



Swim BC - CompTrak Summary  
 UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	RAC	BENNETT, Nicholas
2023BCWIN	ISC	KORMENDY, Dylan
2023BCWIN	LOSC	HISLOP, Phoenix
2023SBCSUM	ISC	MAK, Marcus
2023SBCSUM	RAPID	MAIBAJUM, David
2023SBCSUM	RAC	BENNETT, Nicholas
2023BCWIN	HYACK	JUNG, Justin
2023BCWIN	KAJ	KIRK, Aiden
2023BCWIN	SKSC	KIM, Lucas
2023SBCSUM	KAJ	KIRK, Aiden
2023SBCSUM	HYACK	VELLESGG, Evan
2023SBCSUM	SOSC	MCMILLAN, Ryan
2023BCWIN	HYACK	KIM, Leon
2023BCWIN	LOSC	PARK, Minhyuk-DANNY
2023BCWIN	LOSC	VELICCO, Alexandru
2023SBCSUM	RAPID	SU, Anthony
2023SBCSUM	RAPID	SONG, Yiguo
2023SBCSUM	PSW	CAO, Matthew

MENS 200 IM 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	5-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	5-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	5-in	B-O (m)	15-out	T (sec)	DPS/50	SC/50	SR/50m	5m (sec)	T (min/sec)	(sec)
<b>WORLD AVERAGE*</b>	13.1	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	1:54.26	114.26
<b>CDN-SR RECORD**</b>	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	1:57.26	117.26
<b>AGE CATEGORY</b>																														
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	2:09.61	129.61
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	2:10.20	130.20
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	2:11.25	131.25
170	12.0	6.0	26.39	1.9	20.0	55.0	3.2	9.0	8.3	32.23	2.0	20.8	45.8	3.9	8.0	9.8	38.36	2.2	19.4	34.5	4.6	5.5	8.6	31.02	2.0	21.9	47.2	3.7	2:08.00	128.00
170	13.5	6.3	27.73	1.8	19.9	54.2	3.3	10.0	8.6	32.53	2.2	17.9	40.3	3.9	9.0	9.7	38.55	2.2	18.4	33.7	4.8	7.0	8.3	30.83	2.2	19.3	43.0	3.9	2:09.64	129.64
170	11.0	6.0	27.97	1.8	21.7	55.0	3.7	5.5	8.9	35.06	2.0	21.9	40.8	4.3	7.5	9.5	36.92	1.8	23.2	42.7	4.7	5.0	8.3	30.24	2.1	21.4	47.2	3.6	2:10.19	130.19
<b>AVERAGE</b>	12.0	6.2	27.76	1.8	21.0	55.2	3.6	7.8	8.7	33.75	2.0	21.1	43.2	4.1	7.8	9.9	37.49	1.9	22.0	40.7	4.6	5.4	8.5	30.81	2.1	21.8	46.9	3.6	2:09.82	129.82
15-16	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	2:11.51	131.51
15-16	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	2:11.69	131.69
15-16	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	2:13.69	133.69
15-16	9.5	6.4	28.29	1.8	22.5	54.7	3.4	8.5	8.8	33.80	2.0	20.8	44.2	4.4	7.0	9.8	38.62	1.7	25.8	44.7	4.6	7.0	8.2	29.90	2.0	21.5	49.5	3.4	2:10.61	130.61
15-16	11.0	6.2	28.86	2.0	19.2	46.7	3.9	6.5	8.9	34.00	2.4	18.4	36.8	4.3	7.0	9.7	36.93	2.1	20.8	38.8	4.6	5.0	8.7	32.60	2.4	19.0	37.8	3.8	2:12.39	132.39
15-16	12.0	6.2	28.46	2.0	19.3	49.3	3.7	5.0	8.8	34.48	2.2	20.5	38.7	4.6	8.0	10.1	39.89	1.8	22.9	39.8	5.0	4.5	8.6	31.99	1.9	23.5	46.8	3.8	2:14.82	134.82
<b>AVERAGE</b>	10.8	6.3	28.63	1.9	20.7	51.5	3.7	6.8	9.0	34.58	2.2	19.6	39.3	4.5	7.5	9.9	38.42	1.9	23.0	40.9	4.7	5.3	8.5	30.82	2.1	21.1	45.6	3.6	2:12.45	132.45
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	2:08.57	128.58
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	2:17.89	137.89
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	2:18.80	138.80
13-14	10.0	6.8	29.97	1.8	22.6	52.3	3.8	6.0	9.2	33.75	2.2	19.7	38.7	3.8	6.5	10.7	38.60	1.9	22.9	40.7	4.4	4.0	9.5	32.96	1.9	24.2	47.0	3.5	2:15.28	135.28
13-14	11.0	6.3	29.61	1.8	22.1	52.3	3.9	7.0	8.8	35.77	2.2	19.5	36.0	4.4	8.0	10.5	40.31	1.8	23.8	40.2	4.7	6.5	9.0	32.29	2.3	19.2	40.2	3.5	2:17.98	137.98
13-14	10.0	6.6	29.89	1.8	22.2	51.7	3.9	6.5	9.5	37.00	2.2	20.1	36.5	4.6	7.0	10.7	39.15	1.9	22.6	38.5	4.3	5.5	9.0	31.94	2.1	21.2	44.8	3.7	2:17.98	137.98
<b>AVERAGE</b>	10.4	6.6	29.39	1.9	21.3	50.5	3.7	6.7	9.2	35.00	2.3	19.1	36.7	4.2	8.2	10.8	40.32	1.9	21.8	37.6	4.6	5.3	8.9	31.38	2.2	20.6	43.2	3.4	2:16.08	136.09

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



MENS 400 IM LC

Swim BC - CompTrak Summary  
UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	RAC	BENNETT, Nicholas
2023BCWIN	LOSC	HSLDOP, Phoenix
2023BCWIN	KCS	CAMERON, Parker
2023SBCSUM	LOSC	HSLDOP, Phoenix
2023SBCSUM	ISC	KORMENDY, Dylan
2023SBCSUM	VPSC	TRIGER, Lucas

	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	SC/50	SR/50	Fly-BK	B-O (m)	BK-BK	T (sec)	DPS	SC/50	SR/50	BK-BR	B-O (m)	BR-BR	T (sec)	DPS	SC/50	SR/50	BR-FR	B-O(m)	FR-FR	T (sec)	DPS	SC/50	SR/50	5m (sec)	T (min/sec)	(sec)	
<b>WORLD AVERAGE*</b>	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	4:05.40	245.40	
<b>CDN-SR RECORD**</b>	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	4:11.41	251.41	
<b>AGE CATEGORY</b>																																	
170	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	4:37.81	277.81	
170	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	4:43.05	283.05	
170	10.0	7.0	13.1	5.0	65.44	1.7	26.5	50.6	13.1	4.3	14.0	73.21	2.1	27.1	36.6	14.9	6.5	14.0	75.23	1.9	18.8	40.8	13.3	3.5	11.9	65.00	2.1	22.6	42.5	3.5	4:38.88	278.88	
170	12.0	6.5	12.2	9.0	61.97	2.0	21.9	46.5	12.2	9.0	13.3	74.35	2.0	24.6	37.3	14.9	7.8	14.9	82.39	2.1	17.2	32.9	14.3	6.3	12.8	68.79	2.3	20.5	36.8	3.6	4:47.50	287.50	
<b>AVERAGE</b>	11.5	6.6	12.5	7.1	62.25	1.9	23.8	49.5	12.5	6.8	13.6	73.95	2.2	25.2	35.7	14.8	8.0	14.9	80.28	2.0	18.7	37.0	13.9	5.2	12.2	65.34	2.2	21.7	41.5	3.5	4:41.81	281.81	
15-16	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	4:37.10	277.10	
15-16	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	4:38.87	278.87	
15-16	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	2.2	20.0	35.6	13.4	4.0	12.3	63.00	2.0	24.3	48.1	3.6	4:40.00	280.00	
15-16	10.0	6.6	12.6	7.0	62.22	1.8	24.2	50.3	12.6	7.3	13.5	72.09	2.0	25.3	39.3	14.4	7.3	14.7	81.51	1.7	21.3	40.4	13.6	6.0	11.6	62.35	2.2	21.3	42.7	3.2	4:38.17	278.17	
15-16	10.0	6.9	12.1	5.0	60.32	1.8	25.4	53.6	12.1	4.5	13.9	73.97	2.1	26.0	37.8	16.2	8.0	16.3	86.45	2.1	18.4	33.0	14.4	4.3	12.0	63.20	1.9	24.9	48.4	3.5	4:43.94	283.94	
15-16	11.0	6.7	12.6	6.5	64.05	1.7	25.9	51.9	12.6	4.8	14.2	76.41	2.2	26.1	34.0	15.4	6.8	15.0	79.18	2.0	18.2	37.7	13.4	4.8	12.0	65.34	2.2	21.6	40.2	3.6	4:44.98	284.98	
<b>AVERAGE</b>	10.6	6.6	12.5	6.0	62.00	1.8	24.6	51.3	12.5	5.3	13.9	73.99	2.2	25.2	36.5	15.2	7.4	15.2	80.71	2.0	18.4	36.5	13.7	4.6	12.0	63.81	2.1	22.4	43.5	3.5	4:40.51	280.51	
13-14	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	4:33.40	273.40	
13-14	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	4:57.66	297.66	
13-14	9.0	7.3	13.4	5.5	67.88	1.8	24.6	45.5	13.4	6.0	14.5	76.61	2.1	25.4	36.1	15.2	7.0	16.4	84.56	1.9	19.6	38.1	16.0	5.0	12.7	65.23	1.9	24.5	47.4	3.8	4:54.28	294.28	
13-14	10.0	7.2	13.5	5.5	66.26	1.7	25.8	50.7	13.5	4.8	14.5	76.30	2.0	27.5	38.6	16.4	7.0	16.2	85.82	1.5	23.5	44.5	14.9	3.0	12.9	65.92	2.0	24.1	45.6	3.6	4:54.30	294.30	
13-14	13.0	7.2	13.5	5.5	67.59	1.9	23.0	44.8	13.5	4.5	14.7	77.67	2.2	25.4	35.2	16.4	6.0	16.3	85.71	1.8	19.7	38.0	14.3	3.5	12.2	65.49	2.6	18.2	33.8	3.8	4:56.46	296.46	
<b>AVERAGE</b>	10.4	7.1	13.4	5.8	66.29	1.8	24.5	47.8	13.4	5.3	14.3	75.89	2.1	25.8	36.5	15.5	7.5	16.0	84.00	1.8	20.7	40.1	14.5	4.2	12.5	65.04	2.3	21.5	41.1	3.6	4:51.22	291.22	

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