



SWIM BC PROVINCIAL CHAMPIONSHIPS
March 2 - 5, 2023



Swim BC - CompTrak Summary
 UPDATED MAY 5, 2023

| COMP | TEAM | SWIMMER |
|-----------|------|---------------------|
| 2023BCWIN | WVSC | LEPAGE, Alexanne |
| 2023BCWIN | LOSC | SCHROEDER, Katelyn |
| 2023BCWIN | KAJ | WIMAN, Kodi |
| 2023BCWIN | LOSC | KO, Ashley |
| 2023BCWIN | LOSC | FAK, Leilani |
| 2023BCWIN | VPSC | ZHANG, Ruitong-LILY |
| 2023BCWIN | CDSC | LIU, Ziyun-EMMA |
| 2023BCWIN | WDSC | MYNOTT, Naomi |
| 2023BCWIN | KISU | GLYNES, Charlotte |

| WOMENS 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) | (sec) | T (min/sec) |
| WORLD AVERAGE* | 12.8 | 6.4 | 27.55 | 1.8 | 19.5 | 55.0 | 3.2 | 11.5 | 8.5 | 31.78 | 1.9 | 20.0 | 48.9 | 3.5 | 8.1 | 9.9 | 36.77 | 1.3 | 21.2 | 40.7 | 3.9 | 7.8 | 8.5 | 30.33 | 2.0 | 20.7 | 48.4 | 3.2 | 126.43 | 2:06.43 |
| CDN-SR RECORD** | 12.0 | 6.4 | 27.65 | 1.8 | 20.0 | 54.8 | 3.2 | 10.0 | 8.5 | 31.90 | 1.9 | 20.8 | 48.8 | 3.5 | 10.0 | 9.9 | 36.91 | 1.9 | 20.0 | 40.6 | 3.9 | 6.0 | 8.5 | 30.44 | 2.0 | 21.8 | 48.7 | 3.2 | 126.89 | 2:06.89 |
| AGE CATEGORY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170 | 12.3 | 6.6 | 28.87 | 1.8 | 21.0 | 53.5 | 3.6 | 7.0 | 9.7 | 35.21 | 2.0 | 21.1 | 41.0 | 3.8 | 7.5 | 10.9 | 40.69 | 1.7 | 25.0 | 41.8 | 4.7 | 5.0 | 10.1 | 34.51 | 2.07 | 21.8 | 41.2 | 3.3 | 139.28 | 2:19.28 |
| 170 | 12.5 | 7.1 | 29.67 | 1.8 | 20.5 | 51.5 | 3.7 | 9.0 | 9.3 | 35.15 | 2.4 | 17.3 | 37.2 | 5.2 | 7.0 | 10.7 | 43.45 | 1.9 | 22.2 | 33.5 | 4.9 | 5.5 | 9.8 | 34.07 | 2.20 | 20.2 | 39.5 | 3.7 | 142.34 | 2:22.34 |
| 170 | 11.0 | 7.8 | 31.89 | 1.8 | 21.7 | 49.8 | 3.9 | 10.5 | 9.9 | 38.45 | 2.2 | 18.2 | 36.0 | 5.1 | 7.5 | 10.8 | 41.77 | 1.9 | 22.0 | 35.5 | 4.9 | 4.0 | 9.8 | 34.43 | 2.10 | 21.9 | 40.8 | 3.6 | 146.54 | 2:26.54 |
| AVERAGE | 11.9 | 7.2 | 30.14 | 1.8 | 21.0 | 51.6 | 3.7 | 8.8 | 9.6 | 36.27 | 2.2 | 18.9 | 38.1 | 4.7 | 7.3 | 10.8 | 41.97 | 1.9 | 23.1 | 36.9 | 4.8 | 4.8 | 9.9 | 34.34 | 2.1 | 21.3 | 40.5 | 3.5 | 142.72 | 2:22.72 |
| 15-17 | 10.0 | 7.2 | 30.47 | 1.7 | 23.1 | 52.5 | 3.7 | 8.0 | 9.8 | 36.50 | 2.1 | 20.0 | 38.5 | 4.4 | 7.5 | 11.6 | 43.47 | 1.9 | 22.0 | 35.7 | 5.2 | 4.0 | 9.7 | 32.92 | 2.07 | 22.3 | 44.0 | 3.5 | 143.36 | 2:23.36 |
| 15-17 | 10.0 | 7.0 | 29.41 | 1.8 | 22.6 | 53.8 | 3.6 | 4.5 | 10.0 | 36.31 | 2.1 | 21.3 | 38.8 | 4.3 | 7.0 | 12.2 | 45.52 | 1.7 | 24.8 | 38.3 | 5.5 | 4.0 | 9.3 | 32.38 | 2.00 | 23.0 | 46.8 | 3.7 | 143.62 | 2:23.62 |
| 15-17 | 10.5 | 7.0 | 29.84 | 1.7 | 23.2 | 55.8 | 3.6 | 6.5 | 9.6 | 37.13 | 2.0 | 21.8 | 39.7 | 4.7 | 7.5 | 11.6 | 44.35 | 1.4 | 29.7 | 46.0 | 5.1 | 4.0 | 9.3 | 32.94 | 2.07 | 22.3 | 44.0 | 3.6 | 144.26 | 2:24.26 |
| AVERAGE | 10.2 | 7.1 | 29.91 | 1.7 | 23.0 | 54.1 | 3.7 | 6.3 | 9.8 | 36.65 | 2.1 | 21.0 | 39.0 | 4.5 | 7.3 | 11.8 | 44.45 | 1.7 | 25.5 | 40.0 | 5.2 | 4.0 | 9.4 | 32.75 | 2.0 | 22.5 | 44.9 | 3.6 | 143.75 | 2:23.75 |
| 13-14 | 10.0 | 7.1 | 30.84 | 1.7 | 23.1 | 51.7 | 3.5 | 7.0 | 9.8 | 36.32 | 2.3 | 18.7 | 35.3 | 4.3 | 7.5 | 12.1 | 44.37 | 1.9 | 22.4 | 34.7 | 5.0 | 5.5 | 8.9 | 32.33 | 2.23 | 19.9 | 40.2 | 3.6 | 143.86 | 2:23.86 |
| 13-14 | 9.0 | 7.4 | 31.08 | 1.8 | 23.2 | 51.0 | 3.8 | 5.0 | 10.1 | 37.61 | 2.2 | 20.5 | 35.2 | 4.3 | 6.5 | 12.4 | 45.17 | 1.7 | 26.1 | 38.7 | 5.0 | 5.0 | 9.4 | 33.45 | 2.13 | 21.1 | 41.7 | 3.7 | 147.31 | 2:27.31 |
| 13-14 | 9.0 | 7.7 | 33.49 | 1.7 | 24.1 | 49.7 | 4.3 | 5.0 | 11.2 | 39.17 | 1.9 | 23.3 | 40.5 | 4.6 | 7.0 | 12.2 | 42.53 | 1.5 | 29.3 | 48.0 | 4.6 | 4.0 | 9.9 | 34.54 | 1.87 | 24.6 | 46.5 | 3.8 | 149.73 | 2:29.73 |
| AVERAGE | 9.3 | 7.4 | 31.80 | 1.7 | 23.5 | 50.8 | 3.9 | 5.7 | 10.4 | 37.70 | 2.1 | 20.8 | 37.0 | 4.4 | 7.0 | 12.2 | 44.02 | 1.7 | 25.9 | 40.4 | 4.9 | 4.8 | 9.4 | 33.44 | 2.1 | 21.9 | 42.8 | 3.7 | 146.97 | 2:26.97 |

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 |
|-----------|-------|--------------------|
| 2023BCWIN | LOSC | SCHROEDER, Katelyn |
| 2023BCWIN | KISU | DOOLING, Paige |
| 2023BCWIN | HYACK | TANCON, Tiffany |

| WOMENS 400 IM LC | | | Start (15m) | | | | Turn Index 1 | | | | 100 Fly (Clean) | | | | Turn Index 2 & 3 | | | | 100 Back (Clean) | | | | Turn Index 4 & 5 | | | | 100 Breast (Clean) | | | | Turn Index 6 & 7 | | | | End Time | |
|------------------------|--|---------|-------------|------|---------|------|--------------|---------|-------|-------|-----------------|---------|------|-------|------------------|---------|-------|-------|------------------|---------|-------|-------|------------------|---------|-------|-------|--------------------|---------|-------|-------|------------------|---------|--------|---------|-----------------|----------------------|
| B-O (m) | | T (sec) | Fly/Fly | | B-O (m) | | T (sec) | DPS (m) | SC/50 | SR/50 | Fly-BK | 8-O (m) | | BK-BK | T (sec) | DPS (m) | SC/50 | SR/50 | BK-BR | 8-O (m) | | BR-BR | T (sec) | DPS (m) | SC/50 | SR/50 | BR-FR | 8-O (m) | | FR-FR | T (sec) | DPS (m) | SC/50 | SR/50 | Finish Sm (sec) | End Time T (min/sec) |
| WORLD AVERAGE* | | | 11.8 | 6.9 | 12.6 | 7.4 | 61.68 | 1.9 | 21.5 | 49.8 | 13.0 | 7.2 | 12.7 | 68.42 | 2.1 | 19.6 | 40.6 | 14.1 | 7.2 | 14.8 | 77.67 | 1.9 | 23.5 | 38.4 | 13.0 | 4.9 | 11.9 | 62.39 | 2.2 | 20.8 | 43.7 | 3.1 | 270.15 | 4:30.15 | | |
| CDN-SR RECORD** | | | 9.0 | 6.8 | 12.4 | 7.5 | 60.70 | 1.8 | 21.8 | 51.2 | 12.8 | 7.5 | 12.5 | 67.33 | 2.1 | 19.9 | 41.6 | 13.9 | 8.0 | 14.5 | 76.44 | 1.9 | 21.1 | 39.3 | 12.8 | 5.5 | 11.8 | 61.40 | 2.1 | 20.3 | 44.8 | 3.0 | 265.87 | 4:25.87 | | |
| AGE CATEGORY | | | 170 | | 12.5 | 7.3 | 13.5 | 8.5 | 67.30 | 1.8 | 21.6 | 46.5 | 7.0 | 7.8 | 13.8 | 75.39 | 2.4 | 17.5 | 32.3 | 15.8 | 8.3 | 17.0 | 89.62 | 2.0 | 20.3 | 31.3 | 15.2 | 6.5 | 13.5 | 71.89 | 2.4 | 18.2 | 34.0 | 4.0 | 304.20 | 5:04.20 |
| 2023BCWIN | | LOSC | 12.5 | 7.7 | 14.5 | 6.0 | 70.65 | 1.6 | 24.8 | 50.1 | 7.0 | 5.0 | 15.2 | 81.20 | 2.3 | 19.8 | 32.5 | 16.9 | 7.0 | 17.1 | 86.89 | 1.9 | 22.6 | 36.0 | 15.0 | 4.3 | 13.6 | 70.89 | 1.9 | 23.9 | 43.9 | 3.9 | 309.63 | 5:09.63 | | |
| 2023BCWIN | | HYACK | 12.0 | 7.6 | 14.0 | 7.5 | 67.46 | 1.8 | 22.2 | 47.8 | 7.0 | 7.3 | 14.9 | 80.20 | 2.1 | 20.6 | 35.5 | 17.3 | 7.8 | 17.6 | 93.77 | 1.8 | 23.0 | 34.0 | 15.0 | 5.8 | 13.8 | 70.71 | 2.1 | 20.7 | 39.5 | 3.8 | 312.14 | 5:12.14 | | |
| AVERAGE | | | 12.3 | 7.5 | 14.0 | 7.3 | 68.47 | 1.8 | 22.9 | 48.1 | 7.0 | 6.7 | 14.6 | 78.93 | 2.2 | 19.3 | 33.4 | 16.7 | 7.7 | 17.2 | 90.09 | 1.9 | 22.0 | 33.8 | 15.1 | 5.5 | 13.6 | 71.16 | 2.1 | 20.9 | 39.1 | 3.9 | 308.66 | 5:08.66 | | |
| 2023BCWIN | | KCS | 15-17 | 10.0 | 6.8 | 13.7 | 6.0 | 67.89 | 1.7 | 24.9 | 50.5 | 7.0 | 6.0 | 14.0 | 75.96 | 2.1 | 21.3 | 37.2 | 16.2 | 8.5 | 16.9 | 89.78 | 1.8 | 23.3 | 36.5 | 14.7 | 5.0 | 12.3 | 63.59 | 2.0 | 21.7 | 45.4 | 3.6 | 297.22 | 4:57.22 | |
| 2023BCWIN | | LOSC | 15-17 | 10.0 | 7.3 | 14.3 | 5.5 | 67.67 | 1.8 | 22.8 | 46.7 | 7.0 | 5.8 | 14.5 | 78.00 | 2.2 | 20.0 | 34.3 | 17.0 | 4.5 | 17.1 | 90.39 | 2.0 | 22.9 | 32.9 | 15.1 | 4.0 | 13.2 | 68.58 | 2.2 | 20.7 | 39.4 | 3.6 | 304.64 | 5:04.64 | |
| 2023BCWIN | | LOSC | 15-17 | 10.0 | 7.3 | 14.7 | 5.5 | 70.34 | 1.7 | 24.5 | 48.3 | 7.0 | 4.0 | 14.7 | 81.04 | 2.1 | 22.4 | 34.8 | 16.6 | 7.3 | 16.1 | 84.16 | 2.0 | 21.1 | 35.7 | 14.8 | 4.0 | 13.8 | 70.74 | 2.1 | 21.7 | 39.6 | 4.1 | 306.28 | 5:06.28 | |
| AVERAGE | | | 10.0 | 7.1 | 14.2 | 5.7 | 68.63 | 1.7 | 24.1 | 48.5 | 7.0 | 5.3 | 14.4 | 78.33 | 2.1 | 21.2 | 35.4 | 16.6 | 6.8 | 16.7 | 88.11 | 1.9 | 22.4 | 35.0 | 14.9 | 4.3 | 13.1 | 67.64 | 2.1 | 21.4 | 41.5 | 3.8 | 302.71 | 5:02.71 | | |
| 2023BCWIN | | KISU | 13-14 | 10.5 | 7.3 | 14.2 | 6.0 | 69.40 | 1.7 | 24.9 | 49.8 | 7.0 | 5.0 | 15.0 | 82.20 | 2.1 | 21.5 | 33.8 | 16.6 | 5.0 | 16.2 | 88.93 | 1.9 | 24.2 | 34.8 | 14.1 | 4.5 | 13.4 | 68.02 | 1.9 | 23.4 | 44.8 | 4.2 | 308.55 | 5:08.55 | |
| 2023BCWIN | | HYACK | 13-14 | 10.0 | 7.3 | 13.8 | 6.5 | 70.21 | 1.5 | 28.4 | 54.4 | 7.0 | 5.5 | 15.0 | 81.89 | 1.9 | 23.7 | 37.9 | 16.7 | 7.5 | 17.0 | 89.98 | 2.0 | 21.1 | 32.2 | 14.7 | 5.0 | 13.5 | 69.83 | 2.0 | 22.5 | 42.5 | 4.0 | 311.91 | 5:11.91 | |
| 2023BCWIN | | LOSC | 13-14 | 10.0 | 8.0 | 14.6 | 6.0 | 69.11 | 1.5 | 27.8 | 57.1 | 7.0 | 3.8 | 15.9 | 83.16 | 1.8 | 25.3 | 38.8 | 17.1 | 6.3 | 17.7 | 92.36 | 1.6 | 26.6 | 39.2 | 15.4 | 4.3 | 13.9 | 71.64 | 1.7 | 27.2 | 48.8 | 4.3 | 316.27 | 5:16.27 | |
| AVERAGE | | | 10.2 | 7.5 | 14.2 | 6.2 | 69.57 | 1.5 | 27.0 | 53.8 | 7.0 | 4.8 | 15.3 | 82.42 | 1.9 | 23.5 | 36.8 | 16.8 | 6.3 | 16.9 | 90.42 | 1.8 | 24.0 | 35.4 | 14.7 | 4.6 | 13.6 | 69.83 | 1.9 | 24.4 | 45.4 | 4.1 | 312.24 | 5:12.24 | | |

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