



SWIM BC PROVINCIAL CHAMPIONSHIPS

March 2 - 5, 2023



Swim BC - CompTrak Summary

UPDATED MAY 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	KAJ	WIMAN, Kodi
2023BCWIN	SPART	PICKFORD, Brooklyn
2023BCWIN	RIDGE	REID, Robynn

WOMENS 50 BR 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)
WORLD AVERAGE*	11.4	7.1	13.5	1.5	9.4	64.9	16.1	1.4	17.3	66.0	1.5	1.4	26.6	65.6	3.0	29.59
CDN-SR RECORD**	11.0	7.3	13.8	1.5	9.6	63.4	16.5	1.4	16.9	64.4	1.5	1.4	26.5	64.0	3.1	30.23
AGE CATEGORY																
170	11.0	8.3	15.40	1.6	8.8	51.5	18.83	1.7	14.7	50.0	1.4	1.6	23.3	50.5	4.2	34.23
170	11.0	7.7	15.20	1.9	7.4	43.0	19.80	1.9	12.9	41.8	1.3	1.9	20.4	42.2	4.4	35.00
170	12.5	8.1	15.80	1.4	8.9	56.0	19.35	1.4	17.6	57.8	1.3	1.4	26.7	57.2	4.0	35.15
AVERAGE	11.5	8.0	15.47	1.6	8.3	50.2	19.33	1.6	15.0	49.8	1.3	1.6	23.4	49.9	4.2	34.79
15-17	10.5	7.4	14.70	1.5	9.7	55.0	19.02	1.6	15.7	52.8	1.4	1.5	25.1	53.5	4.3	33.72
15-17	12.5	7.4	14.80	1.6	7.8	52.0	19.44	1.6	15.0	50.8	1.3	1.6	22.8	51.2	4.3	34.24
15-17	10.0	8.0	15.30	1.6	9.4	53.0	18.99	1.6	15.3	53.3	1.4	1.6	24.9	53.2	4.3	34.29
AVERAGE	11.0	7.6	14.93	1.6	9.0	53.3	19.15	1.6	15.3	52.3	1.4	1.6	24.3	52.6	4.3	34.08
13-14	9.0	8.3	15.90	1.4	11.4	54.5	19.90	1.4	17.1	55.3	1.3	1.4	28.6	55.0	4.4	35.80
13-14	10.0	8.4	16.00	1.4	10.7	54.5	19.82	1.4	17.6	57.0	1.3	1.4	28.5	56.2	4.1	35.82
13-14	12.0	7.7	15.60	1.5	8.7	50.5	20.63	1.5	16.4	52.3	1.3	1.5	25.2	51.7	4.6	36.23
AVERAGE	10.3	8.1	15.83	1.4	10.3	53.2	20.12	1.4	17.0	54.8	1.3	1.4	27.4	54.3	4.4	35.95

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



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2023BCWIN	VKSC	LEPAGE, Alexanne
2023BCWIN	SFA	LOEWEN, Kennedy
2023BCWIN	SPART	PICKFORD, Brooklyn

WOMENS 100 BR 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*	11.9	7.3	13.77	30.40	1.6	22.6	55.0	3.2	8.6	9.8	17.64	34.23	1.5	26.9	57.1	3.4	64.62	1:04.62
CDN-SR RECORD**	12.0	7.4	14.01	30.92	1.6	22.8	55.0	3.3	8.5	9.9	17.95	34.82	1.5	27.1	56.4	3.5	65.74	1:05.74
AGE CATEGORY																		
170	11.5	7.4	14.90	33.94	1.7	22.2	45.8	4.2	7.5	10.5	18.60	39.72	1.7	25.0	42.7	4.4	73.66	1:13.66
170	11.5	7.4	15.30	35.23	2.2	17.5	35.7	4.5	7.5	10.5	18.40	38.85	1.8	23.6	41.8	4.6	74.08	1:14.08
170	11.0	8.1	15.90	35.55	1.9	20.2	39.7	4.0	7.5	10.7	18.90	40.07	1.8	23.2	39.7	4.6	75.62	1:15.62
AVERAGE	11.3	7.6	15.37	34.91	2.0	20.0	40.4	4.2	7.5	10.6	18.63	39.55	1.8	23.9	41.4	4.5	74.45	1:14.45
15-17	12.0	7.9	15.10	34.09	1.9	19.7	42.7	4.4	8.0	10.2	18.10	38.51	1.8	23.8	43.0	4.6	72.60	1:12.60
15-17	10.0	8.2	15.80	35.47	1.8	22.6	44.3	4.2	7.0	10.7	18.70	38.91	1.6	26.9	47.8	4.6	74.38	1:14.38
15-17	11.0	8.2	15.60	35.16	1.6	23.9	48.7	4.3	7.5	10.6	18.70	39.72	1.7	25.5	44.2	4.3	74.88	1:14.88
AVERAGE	11.0	8.1	15.50	34.91	1.8	22.1	45.2	4.3	7.5	10.5	18.50	39.05	1.7	25.4	45.0	4.5	73.95	1:13.95
13-14	11.5	8.4	15.90	35.93	1.6	24.6	50.7	4.4	6.5	11.1	19.40	40.94	1.4	30.3	50.0	4.8	76.87	1:16.87
13-14	10.0	8.7	16.30	36.72	1.6	25.5	48.8	4.3	7.5	11.4	19.80	41.80	1.4	30.4	49.8	4.9	78.52	1:18.52
13-14	11.0	8.6	16.50	37.03	1.5	25.4	49.3	4.5	7.5	11.2	19.60	42.37	1.4	31.1	49.7	4.4	79.40	1:19.40
AVERAGE	10.8	8.6	16.23	36.56	1.6	25.2	49.6	4.4	7.2	11.2	19.60	41.70	1.4	30.6	49.8	4.7	78.26	1:18.26

CODES: * WORLD AVERAGE - Average of Top 8 World Performances from RSI Data Base
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 SR / 50 - Av Stroke Rate / 50m



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COMP	TEAM	SWIMMER
2023BCWIN	KAI	WIMMAN, Kodi
2023BCWIN	SPART	PICKFORD, Brooklyn
2023BCWIN	RIDGE	REID, Robynn

WOMENS 200 BR 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*	13.1	7.7	32.18	2.6	15.1	33.7	3.3	9.0	10.2	35.25	2.5	16.3	34.0	3.4	8.7	10.3	35.79	2.3	17.4	35.6	3.4	8.4	10.5	36.54	2.0	20.7	40.7	3.5	139.76	2:19.76
CDN-SR RECORD**	13.1	7.7	32.26	2.6	13.8	33.1	3.3	9.0	10.2	35.34	2.5	16.0	33.6	3.4	8.7	10.3	35.88	2.3	17.1	35.1	3.4	8.4	10.6	36.64	2.0	20.1	39.7	3.5	140.12	2:20.12
AGE CATEGORY																														
170	12.0	8.3	36.54	2.0	18.7	38.3	4.9	8.5	10.7	40.56	2.1	20.1	34.7	4.8	8.0	11.0	41.34	1.9	21.7	36.3	4.3	8.0	11.7	41.76	1.8	23.8	40.7	4.9	160.20	2:40.20
170	12.0	8.3	37.70	2.2	17.0	32.7	4.8	8.5	10.9	41.89	2.2	18.6	31.3	5.0	8.0	11.4	43.74	2.1	20.3	32.5	5.1	8.0	11.9	44.66	2.0	20.7	32.3	5.6	167.99	2:47.99
170	13.0	8.7	37.57	1.7	21.8	43.5	4.6	8.5	11.0	42.88	1.8	23.5	37.7	5.1	8.0	11.9	43.96	1.7	25.2	39.2	4.7	8.0	11.9	44.50	1.5	28.0	43.0	5.1	168.91	2:48.91
AVERAGE	12.3	8.4	37.27	2.0	19.2	38.2	4.8	8.5	10.9	41.78	2.0	20.7	34.6	5.0	8.0	11.4	43.01	1.9	22.4	36.0	4.7	8.0	11.8	43.64	1.8	24.1	38.7	5.2	165.70	2:45.70
15-17	11.0	8.6	36.75	2.0	19.5	37.5	4.4	7.5	11.1	40.46	2.0	20.9	36.2	4.8	6.5	11.5	41.36	1.9	22.9	37.7	4.5	7.0	11.7	40.87	1.6	26.9	45.7	4.2	159.44	2:39.44
15-17	12.0	8.3	36.65	2.1	18.1	35.7	4.3	8.5	11.0	40.41	2.2	18.6	32.3	4.6	8.5	11.3	41.30	2.1	20.1	35.0	4.9	8.0	11.4	41.22	1.8	23.3	39.3	4.8	159.58	2:39.58
15-17	12.5	8.4	36.18	2.3	16.5	34.0	4.3	8.5	11.2	41.06	2.4	17.1	29.7	4.7	8.0	11.2	41.67	2.3	18.3	30.5	4.4	8.0	11.2	42.06	1.9	22.1	36.8	5.0	160.97	2:40.97
AVERAGE	11.8	8.4	36.53	2.1	18.0	35.7	4.3	8.2	11.1	40.64	2.2	18.8	32.7	4.7	7.7	11.3	41.44	2.1	20.4	34.4	4.6	7.7	11.4	41.38	1.8	24.1	40.6	4.6	160.00	2:40.00
13-14	11.0	9.2	38.32	1.9	20.9	39.5	4.6	7.5	12.1	43.00	1.8	24.1	38.2	4.6	7.5	12.3	43.96	1.7	25.0	40.3	5.1	7.5	11.9	43.34	1.5	29.0	45.7	4.7	168.62	2:48.62
13-14	11.5	8.8	38.48	1.7	22.6	43.2	5.0	7.0	12.0	43.58	1.6	26.3	41.3	4.9	6.5	12.0	43.98	1.6	27.2	41.7	4.7	6.5	12.1	43.71	1.5	28.4	44.7	4.9	169.75	2:49.75
13-14	12.0	8.6	39.05	1.6	23.3	43.3	4.8	8.5	11.6	43.21	1.5	27.1	44.0	4.8	8.0	11.7	45.03	1.5	28.6	43.2	4.9	8.0	11.8	44.75	1.5	27.4	43.7	5.6	172.04	2:52.04
AVERAGE	11.5	8.9	38.62	1.7	22.3	42.0	4.8	7.7	11.9	43.26	1.6	25.8	41.2	4.8	7.3	12.0	44.32	1.6	26.9	41.7	4.9	7.3	11.9	43.93	1.5	28.2	44.7	5.1	170.14	2:50.14

CODES: * WORLD AVERAGE -
 ** CDN RECORD MODEL - Based on World Average Models
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 T (sec) - Split Time (sec)
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