



SWIM BC PROVINCIAL CHAMPIONSHIPS March 2 - 5, 2023



Swim BC - CompTrak Summary UPDATED MAY 5, 2023

COMP	TEAM	SWIMMER
2023BCWIN	RAPID	HANUS, Danielle
2023BCWIN	ISC	NEVINS, Harper
2023BCWIN	PSW	FIRTH, Brynn
2023BCWIN	HYACK	KORBELY, Paige
2023BCWIN	LOSC	FAK, Leilani
2023BCWIN	VKSC	LOSETH, Angel
2023BCWIN	DELTA	SOROKE, Rebecca
2023BCWIN	KISU	WEATHERHEAD, Taryn
2023BCWIN	CDSC	SUN, Cici

WOMENS 50 FLY 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*	14.3	6.0	11.2	1.8	6.1	65.0	13.7	1.7	13.9	62.0	1.8	1.7	20.0	63.0	2.5	24.96
CDN-SR RECORD**	13.5	6.1	11.5	1.8	6.4	61.3	14.1	1.8	13.2	58.3	1.8	1.8	19.5	59.3	2.6	25.62
AGE CATEGORY																
170	12.0	6.2	12.30	1.6	8.1	62.0	15.76	1.8	13.7	56.0	1.6	1.7	21.8	58.0	3.5	28.06
170	12.0	6.7	12.80	1.7	7.6	59.0	16.00	1.7	14.5	59.5	1.6	1.7	22.2	59.3	3.6	28.80
170	11.0	6.4	12.60	1.7	8.2	57.0	16.28	1.7	14.5	57.3	1.6	1.7	22.8	57.2	3.5	28.88
AVERAGE	11.7	6.4	12.57	1.7	8.0	59.3	16.01	1.7	14.3	57.6	1.6	1.7	22.3	58.2	3.5	28.58
15-17	12.5	6.3	12.40	1.8	6.9	54.0	15.57	2.0	12.3	52.8	1.7	1.9	19.2	53.2	3.7	27.97
15-17	9.5	6.6	12.80	1.6	9.7	59.5	15.55	1.7	14.1	59.3	1.6	1.7	23.7	59.3	3.5	28.35
15-17	8.5	6.9	12.80	1.7	9.7	59.0	15.79	1.7	14.5	60.3	1.7	1.7	24.3	59.8	3.6	28.59
AVERAGE	10.2	6.6	12.67	1.7	8.8	57.5	15.64	1.8	13.7	57.4	1.7	1.7	22.4	57.4	3.6	28.30
13-14	9.0	6.8	13.20	1.5	10.7	62.5	15.85	1.6	15.0	62.3	1.6	1.6	25.5	62.3	3.6	29.05
13-14	9.0	6.8	13.00	1.7	9.4	57.0	16.16	1.6	15.5	61.3	1.6	1.6	25.0	59.8	3.3	29.16
13-14	10.5	7.2	13.40	1.6	9.1	61.0	16.46	1.7	14.5	56.8	1.6	1.6	23.6	58.2	3.5	29.86
AVERAGE	9.5	6.9	13.20	1.6	9.7	60.2	16.16	1.6	15.0	60.1	1.6	1.6	24.7	60.1	3.5	29.36

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	LOSC	JACQUES, Madisen
2023BCWIN	LOSC	SCHROEDER, Katelyn
2023BCWIN	ISC	NEVINS, Harper

WOMENS 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)	(sec)	(min/sec)
WORLD AVERAGE*			11.8	6.5	11.90	26.3	1.9	19.7	55.4	2.8	8.1	8.5	15.16	29.48	1.8	22.6	55.5	3.0	55.83	55.83
CDN-SR RECORD**			14.0	6.4	11.85	26.2	1.9	18.5	55.6	2.8	10.0	8.5	15.10	29.36	1.8	21.5	55.5	3.0	55.59	55.59
AGE CATEGORY																				
	170		10.0	7.0	13.20	29.52	1.7	24.0	56.5	3.5	9.0	8.6	15.30	32.83	1.6	25.6	55.5	3.8	62.35	1:02.35
	170		10.5	7.1	13.30	29.83	1.8	21.5	50.8	3.4	8.5	8.9	15.50	32.92	1.7	24.4	53.2	4.1	62.75	1:02.75
	170		11.5	6.9	13.20	29.59	1.8	21.4	51.5	3.6	7.0	9.5	16.20	33.89	1.8	24.3	49.7	3.9	63.48	1:03.48
AVERAGE			10.7	7.0	13.23	29.65	1.8	22.3	52.9	3.5	8.2	9.0	15.67	33.21	1.7	24.8	52.8	3.9	62.86	1:02.86
	15-17		9.5	6.9	13.00	29.27	1.9	21.7	51.8	3.6	5.0	9.1	15.60	32.43	1.8	25.5	52.0	3.6	61.70	1:01.70
	15-17		10.0	6.8	13.20	29.43	1.7	23.5	55.7	3.6	6.5	9.0	15.60	33.30	1.7	26.1	54.0	4.0	62.73	1:02.73
	15-17		11.5	6.8	13.20	30.13	2.1	18.6	44.3	3.8	7.5	9.1	16.00	33.34	1.8	24.1	49.2	3.8	63.47	1:03.47
AVERAGE			10.3	6.8	13.13	29.61	1.9	21.3	50.6	3.7	6.3	9.1	15.73	33.02	1.7	25.2	51.7	3.8	62.63	1:02.63
	13-14		9.0	7.1	13.40	30.45	1.6	25.1	56.8	3.7	5.0	9.4	16.00	33.77	1.6	28.1	54.5	3.7	64.22	1:04.22
	13-14		8.5	7.6	13.90	30.70	1.8	22.6	51.0	3.8	5.0	9.6	16.20	34.04	1.7	26.5	51.5	3.6	64.74	1:04.74
	13-14		10.0	7.3	13.90	30.77	1.7	23.1	52.3	3.6	6.0	9.8	16.70	34.35	1.7	25.4	50.5	4.0	65.12	1:05.12
AVERAGE			9.2	7.3	13.73	30.64	1.7	23.6	53.4	3.7	5.3	9.6	16.30	34.05	1.7	26.7	52.2	3.8	64.69	1:04.69

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	LOSC	JACQUES, Madisen
2023BCWIN	ISC	NEVINS, Harper
2023BCWIN	CDSC	YAO, Angel

WOMENS 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	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*			12.6	6.2	27.80	1.8	19.9	53.1	3.0	6.6	9.1	31.70	1.8	23.7	51.5	3.3	6.7	9.0	32.00	1.8	24.0	52.2	3.4	6.7	9.0	32.16	1.7	24.8	52.8	3.4	123.65	2:03.65	
CDN-SR RECORD**			13.0	6.2	28.03	1.8	19.8	53.6	3.1	9.0	9.2	31.97	1.7	22.7	53.4	3.3	9.0	9.1	32.27	1.7	23.0	52.8	3.4	9.0	9.0	32.43	1.7	23.9	53.8	3.4	124.70	2:04.70	
AGE CATEGORY																																	
170			10.5	7.1	30.88	1.8	22.4	51.7	4.0	8.5	9.6	35.00	1.7	24.9	51.0	4.1	7.5	10.0	36.56	1.6	27.1	50.5	4.0	7.5	10.0	37.19	1.5	27.7	50.5	4.0	139.63	2:19.63	
170			11.0	7.3	32.27	1.9	20.9	45.3	4.1	7.5	10.4	36.97	1.8	24.1	45.7	3.9	7.0	10.3	36.21	1.8	23.5	45.8	4.2	6.0	10.0	36.80	1.6	26.9	48.2	4.2	142.25	2:22.25	
170			9.5	7.6	31.59	1.7	24.3	54.0	3.9	7.5	9.7	35.55	1.6	26.6	52.0	4.0	6.0	10.6	37.46	1.6	27.5	49.2	4.0	5.5	10.5	38.04	1.5	29.0	51.3	4.3	142.64	2:22.64	
AVERAGE			10.3	7.3	31.58	1.8	22.5	50.3	4.0	7.8	9.9	35.84	1.7	25.2	49.6	4.0	6.8	10.3	36.74	1.7	26.0	48.5	4.1	6.3	10.2	37.34	1.6	27.9	50.0	4.2	141.51	2:21.51	
2023BCWIN VPSC ZHANG, Ruitong-LILY			15-17	10.5	7.1	30.17	1.7	22.8	53.2	3.6	5.5	9.4	33.71	1.8	24.7	49.5	4.0	5.5	9.6	36.64	1.6	27.8	52.0	5.0	5.0	8.9	37.53	1.5	29.3	48.7	4.8	138.05	2:18.05
2023BCWIN LOSC FACK, Leilani			15-17	10.5	7.5	31.68	2.0	19.8	44.5	3.9	6.0	9.8	35.55	1.9	23.2	43.2	4.1	5.0	10.1	35.76	1.8	24.5	44.8	3.7	5.0	9.8	35.31	1.8	25.0	46.3	4.0	138.30	2:18.30
2023BCWIN UVPCS RUPERT, Bridget			15-17	10.0	7.3	30.92	1.8	22.6	50.5	3.6	6.0	10.2	36.03	1.7	25.9	49.2	4.0	5.0	10.6	37.46	1.6	27.6	48.5	4.2	5.0	10.8	38.50	1.6	28.1	47.8	4.4	142.91	2:22.91
AVERAGE			10.3	7.3	30.92	1.8	21.7	49.4	3.7	5.8	9.8	35.10	1.8	24.6	47.3	4.0	5.2	10.1	36.62	1.7	26.6	48.4	4.3	5.0	9.8	37.11	1.6	27.5	47.6	4.4	139.75	2:19.75	
2023BCWIN CDSC LIU, Ziyun (Emma)			13-14	11.5	7.1	31.44	1.7	22.2	49.7	3.7	8.0	10.0	35.23	1.8	23.8	46.8	3.9	7.5	10.1	36.83	1.7	24.5	46.3	3.8	7.5	10.2	36.61	1.7	25.0	47.7	4.2	140.11	2:20.11
2023BCWIN KISU WEATHERHEAD, Taryn			13-14	10.0	7.6	31.58	1.7	23.1	52.2	4.0	5.0	9.3	35.26	1.7	27.0	49.7	4.5	9.0	10.3	36.71	1.6	28.1	51.2	4.1	5.5	10.0	37.11	1.5	29.7	52.5	4.4	140.66	2:20.66
2023BCWIN WDSC MYNOTT, Naomi			13-14	9.5	7.6	31.34	1.8	22.9	50.7	3.8	5.0	10.0	35.99	1.7	26.5	49.5	4.3	5.0	10.5	37.94	1.6	28.1	48.5	4.2	5.0	10.9	39.61	1.6	28.7	47.7	4.6	144.88	2:24.88
AVERAGE			10.3	7.4	31.45	1.7	22.7	50.8	3.8	6.0	9.8	35.49	1.7	25.7	48.7	4.3	5.8	10.3	37.16	1.6	26.9	48.7	4.1	6.0	10.4	37.78	1.6	27.8	49.3	4.4	141.88	2:21.88	

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