



**MENS 50 FLY LC**

**Swim BC - CompTrak Summary**  
**UPDATED JULY 28, 2023**

COMP	TEAM	SWIMMER
2023BCWIN	ISC	DONGFANG, Bill
2023BCWIN	VPSC	HIRUKI, Tadahiro
2023BCWIN	LOSC	ZHANG, Jimmy
2023SBCSUM	SKSC	WU, Yu Tong
2023SBCSUM	ISC	ROGERS, Lochlan
2023SBCSUM	ISC	DONGFANG, Bill

	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 / 50	SC / 50	SR / 50	5m (sec)	(min/sec)
<b>WORLD AVERAGE*</b>	<b>13.6</b>	<b>5.4</b>	<b>10.28</b>	<b>1.8</b>	<b>6.2</b>	<b>66.9</b>	<b>12.78</b>	<b>1.9</b>	<b>13.0</b>	<b>63.5</b>	<b>1.99</b>	<b>1.8</b>	<b>19.2</b>	<b>64.7</b>	<b>2.6</b>	<b>23.06</b>
<b>CDN-SR RECORD**</b>	<b>13.5</b>	<b>5.4</b>	<b>10.37</b>	<b>1.8</b>	<b>6.5</b>	<b>68.3</b>	<b>12.90</b>	<b>1.8</b>	<b>13.1</b>	<b>65.1</b>	<b>1.97</b>	<b>1.8</b>	<b>19.6</b>	<b>66.2</b>	<b>2.6</b>	<b>23.27</b>
<b>AGE CATEGORY</b>																
170	10.0	6.0	11.70	1.8	8.3	60.0	14.18	2.0	12.6	55.8	1.8	1.9	20.5	57.2	3.2	<b>25.88</b>
170	9.0	5.9	11.50	1.6	10.0	65.5	14.66	1.7	14.4	61.3	1.8	1.7	24.0	62.7	3.2	<b>26.16</b>
170	9.0	5.8	11.40	1.6	10.0	65.0	14.80	1.8	14.1	60.8	1.8	1.7	23.5	62.2	3.4	<b>26.20</b>
170	12.0	6.1	11.30	2.0	6.5	56.5	14.16	2.0	12.0	53.8	1.8	2.0	18.5	54.7	3.1	<b>25.46</b>
170	11.0	5.7	11.10	1.9	7.4	60.0	14.41	1.9	12.6	56.8	1.8	1.9	20.0	57.8	3.4	<b>25.51</b>
170	13.5	6.2	11.60	2.0	5.8	56.0	14.07	1.9	12.4	56.3	1.8	1.9	18.4	56.2	3.0	<b>25.67</b>
<b>AVERAGE</b>	<b>10.8</b>	<b>6.0</b>	<b>11.43</b>	<b>1.8</b>	<b>8.0</b>	<b>60.5</b>	<b>14.38</b>	<b>1.9</b>	<b>13.0</b>	<b>57.4</b>	<b>1.8</b>	<b>1.9</b>	<b>20.8</b>	<b>58.4</b>	<b>3.2</b>	<b>25.81</b>
15-16	11.0	5.9	11.50	1.7	8.2	63.5	14.19	1.9	13.3	59.3	1.8	1.8	21.1	60.7	3.3	<b>25.69</b>
15-16	13.0	5.9	11.50	1.8	6.7	58.0	14.47	2.0	12.6	55.5	1.8	1.9	18.9	56.3	3.4	<b>25.97</b>
15-16	9.5	6.2	11.80	1.8	8.6	58.5	14.56	1.9	13.1	58.3	1.8	1.8	21.5	58.3	3.2	<b>26.36</b>
15-16	13.0	6.0	11.60	1.9	6.3	56.5	14.35	2.0	12.4	53.3	1.8	1.9	18.6	54.3	3.0	<b>25.95</b>
15-16	10.0	6.2	11.50	2.2	6.8	51.5	14.57	1.9	12.0	55.5	1.8	2.0	19.5	54.2	3.1	<b>26.07</b>
15-16	10.0	6.0	11.50	1.6	9.4	68.5	14.83	1.8	13.8	58.5	1.8	1.7	22.5	61.8	3.4	<b>26.33</b>
<b>AVERAGE</b>	<b>11.1</b>	<b>6.0</b>	<b>11.57</b>	<b>1.8</b>	<b>7.7</b>	<b>59.4</b>	<b>14.50</b>	<b>1.9</b>	<b>12.9</b>	<b>56.7</b>	<b>1.8</b>	<b>1.9</b>	<b>20.4</b>	<b>57.6</b>	<b>3.2</b>	<b>26.06</b>
13-14	9.0	6.4	12.50	1.8	8.9	55.5	15.42	1.9	12.9	53.8	1.7	1.9	21.4	54.3	3.5	<b>27.92</b>
13-14	10.5	6.6	12.40	1.9	7.6	55.0	15.61	1.9	12.9	52.3	1.7	1.9	20.6	53.2	3.3	<b>28.01</b>
13-14	10.5	6.1	12.60	1.5	9.7	61.0	15.45	1.7	15.0	59.0	1.6	1.6	24.1	59.7	3.2	<b>28.05</b>
13-14	10.0	6.5	12.50	1.8	8.3	56.5	15.82	1.7	13.8	56.5	1.6	1.7	22.5	56.5	3.4	<b>28.32</b>
13-14	11.5	6.6	12.70	1.7	7.9	58.0	15.79	1.7	14.4	58.5	1.6	1.7	22.5	58.3	3.6	<b>28.49</b>
13-14	8.5	6.5	12.70	1.5	11.0	63.5	15.96	1.6	15.3	61.3	1.6	1.6	25.9	62.0	3.7	<b>28.66</b>
<b>AVERAGE</b>	<b>10.0</b>	<b>6.5</b>	<b>12.57</b>	<b>1.7</b>	<b>8.9</b>	<b>58.3</b>	<b>15.68</b>	<b>1.7</b>	<b>14.0</b>	<b>56.9</b>	<b>1.6</b>	<b>1.7</b>	<b>22.8</b>	<b>57.3</b>	<b>3.5</b>	<b>28.24</b>

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 - CompTrak Summary**  
**UPDATED JULY 28, 2023**

COMP	TEAM	SWIMMER
2023BCWIN	ISC	DONGFANG, Bill
2023BCWIN	SKSC	HUANG, Peter
2023BCWIN	NRST	MORCH, Peter
2023SBCSUM	ISC	DONGFANG, Bill
2023SBCSUM	HST	GOVIER, Tristan
2023SBCSUM	SKSC	HAYHOE, Jack

MENS 100 FLY 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)	(min/sec)	(sec)	
<b>WORLD AVERAGE*</b>	<b>13.9</b>	<b>5.2</b>	<b>10.31</b>	<b>23.34</b>	<b>2.2</b>	<b>16.3</b>	<b>54.0</b>	<b>2.6</b>	<b>12.7</b>	<b>7.3</b>	<b>14.27</b>	<b>26.93</b>	<b>2.02</b>	<b>18.1</b>	<b>53.17</b>	<b>2.93</b>	<b>50.27</b>	<b>50.26</b>	
<b>CDN-SR RECORD**</b>	<b>14.0</b>	<b>5.2</b>	<b>10.33</b>	<b>23.38</b>	<b>2.1</b>	<b>16.9</b>	<b>55.8</b>	<b>2.6</b>	<b>11.0</b>	<b>7.3</b>	<b>14.29</b>	<b>26.98</b>	<b>1.94</b>	<b>19.6</b>	<b>55.36</b>	<b>2.93</b>	<b>50.36</b>	<b>50.36</b>	
<b>AGE CATEGORY</b>																			
170	11.0	6.3	11.80	26.75	2.0	19.5	52.2	3.2	11.0	7.7	13.40	28.50	1.9	20.5	54.0	3.38	0:55.25	55.25	
170	11.0	6.2	11.90	27.31	1.9	20.2	52.8	3.5	8.5	8.2	14.20	30.07	1.9	21.5	51.5	3.40	0:57.38	57.38	
170	10.0	6.1	11.90	27.05	2.0	20.3	51.3	3.4	5.5	8.6	14.50	30.43	1.9	23.4	51.5	3.49	0:57.48	57.48	
170	13.5	6.0	11.70	26.20	2.0	18.3	53.7	3.3	12.5	7.6	13.70	28.75	1.9	19.7	52.7	3.10	0:54.95	54.95	
170	12.0	6.1	11.80	26.70	1.9	20.0	53.3	3.0	7.5	8.0	13.80	29.01	1.9	22.0	52.2	3.31	0:55.71	55.71	
170	13.0	5.6	11.10	26.17	2.0	18.2	51.5	3.2	7.5	7.8	13.90	29.79	1.9	22.4	50.7	3.39	0:55.96	55.96	
<b>AVERAGE</b>	<b>11.8</b>	<b>6.1</b>	<b>11.70</b>	<b>26.70</b>	<b>2.0</b>	<b>19.4</b>	<b>52.5</b>	<b>3.3</b>	<b>8.8</b>	<b>8.0</b>	<b>13.92</b>	<b>29.43</b>	<b>1.9</b>	<b>21.6</b>	<b>52.1</b>	<b>3.35</b>	<b>0:56.12</b>	<b>56.12</b>	
2023BCWIN HST GOVIER, Tristan	15-16	10.0	6.1	11.80	26.71	2.0	20.0	52.2	3.3	6.0	8.0	13.80	29.02	2.0	22.0	50.7	3.27	0:55.73	55.73
2023BCWIN HYACK OROGO, Paul	15-16	12.5	6.0	11.70	26.53	2.0	18.8	52.8	3.3	7.0	8.5	14.50	29.93	2.0	21.5	49.8	3.20	0:56.46	56.46
2023BCWIN HST SIMARD, Bodie	15-16	9.0	6.3	12.10	27.14	1.9	22.0	54.7	3.3	5.0	8.4	14.70	31.08	1.7	26.5	55.0	3.41	0:58.22	58.22
2023SBCSUM LOSC BAE, Jihoon	15-16	11.5	6.4	12.10	27.04	1.8	21.8	59.0	3.1	5.5	8.1	14.10	30.25	1.6	27.2	58.3	3.31	0:57.29	57.29
2023SBCSUM HST SIMARD, Bodie	15-16	11.0	6.2	12.00	27.37	1.9	20.5	54.7	3.5	6.5	8.3	14.50	30.69	1.8	24.6	54.8	3.78	0:58.06	58.06
2023SBCSUM HYACK JUNG, Justin	15-16	11.0	6.1	12.00	27.73	1.9	20.9	53.3	3.5	7.0	8.2	14.80	31.30	1.7	24.8	52.8	3.42	0:59.03	59.03
<b>AVERAGE</b>	<b>10.8</b>	<b>6.2</b>	<b>11.95</b>	<b>27.09</b>	<b>1.9</b>	<b>20.7</b>	<b>54.4</b>	<b>3.3</b>	<b>6.2</b>	<b>8.3</b>	<b>14.40</b>	<b>30.38</b>	<b>1.8</b>	<b>24.4</b>	<b>53.6</b>	<b>3.40</b>	<b>0:57.47</b>	<b>57.47</b>	
2023BCWIN HYACK KIM, Laon	13-14	12.0	6.2	12.10	27.36	2.1	18.4	49.2	3.2	7.5	8.2	14.80	30.79	2.0	20.9	46.7	3.59	0:58.15	58.15
2023BCWIN RAPID SONG, Yiguo	13-14	10.0	6.5	12.50	28.95	1.8	22.2	52.7	3.6	7.5	8.4	14.60	32.00	1.8	23.6	51.8	3.98	1:00.95	60.95
2023BCWIN LOSC PARK, Minhyuk - DANNY	13-14	9.5	6.6	12.60	29.11	2.0	20.6	49.5	3.7	5.5	8.9	15.60	32.83	1.9	23.4	46.5	3.61	1:01.94	61.94
2023SBCSUM RAPID SONG, Yiguo	13-14	11.5	6.1	12.20	28.30	1.7	22.2	55.8	3.5	7.5	8.2	15.10	32.95	1.7	25.0	50.5	3.62	1:01.25	61.25
2023SBCSUM PSW CAO, Matthew	13-14	10.0	6.5	12.70	28.78	1.7	23.5	55.5	3.2	7.0	8.6	15.30	32.89	1.7	25.3	51.2	3.78	1:01.67	62.67
2023SBCSUM HST LJ, Burton	13-14	10.0	6.6	12.90	29.28	1.8	22.2	53.5	3.9	6.0	8.5	15.10	32.84	1.7	25.9	51.5	3.89	1:02.12	62.12
<b>AVERAGE</b>	<b>10.5</b>	<b>6.4</b>	<b>12.50</b>	<b>28.63</b>	<b>1.8</b>	<b>21.5</b>	<b>52.7</b>	<b>3.5</b>	<b>6.8</b>	<b>8.5</b>	<b>15.08</b>	<b>32.38</b>	<b>1.8</b>	<b>24.0</b>	<b>49.7</b>	<b>3.75</b>	<b>1:01.01</b>	<b>61.18</b>	

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 - CompTrak Summary  
 UPDATED JULY 28, 2023

COMP TEAM SWIMMER

2023BCWIN ISC DONGFANG, Bill  
 2023BCWIN SKSC HUANG, Peter  
 2023BCWIN ISC BAKER, Bryce  
 2023SBCSUM ISC DONGFANG, Bill  
 2023SBCSUM ISC BAKER, Bryce  
 2023SBCSUM HST GOVIER, Tristan

MENS 200 FLY 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)	T (min/sec)	(sec)		
<b>WORLD AVERAGE*</b>		13.2	5.5	25.11	2.2	16.1	48.8	2.9	9.1	7.8	28.28	2.2	17.7	45.9	3.0	8.0	8.1	29.00	2.2	18.9	47.1	3.2	8.1	8.2	29.39	2.1	19.8	47.9	3.0	1:51.77	111.77
<b>CDN-SR RECORD**</b>		13.0	5.7	25.72	2.1	16.7	49.3	3.0	9.0	8.0	28.96	2.2	18.3	46.5	3.1	9.0	8.3	29.71	2.1	19.0	47.6	3.2	9.0	8.4	30.10	2.0	20.0	48.3	3.1	1:54.49	114.49
<b>AGE CATEGORY</b>																															
170	12.5	7.0	28.9	2.0	19.1	49.3	3.4	10.0	8.1	30.05	2.1	19.4	47.3	3.3	8.5	9.4	31.66	2.0	21.1	48.7	3.4	8.5	9.1	31.39	1.9	21.5	49.3	3.5	2:01.97	121.97	
170	11.0	6.3	28.4	2.0	19.2	47.3	3.3	8.0	8.5	31.66	2.0	21.0	45.2	3.3	7.0	8.8	32.05	1.9	23.0	49.8	3.7	7.5	9.0	33.02	1.8	23.6	48.8	3.6	2:05.10	125.10	
170	11.0	6.7	28.0	2.0	19.5	49.3	3.0	8.0	8.9	31.55	1.9	22.1	48.8	3.4	7.0	9.5	33.02	1.9	23.0	48.3	3.5	6.5	9.3	33.29	1.9	23.3	48.0	3.7	2:05.81	125.81	
170	13.0	6.4	27.7	2.1	17.9	48.2	3.3	12.0	8.5	31.04	2.1	18.1	46.2	3.9	10.0	8.6	31.44	2.0	19.7	46.3	3.7	11.0	9.0	31.58	2.0	19.8	48.5	3.8	2:01.74	121.74	
170	13.0	6.5	28.0	2.0	18.5	50.2	3.6	9.0	8.6	31.53	1.9	22.0	50.0	3.7	7.0	8.7	32.68	1.8	23.5	49.0	3.7	7.0	9.1	34.16	1.7	24.8	49.7	4.0	2:06.38	126.38	
170	12.0	6.8	29.6	2.1	18.4	45.2	3.6	6.0	9.3	33.16	2.0	22.0	44.3	3.8	6.0	8.9	32.29	2.0	22.4	45.5	3.4	6.0	8.8	32.33	1.9	23.2	48.3	3.7	2:07.34	127.34	
<b>AVERAGE</b>		12.1	6.6	28.41	2.0	18.8	48.3	3.4	8.8	8.7	31.50	2.0	20.8	47.0	3.6	7.6	9.0	32.19	1.9	22.1	47.9	3.6	7.8	9.1	32.63	1.9	22.7	48.8	3.7	2:04.72	124.72
15-16	10.0	6.9	29.0	1.9	21.1	50.7	3.4	7.0	9.2	32.45	1.8	24.3	50.3	3.3	7.0	9.3	32.90	1.7	24.8	50.3	3.2	7.0	9.2	32.38	1.8	24.3	51.8	3.5	2:06.76	126.76	
15-16	9.5	7.0	28.6	1.8	22.9	55.0	3.3	5.0	9.2	32.17	1.8	24.5	50.5	3.6	5.0	9.4	32.77	1.8	25.5	51.2	3.7	5.0	9.6	33.41	1.8	25.0	49.8	3.8	2:06.97	126.97	
15-16	10.0	7.2	29.1	1.9	21.1	50.8	3.4	5.5	8.9	32.99	1.8	24.7	49.2	3.8	5.0	9.3	33.41	1.8	25.5	49.7	3.8	5.0	9.3	33.26	1.7	26.5	52.0	3.6	2:08.79	128.79	
15-16	10.0	6.9	28.2	1.8	21.8	54.8	3.3	5.0	8.8	31.31	1.8	24.5	52.8	3.8	5.0	9.0	32.72	1.8	25.5	51.8	4.1	5.0	9.1	33.62	1.7	26.5	51.3	4.0	2:05.81	125.81	
15-16	10.5	6.6	28.9	1.8	21.5	51.8	3.6	6.0	8.6	32.36	1.8	24.9	50.2	3.6	5.0	8.9	32.40	1.8	25.0	50.7	3.6	5.0	8.6	32.60	1.7	27.0	54.0	3.8	2:06.25	126.25	
15-16	9.5	6.4	28.8	1.8	22.1	51.7	3.6	7.0	9.0	33.23	1.8	24.3	50.3	3.9	6.0	8.9	32.99	1.7	25.4	51.7	3.8	6.0	8.8	33.04	1.7	25.9	52.8	4.0	2:08.08	128.08	
<b>AVERAGE</b>		9.9	6.8	28.78	1.8	21.7	52.5	3.4	5.9	9.0	32.42	1.8	24.6	50.6	3.7	5.5	9.1	32.87	1.8	25.3	50.9	3.7	5.5	9.1	33.05	1.7	25.9	52.0	3.8	2:07.11	127.11
13-14	12.5	6.6	28.1	2.1	17.9	47.0	3.1	10.0	9.0	32.31	2.1	19.4	44.3	3.7	7.5	9.0	33.28	1.9	22.0	45.2	3.5	7.0	9.5	33.25	2.0	21.9	45.3	3.4	2:06.90	126.90	
13-14	11.0	7.1	30.0	2.0	19.5	46.8	3.4	7.0	9.5	33.95	2.0	21.5	43.5	3.6	6.5	9.7	35.20	2.0	22.1	42.8	3.7	6.0	9.9	35.76	1.9	23.6	43.5	4.0	2:14.88	134.88	
13-14	11.5	6.9	29.8	1.9	20.3	49.7	3.4	7.5	9.5	35.24	1.7	24.5	47.0	3.9	7.5	9.9	36.89	1.7	25.0	46.3	4.0	7.0	9.8	38.04	1.7	25.8	45.5	4.2	2:19.93	139.93	
13-14	13.0	6.5	30.7	1.9	19.8	47.8	4.1	7.0	9.2	35.35	1.7	25.3	47.8	4.0	7.0	9.3	35.67	1.8	24.3	46.5	4.0	7.0	9.3	35.68	1.8	24.3	46.5	4.0	2:17.36	137.36	
13-14	13.0	7.3	30.8	1.7	22.2	56.2	4.0	7.0	9.6	35.14	1.6	27.4	54.7	4.3	6.0	10.2	36.39	1.5	29.3	53.5	4.0	5.5	9.8	36.55	1.5	29.7	53.3	4.2	2:18.92	138.92	
13-14	9.5	6.9	30.8	1.8	22.9	52.8	4.2	5.0	9.0	34.68	1.7	27.0	50.8	4.4	5.0	9.6	36.48	1.5	29.3	51.7	4.4	5.0	9.4	37.13	1.6	28.7	49.8	4.4	2:19.11	139.11	
<b>AVERAGE</b>		11.8	6.9	30.02	1.9	20.4	50.1	3.7	7.3	9.3	34.45	1.8	24.2	48.0	4.0	6.6	9.6	35.65	1.7	25.4	47.7	4.0	6.3	9.6	36.07	1.7	25.7	47.3	4.0	2:16.18	136.18

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