



## SWIM BC PROVINCIAL CHAMPIONSHIPS

*March 2 - 5, 2023*



### Swim BC - CompTrak Summary

UPDATED MAY 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HYACK	WILLIAMS, Abigail
2023BCWIN	SKSC	ZHANG, Yolanda
2023BCWIN	CDSC	YAO, Angel

WOMENS 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 / 50	SC / 50	SR / 50	5m (sec)	(min/sec)	
<b>WORLD AVERAGE*</b>	<b>10.3</b>	<b>6.1</b>	<b>11.0</b>	<b>2.0</b>	<b>7.5</b>	<b>60.9</b>	<b>13.0</b>	<b>2.0</b>	<b>12.3</b>	<b>59.3</b>	<b>2.0</b>	<b>1.8</b>	<b>19.8</b>	<b>59.8</b>	<b>2.7</b>	<b>24.06</b>	
<b>CDN-SR RECORD**</b>	<b>10.0</b>	<b>6.1</b>	<b>11.1</b>	<b>2.0</b>	<b>7.6</b>	<b>60.7</b>	<b>13.1</b>	<b>2.0</b>	<b>12.0</b>	<b>58.8</b>	<b>1.9</b>	<b>2.0</b>	<b>19.6</b>	<b>59.4</b>	<b>2.7</b>	<b>24.26</b>	
<b>AGE CATEGORY</b>																	
	170	10.5	6.3	12.10	1.8	8.1	56.5	14.97	2.1	12.2	51.8	1.7	2.0	19.6	53.3	3.4	<b>27.07</b>
	170	9.5	6.3	12.00	1.7	9.1	63.0	15.24	1.9	13.3	56.3	1.7	1.8	21.9	58.5	3.5	<b>27.24</b>
	170	10.0	6.6	12.30	1.8	8.3	57.5	15.31	1.9	12.9	54.0	1.7	1.9	20.9	55.2	3.5	<b>27.61</b>
<b>AVERAGE</b>	<b>10.0</b>	<b>6.4</b>	<b>12.13</b>	<b>1.8</b>	<b>8.5</b>	<b>59.0</b>	<b>15.17</b>	<b>1.9</b>	<b>12.8</b>	<b>54.0</b>	<b>1.7</b>	<b>1.9</b>	<b>20.8</b>	<b>55.7</b>	<b>3.5</b>	<b>27.31</b>	
	15-17	9.0	6.3	12.00	1.7	9.4	62.0	14.72	1.8	13.6	57.8	1.7	1.8	22.6	59.2	3.2	<b>26.72</b>
	15-17	8.5	6.6	12.40	1.8	9.2	57.5	14.88	2.1	12.0	49.5	1.7	2.0	20.3	52.2	3.3	<b>27.28</b>
	15-17	8.5	6.7	12.50	1.7	9.7	62.0	14.97	1.8	13.6	58.3	1.7	1.8	22.9	59.5	3.4	<b>27.47</b>
<b>AVERAGE</b>	<b>8.7</b>	<b>6.5</b>	<b>12.30</b>	<b>1.7</b>	<b>9.4</b>	<b>60.5</b>	<b>14.86</b>	<b>1.9</b>	<b>13.1</b>	<b>55.2</b>	<b>1.7</b>	<b>1.8</b>	<b>21.9</b>	<b>56.9</b>	<b>3.3</b>	<b>27.16</b>	
	13-14	9.0	6.7	12.30	2.0	8.0	53.0	14.96	2.1	11.8	50.0	1.7	2.0	19.7	51.0	3.4	<b>27.26</b>
	13-14	10.0	6.5	11.90	1.8	8.3	62.0	15.40	1.8	13.6	58.5	1.7	1.8	22.1	59.7	3.5	<b>27.30</b>
	13-14	7.5	6.6	12.40	1.8	9.7	57.0	15.51	1.9	13.1	54.5	1.7	1.8	22.6	55.3	3.6	<b>27.91</b>
<b>AVERAGE</b>	<b>8.8</b>	<b>6.6</b>	<b>12.20</b>	<b>1.9</b>	<b>8.7</b>	<b>57.3</b>	<b>15.29</b>	<b>1.9</b>	<b>12.8</b>	<b>54.3</b>	<b>1.7</b>	<b>1.9</b>	<b>21.5</b>	<b>55.3</b>	<b>3.5</b>	<b>27.49</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 PROVINCIAL CHAMPIONSHIPS March 2 - 5, 2023



**Swim BC - CompTrak Summary**  
UPDATED MAY 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HYACK	WILLIAMS, Abigail
2023BCWIN	SKSC	ZHANG, Yolanda
2023BCWIN	LOSC	SCHROEDER, Katelyn

WOMENS 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)
<b>WORLD AVERAGE*</b>	<b>10.0</b>	<b>6.3</b>	<b>11.45</b>	<b>25.23</b>	<b>2.3</b>	<b>17.3</b>	<b>50.0</b>	<b>3.0</b>	<b>6.4</b>	<b>7.4</b>	<b>14.27</b>	<b>27.12</b>	<b>2.2</b>	<b>19.5</b>	<b>48.4</b>	<b>2.6</b>	<b>52.35</b>	<b>52.35</b>
<b>CDN-SR RECORD**</b>	<b>10.5</b>	<b>6.3</b>	<b>11.50</b>	<b>25.35</b>	<b>2.3</b>	<b>16.8</b>	<b>48.9</b>	<b>3.0</b>	<b>6.0</b>	<b>7.4</b>	<b>14.34</b>	<b>27.24</b>	<b>2.2</b>	<b>19.3</b>	<b>47.3</b>	<b>2.6</b>	<b>52.59</b>	<b>52.59</b>
<b>AGE CATEGORY</b>																		
170	9.5	6.6	12.30	27.67	2.1	19.6	49.8	3.7	5.0	7.9	13.90	29.72	2.2	20.8	44.5	3.3	57.39	57.39
170	10.0	6.9	12.50	28.23	2.0	20.3	53.0	3.8	5.0	8.0	14.40	30.36	1.9	24.1	51.3	3.4	58.59	58.59
170	10.5	6.8	12.80	28.75	2.2	17.7	45.3	3.9	7.0	7.7	13.80	30.13	2.0	21.1	47.3	3.8	58.88	58.88
<b>AVERAGE</b>	<b>10.0</b>	<b>6.8</b>	<b>12.53</b>	<b>28.22</b>	<b>2.1</b>	<b>19.2</b>	<b>49.4</b>	<b>3.8</b>	<b>5.7</b>	<b>7.9</b>	<b>14.03</b>	<b>30.07</b>	<b>2.0</b>	<b>22.0</b>	<b>47.7</b>	<b>3.5</b>	<b>58.29</b>	<b>0.00</b>
15-17	8.5	6.6	12.40	27.73	2.0	20.8	51.2	3.6	4.0	8.0	13.90	29.44	2.0	22.6	49.0	3.5	57.17	57.17
15-17	9.0	6.8	12.70	28.23	2.0	20.5	50.3	3.6	4.5	8.0	13.90	29.50	2.0	23.1	50.0	3.4	57.73	57.73
15-17	10.0	6.9	12.60	28.54	2.1	18.8	48.3	4.1	5.0	7.9	14.10	29.79	2.2	20.5	44.2	3.5	58.33	58.33
<b>AVERAGE</b>	<b>9.2</b>	<b>6.8</b>	<b>12.57</b>	<b>28.17</b>	<b>2.0</b>	<b>20.0</b>	<b>49.9</b>	<b>3.8</b>	<b>4.5</b>	<b>8.0</b>	<b>13.97</b>	<b>29.58</b>	<b>2.1</b>	<b>22.1</b>	<b>47.7</b>	<b>3.5</b>	<b>57.74</b>	<b>0.00</b>
13-14	9.5	6.8	13.10	29.23	2.3	17.9	42.2	3.8	5.5	7.9	13.90	29.68	2.2	20.5	45.0	3.4	58.91	58.91
13-14	9.0	6.9	12.90	28.43	2.2	18.4	46.0	3.8	4.0	8.1	14.20	30.86	2.1	21.6	44.7	3.7	59.29	59.29
13-14	10.0	6.7	12.60	28.73	1.9	21.4	53.5	4.0	4.0	8.0	14.20	31.60	1.9	23.8	47.8	4.1	60.33	1:00.33
<b>AVERAGE</b>	<b>9.5</b>	<b>6.8</b>	<b>12.87</b>	<b>28.80</b>	<b>2.1</b>	<b>19.2</b>	<b>47.2</b>	<b>3.9</b>	<b>4.5</b>	<b>8.0</b>	<b>14.10</b>	<b>30.71</b>	<b>2.1</b>	<b>22.0</b>	<b>45.8</b>	<b>3.7</b>	<b>59.51</b>	<b>0.00</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 PROVINCIAL CHAMPIONSHIPS**  
**March 2 - 5, 2023**



**Swim BC - CompTrak Summary**  
**UPDATED MAY 5, 2023**

COMP	TEAM	SWIMMER	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)	
<b>WORLD AVERAGE*</b>			10.6	6.6	27.03	2.2	17.1	47.2	3.2	6.4	7.8	28.54	2.3	18.8	45.8	3.2	6.3	7.9	29.04	2.2	19.4	46.3	3.3	6.0	8.0	28.97	2.1	20.1	46.4	2.8	113.57	1:53.57	
<b>CDN-SR RECORD**</b>			10.0	6.6	27.11	2.2	17.3	46.7	3.2	7.0	7.8	28.62	2.3	18.3	45.3	3.2	7.0	7.9	29.12	2.2	18.9	45.9	3.3	7.0	8.0	29.06	2.1	19.5	46.0	2.8	113.91	1:53.91	
<b>AGE CATEGORY</b>																																	
2023BCWIN	SKSC	ZHANG, Yolanda	170	11.0	6.7	30.13	2.1	18.9	45.3	4.3	5.5	8.2	32.34	2.1	21.2	44.0	4.8	5.0	8.4	33.30	1.9	23.3	45.2	4.2	4.5	8.4	33.15	1.9	24.4	45.8	3.8	128.92	2:08.92
2023BCWIN	LOSC	SCHROEDER, Katelyn	170	10.5	7.0	30.56	2.4	16.2	38.0	4.1	7.5	8.2	32.55	2.3	18.2	38.3	4.0	6.0	8.6	33.39	2.3	19.4	38.8	4.3	6.0	8.6	33.28	2.2	19.7	38.7	3.7	129.78	2:09.78
2023BCWIN	UVIC	MACLEAN, Kate	170	9.0	6.8	30.50	1.9	22.0	50.0	4.3	6.0	8.5	33.19	2.0	22.4	45.7	4.5	5.5	8.3	33.46	1.9	23.8	46.8	4.4	5.5	8.4	32.77	1.9	23.8	47.7	3.8	129.92	2:09.92
<b>AVERAGE</b>				10.2	6.8	30.40	2.1	19.0	44.4	4.2	6.3	8.3	32.69	2.1	20.6	42.7	4.4	5.5	8.4	33.38	2.0	22.2	43.6	4.3	5.3	8.5	33.07	2.0	22.6	44.1	3.8	129.54	2:09.54
2023BCWIN	LOSC	STROJNOWSKA, Julia	15-17	10.0	7.0	30.14	2.2	18.2	43.8	4.3	5.0	8.4	32.94	2.3	19.3	39.0	4.4	5.0	8.4	33.31	2.2	20.1	39.3	4.4	5.0	8.1	30.05	2.2	20.5	44.0	3.4	126.44	2:06.44
2023BCWIN	LOSC	KO, Ashley	15-17	9.0	7.0	30.51	2.3	17.8	40.2	4.2	4.5	8.3	32.57	2.2	20.4	40.0	4.2	4.5	8.2	32.55	2.2	20.4	40.3	4.5	4.5	8.3	31.34	2.1	21.7	44.2	3.5	126.97	2:06.97
2023BCWIN	LOSC	FACK, Leilani	15-17	8.5	7.0	30.08	2.2	18.6	42.5	4.1	5.0	8.5	32.43	2.2	20.5	41.2	4.1	4.0	8.4	32.40	2.1	21.9	43.2	4.2	4.0	8.7	32.24	2.0	23.4	45.5	3.5	127.15	2:07.15
<b>AVERAGE</b>				9.2	7.0	30.24	2.2	18.2	42.2	4.2	4.8	8.4	32.65	2.3	20.0	40.1	4.2	4.5	8.3	32.75	2.2	20.8	40.9	4.4	4.5	8.4	31.21	2.1	21.8	44.6	3.5	126.85	2:06.85
2023BCWIN	KISU	WEATHERHEAD, Taryn	13-14	9.5	7.0	29.49	2.1	19.3	46.3	4.1	4.5	7.9	31.52	2.1	21.3	44.3	4.7	4.0	8.4	33.37	2.0	22.6	43.2	4.3	4.0	8.8	33.77	2.0	22.6	42.2	3.9	128.15	2:08.15
2023BCWIN	KISU	WINSER, Marlee	13-14	11.0	6.9	30.19	2.0	19.2	47.2	4.4	5.0	8.4	33.04	2.0	22.5	44.5	4.5	4.5	8.4	34.12	1.9	23.9	45.2	4.7	4.5	8.7	33.22	1.9	23.9	46.7	4.1	130.57	2:10.57
2023BCWIN	NRST	WANG, Jiyang-WINONA	13-14	10.0	7.1	29.33	2.0	20.3	49.5	3.8	4.5	8.1	32.51	2.0	23.1	45.0	4.2	4.5	8.7	34.90	1.9	23.9	43.0	4.6	4.5	9.2	34.86	1.9	23.9	43.7	4.0	131.60	2:11.60
<b>AVERAGE</b>				10.2	7.0	29.67	2.0	19.6	47.7	4.1	4.7	8.1	32.36	2.0	22.3	44.6	4.5	4.3	8.5	34.13	1.9	23.5	43.8	4.5	4.3	8.9	33.95	1.9	23.5	44.2	4.0	130.11	2:10.11

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 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HYACK	TANCON, Tiffany
2023BCWIN	ISC	GRAND, Eva
2023BCWIN	SKSC	TONG, Rachel

WOMENS 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)
<b>WORLD AVERAGE*</b>	10.5	6.8	27.79	2.1	18.1	49.3	3.6	6.6	8.0	29.95	2.1	19.7	45.9	28.92	2.1	19.3	48.0	2.9	236.46	3:56.46
<b>CDN-SR RECORD**</b>	9.0	6.8	27.76	2.0	19.4	50.2	3.4	5.5	8.0	29.85	2.1	20.8	47.3	29.22	2.0	21.3	48.5	3.0	236.08	3:56.08
<b>AGE CATEGORY</b>																				
170	11.0	7.5	30.84	2.2	17.7	42.7	4.6	6.3	9.1	34.90	2.1	20.5	40.2	34.44	2.1	23.4	39.8	4.3	275.15	4:35.15
170	10.0	7.3	30.96	2.1	19.0	43.8	4.4	4.3	9.2	35.12	2.1	22.0	40.8	35.69	2.0	24.6	39.7	4.0	276.79	4:36.79
170	11.5	7.1	31.17	2.2	17.8	41.7	4.3	4.5	9.3	35.15	2.2	21.2	39.3	35.43	2.1	23.8	39.5	4.0	277.29	4:37.25
<b>AVERAGE</b>	<b>10.8</b>	<b>7.3</b>	<b>31.0</b>	<b>2.2</b>	<b>18.2</b>	<b>42.7</b>	<b>4.5</b>	<b>5.0</b>	<b>9.2</b>	<b>35.1</b>	<b>2.1</b>	<b>21.2</b>	<b>40.1</b>	<b>35.2</b>	<b>2.1</b>	<b>23.9</b>	<b>39.7</b>	<b>4.1</b>	<b>276.41</b>	<b>4:36.40</b>
15-17	9.0	6.8	29.95	2.1	19.2	44.7	4.3	4.9	8.5	33.09	2.1	21.6	42.9	32.12	2.0	25.0	44.5	3.5	461.55	4:21.55
15-17	10.0	6.9	30.04	2.2	17.9	42.3	4.4	5.1	8.5	33.39	2.3	19.8	39.1	33.01	2.2	22.7	39.5	4.0	463.80	4:23.80
15-17	10.5	7.2	31.83	2.8	14.1	31.7	4.4	4.9	8.4	33.85	2.7	16.5	31.3	32.06	2.8	18.1	32.5	3.7	468.79	4:28.79
<b>AVERAGE</b>	<b>9.8</b>	<b>7.0</b>	<b>30.61</b>	<b>2.4</b>	<b>17.1</b>	<b>39.6</b>	<b>4.4</b>	<b>4.9</b>	<b>8.5</b>	<b>33.44</b>	<b>2.4</b>	<b>19.3</b>	<b>37.8</b>	<b>32.40</b>	<b>2.3</b>	<b>21.9</b>	<b>38.8</b>	<b>3.7</b>	<b>464.71</b>	<b>4:24.71</b>
13-14																				
13-14																				
13-14																				
<b>AVERAGE</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>		<b>0:00.00</b>

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 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	SKSC	TONG, Rachel
2023BCWIN	UVIC	WARRINGTON, Mackenzie
2023BCWIN	LOSC	STROJNOWSKA, Julia

WOMENS 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)
<b>WORLD AVERAGE*</b>	9.5	6.8	28.42	2.0	19.5	48.9	3.6	5.6	8.2	30.77	2.1	20.2	44.2	29.00	2.1	20.5	46.3	2.9	488.22	8:08.22
<b>CDN-SR RECORD**</b>	9.0	7.0	29.11	1.9	21.3	52.2	3.7	5.0	8.3	31.51	2.0	21.9	46.7	29.70	1.9	22.3	49.3	3.0	500.02	8:20.02
<b>AGE CATEGORY</b>																				
17 & O	11.5	7.3	31.90	2.2	17.0	40.5	4.5	3.7	9.5	36.15	2.2	20.8	37.4	36.56	2.1	21.9	38.0	4.1	574.57	9:34.57
17 & O	11.5	7.3	32.51	2.0	18.8	44.5	4.8	6.0	8.9	36.35	1.9	23.2	42.5	35.58	1.9	22.6	43.0	4.1	576.98	9:36.98
15 - 16	10.0	7.1	29.45	2.2	17.7	45.0	4.3	4.8	8.8	33.92	2.3	19.4	38.1	31.50	2.3	19.1	41.0	3.4	535.85	8:55.85
<b>AVERAGE</b>	16.5	10.9	46.9	3.2	26.8	65.0	6.8	7.3	13.6	53.2	3.2	31.7	59.0	51.8	3.2	31.8	61.0	5.8	843.70	9:22.47

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