1025.74	17:05.75	

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