



Swim BC - CompTrak Summary
UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	LOSC	SCHROEDER, Katelyn
2023BCWIN	VKSC	LEPAGE, Alexanne
2023BCWIN	ISC	BIKADI, Kaysha
2023SBCSUM	LOSC	SHROEDER, Katie
2023SBCSUM	WVOSC	BORROMEO, Natascha
2023SBCSUM	ISC	EDWARDS, HANA

WOMENS 50 BK 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*	13.4	6.7	12.42	2.0	5.9	53.8	14.81	2.0	12.2	51.4	1.7	2.0	18.1	52.2	3.0	27.22
CDN-SR RECORD**	12.5	6.7	12.40	1.9	6.5	54.8	14.78	1.9	12.3	53.4	1.7	1.9	18.8	53.9	3.0	27.18
AGE CATEGORY																
170	12.5	7.1	13.40	2.0	6.3	46.5	16.54	2.0	12.2	48.5	1.57	1.97	18.6	47.8	3.7	29.94
170	12.0	7.4	13.70	1.9	6.8	49.5	16.77	2.0	12.4	46.5	1.55	1.93	19.1	47.5	3.7	30.47
170	11.5	7.9	14.20	2.0	6.8	47.5	16.49	2.0	12.0	46.3	1.56	2.00	18.8	46.7	3.5	30.69
170	13.0	7.4	13.70	2.0	6.0	48.0	16.00	1.8	12.9	51.3	1.56	1.87	19.3	50.2	3.1	29.70
170	14.5	7.1	13.30	1.7	6.2	55.5	16.43	1.6	14.7	57.0	1.55	1.63	21.1	56.5	3.2	29.73
170	13.5	7.7	14.10	1.8	6.4	52.0	16.18	1.9	13.1	50.5	1.54	1.83	19.4	51.0	3.1	30.28
AVERAGE	12.8	7.4	13.73	1.9	6.4	49.8	16.40	1.9	12.9	50.0	1.6	1.9	19.4	49.9	3.4	30.14
15-16	12.5	7.4	13.80	2.0	6.3	46.0	16.89	2.1	11.6	44.3	1.53	2.07	17.7	44.8	3.7	30.69
15-16	12.0	7.4	13.80	2.4	5.4	39.5	17.11	2.5	9.9	35.5	1.49	2.43	15.2	36.8	3.4	30.91
15-16	10.5	7.7	14.00	1.7	8.5	54.5	17.08	1.8	13.6	50.5	1.54	1.77	21.8	51.8	3.9	31.08
15-16	11.0	6.8	13.40	1.9	7.4	48.0	16.54	2.0	12.2	45.3	1.51	1.97	19.3	46.2	3.2	29.94
15-16	11.5	7.7	13.80	1.8	7.5	54.5	16.58	1.8	13.3	50.5	1.55	1.80	20.8	51.8	3.3	30.38
15-16	12.0	7.6	14.00	1.8	7.2	52.0	16.71	1.9	13.1	49.3	1.51	1.83	20.2	50.2	3.3	30.71
AVERAGE	11.6	7.4	13.80	1.9	7.0	49.1	16.82	2.0	12.3	45.9	1.5	2.0	19.2	46.9	3.5	30.62
13-14	11.0	7.5	13.90	2.0	7.0	46.5	17.82	1.9	12.4	45.3	1.48	1.93	19.7	45.7	3.9	31.72
13-14	7.5	8.1	14.70	1.7	10.3	52.5	17.09	1.7	14.1	51.5	1.50	1.70	24.4	51.8	3.6	31.79
13-14	9.5	8.3	14.80	1.8	8.6	51.0	17.30	1.9	13.1	47.3	1.49	1.83	21.5	48.5	3.6	32.10
13-14	14.5	8.0	14.50	1.6	6.6	57.5	17.17	1.6	15.0	53.8	1.48	1.60	21.6	55.0	3.4	31.67
13-14	9.5	8.3	14.70	1.6	9.7	59.5	17.09	1.7	14.4	51.8	1.49	1.67	23.7	54.3	3.4	31.79
13-14	13.0	7.7	14.40	1.8	6.7	48.5	17.55	1.8	13.3	47.5	1.46	1.80	20.0	47.8	3.7	31.95
AVERAGE	10.8	8.0	14.50	1.8	8.1	52.6	17.34	1.8	13.7	49.5	1.5	1.8	21.8	50.5	3.6	31.84

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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COMP	TEAM	SWIMMER
2023BCWIN	RAPID	HANUS, Danielle
2023BCWIN	LOSC	SCHROEDER, Katelyn
2023BCWIN	ISC	BIKADI, Kaysha
2023SBCSUM	LOSC	SHROEDER, Katelyn
2023SBCSUM	ISC	EDWARDS, Hana
2023SBCSUM	WVOSC	BORROMEO, Natascha

WOMENS 100 BK 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)	(min/sec)	(sec)
WORLD AVERAGE*	13.1	6.9	12.69	28.25	2.0	17.9	50.0	3.4	10.3	7.5	15.99	29.68	2.0	18.3	47.7	3.2	57.93	57.93
CDN-SR RECORD**	13.5	7.0	12.74	28.18	2.0	18.2	51.6	3.3	9.0	7.6	15.79	29.52	1.9	20.7	49.5	3.1	57.70	57.70
AGE CATEGORY																		
170	11.5	7.1	13.30	30.03	2.1	18.9	44.9	3.8	11.0	8.1	14.60	31.92	2.1	18.9	43.5	3.9	1:01.95	61.95
170	12.5	7.2	13.60	30.65	2.2	18.3	41.9	4.0	8.5	8.3	14.90	32.40	2.1	19.8	42.3	3.9	1:03.05	63.05
170	11.5	7.8	14.20	31.73	2.1	19.4	43.3	4.2	9.0	8.7	15.60	33.56	2.1	19.8	42.2	3.9	1:05.29	65.29
170	13.0	7.4	13.50	30.54	2.3	17.2	41.2	3.8	10.0	7.9	14.30	31.43	2.1	18.8	42.3	3.5	1:01.97	61.97
170	14.0	8.0	14.30	31.43	2.0	20.1	45.2	3.8	7.0	8.5	15.40	33.12	1.9	22.2	44.3	3.5	1:04.55	64.55
170	13.5	7.6	14.10	31.37	1.9	20.4	46.2	3.9	9.5	8.5	15.40	33.43	1.8	22.5	47.0	3.6	1:04.80	64.80
AVERAGE	12.7	7.5	13.83	31.0	2.1	19.0	43.8	3.9	9.2	8.3	15.03	32.6	2.0	20.3	43.6	3.7	1:03.60	63.60
15-16	11.0	8.0	14.60	32.04	1.9	21.5	45.7	3.7	6.0	8.7	15.60	33.27	1.9	22.8	44.8	3.9	1:05.31	65.31
15-16	10.5	7.5	14.30	32.25	2.1	19.7	42.0	4.3	7.5	8.8	15.80	33.65	2.1	20.2	41.5	3.8	1:05.90	65.90
15-16	12.5	7.9	14.20	32.31	2.1	19.5	41.8	4.0	7.0	8.9	15.60	33.76	2.0	21.1	41.5	4.0	1:06.07	66.07
15-16	13.0	7.8	14.50	32.56	2.1	18.2	40.4	4.0	10.0	8.2	15.30	33.55	2.1	19.4	40.2	3.8	1:06.11	66.11
15-16	12.0	7.6	14.40	31.94	2.1	19.5	40.2	3.9	5.5	8.9	15.90	34.37	2.1	21.2	38.5	3.3	1:06.31	66.31
15-16	10.0	7.8	14.50	32.38	2.0	21.7	42.3	3.7	5.5	8.6	15.90	34.49	1.9	23.0	40.8	3.3	1:06.87	66.87
AVERAGE	11.5	7.8	14.42	32.2	2.0	20.0	42.1	3.9	6.9	8.7	15.68	33.8	2.0	21.3	41.2	3.7	1:06.10	66.10
13-14	9.0	7.8	14.60	32.40	1.8	24.2	47.9	4.4	4.0	9.0	16.20	35.07	1.8	25.6	45.7	3.8	1:07.47	67.47
13-14	12.5	7.5	14.40	33.36	2.0	19.9	40.3	4.4	7.0	9.0	16.50	35.94	2.0	21.1	38.8	4.2	1:09.30	69.30
13-14	9.0	8.8	15.50	33.63	1.9	22.3	43.8	4.3	5.0	9.4	16.70	35.73	1.9	23.7	42.5	4.2	1:09.36	69.36
13-14	11.5	8.6	15.10	32.81	1.8	23.8	48.0	3.9	4.5	9.0	16.10	34.39	1.7	26.3	46.8	3.4	1:07.20	67.20
13-14	9.0	8.4	15.00	32.87	1.9	22.6	44.4	4.0	5.0	9.1	16.20	34.39	1.9	23.3	42.3	3.6	1:07.26	67.26
13-14	10.0	8.7	15.30	33.15	2.0	20.5	42.3	4.0	8.0	9.2	16.60	35.34	2.0	21.0	40.2	3.8	1:08.49	68.49
AVERAGE	10.2	8.3	14.98	33.0	1.9	22.2	44.4	4.2	5.6	9.1	16.38	35.1	1.9	23.5	42.7	3.8	1:08.18	68.18

CODES: * WORLD AVERAGE - Average of Top 8 World Performances from RSI Data Base

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DPS / 50 - Av Distance per Stroke (metres/stroke cycle) / 50m

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2023SBCSUM	LOSC	SCHROEDER, Katelyn
2023SBCSUM	ISC	EDWARDS, Hana
2023SBCSUM	WVOSC	BORRAMEO, Natascha

WOMENS 200 BK 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)			
WORLD AVERAGE*	12.6	7.2	29.47	2.1	17.2	45.4	3.4	8.1	8.1	31.17	2.2	18.6	42.3	3.5	7.9	8.4	31.77	2.1	19.2	43.1	3.7	7.5	8.3	31.98	2.0	20.3	43.5	3.3	2:04.39	124.39			
CDN-SR RECORD**	13.0	7.3	29.72	2.0	17.7	47.2	3.4	10.0	8.2	31.42	2.1	18.5	43.8	3.5	10.0	8.4	32.04	2.0	19.0	44.8	3.7	10.0	8.4	32.24	2.0	20.0	45.0	3.3	2:05.42	125.42			
AGE CATEGORY																																	
170	12.5	7.4	32.15	2.2	17.0	40.3	4.3	11.0	8.4	34.94	2.2	17.7	37.5	4.9	10.5	8.6	35.51	2.2	18.2	37.5	4.7	10.0	8.8	34.53	2.2	18.2	38.2	4.1	2:17.13	137.13			
170	13.5	7.6	32.58	2.5	14.8	35.8	4.4	9.5	8.5	35.21	2.4	17.1	34.2	4.5	8.5	8.7	35.71	2.3	17.8	34.7	4.8	7.5	8.6	35.25	2.3	18.5	35.2	4.5	2:18.75	138.75			
170	11.0	8.3	32.71	2.2	18.0	41.5	4.3	9.0	9.1	35.45	2.2	18.4	37.3	4.5	8.0	9.6	36.94	2.2	18.8	36.2	4.6	8.0	9.8	36.39	2.1	20.0	37.5	3.8	2:21.49	141.29			
170	15.0	7.6	31.74	2.6	13.5	34.5	3.8	10.0	8.4	34.56	2.5	16.0	33.0	4.1	8.0	8.5	34.07	2.3	18.3	36.0	4.0	7.0	8.7	33.64	2.2	19.3	37.8	3.5	2:14.01	134.01			
170	13.0	8.0	32.60	2.1	17.9	42.8	4.0	7.0	9.2	35.65	2.0	21.1	40.0	4.0	5.5	9.6	36.52	2.0	22.6	40.5	4.1	5.5	9.5	36.09	2.0	22.6	39.8	3.5	2:20.86	140.86			
170	12.0	7.8	33.64	2.2	17.3	38.3	4.4	8.0	9.5	37.78	2.1	19.7	34.7	3.9	7.0	9.5	37.09	2.2	19.5	35.7	4.5	7.0	9.1	34.77	2.0	21.5	39.7	3.4	2:23.28	143.28			
AVERAGE	12.8	7.8	32.57	2.3	16.4	38.9	4.2	9.1	8.9	35.60	2.2	18.3	36.1	4.3	7.9	9.1	35.97	2.2	19.2	36.8	4.4	7.5	9.1	35.11	2.1	20.0	38.0	3.8	2:19.25	278.44			
2023BCWIN	KCS	ANGOVE, Sienna	15-16	12.0	7.9	33.58	2.1	18.1	39.8	4.4	7.5	9.0	35.96	2.2	19.6	36.8	4.6	6.5	9.2	35.63	2.1	21.0	39.2	4.2	6.0	8.9	34.14	2.1	21.3	40.8	3.7	2:19.31	139.31
2023BCWIN	SPART	SAUNDERS, Calli	15-16	11.0	7.8	33.25	2.5	15.8	34.2	4.2	6.0	8.8	35.30	2.5	17.4	32.5	4.8	5.5	9.0	36.06	2.5	18.0	33.2	4.8	5.5	9.0	35.01	2.4	18.5	34.5	4.1	2:19.62	139.62
2023BCWIN	LOSC	FAKCK, Leifanii	15-16	10.5	7.9	33.72	2.0	19.4	40.7	4.2	5.5	8.8	35.69	2.1	21.5	39.0	4.6	4.5	9.2	36.47	2.0	23.1	40.0	4.5	4.0	9.2	35.52	2.0	23.4	41.2	4.2	2:21.40	141.40
2023SBCSUM	LOSC	KO, Ashley	15-16	12.0	7.9	33.18	2.1	18.4	41.3	3.9	6.0	9.1	36.49	2.0	21.6	38.3	4.3	6.0	9.5	37.28	2.0	21.6	36.8	4.0	5.0	9.4	36.64	2.0	22.9	38.7	3.5	2:23.59	143.59
2023SBCSUM	CDSC	SKINDER, Abigail	15-16	10.0	8.4	33.81	2.0	20.0	41.2	3.7	7.0	9.4	37.26	2.0	21.5	38.0	4.1	5.5	9.7	37.06	2.0	22.6	39.2	4.1	5.0	9.8	37.36	1.9	23.3	39.0	3.8	2:25.49	145.49
2023SBCSUM	CDSC	SUN, Cici	15-16	12.0	8.2	34.07	2.0	19.3	42.0	4.1	6.0	9.6	37.47	2.0	21.6	37.5	4.1	5.0	9.8	38.01	2.0	22.9	38.5	4.2	5.0	9.6	36.45	1.9	24.1	41.7	3.5	2:26.00	146.00
AVERAGE	11.3	8.0	33.60	2.1	18.5	39.9	4.1	6.3	9.1	36.36	2.1	20.5	37.0	4.4	5.5	9.4	36.75	2.1	21.6	37.8	4.3	5.1	9.3	35.85	2.0	22.2	39.3	3.8	2:22.57	285.17			
2023BCWIN	KISU	RUTTEN, Hannah	13-14	10.0	8.1	32.91	1.8	22.2	48.5	4.2	4.5	9.2	35.94	1.8	25.3	44.5	4.5	4.0	9.5	37.10	1.8	25.1	43.5	4.9	3.5	9.7	36.77	1.8	25.4	43.7	4.4	2:22.72	142.72
2023BCWIN	KISU	DE MITRI, Kyah	13-14	9.0	9.2	35.80	2.3	18.1	35.8	4.3	5.0	10.0	37.68	2.4	19.0	33.3	4.5	4.0	10.3	38.62	2.3	19.7	32.2	4.4	4.0	9.9	37.24	2.3	20.3	34.2	4.4	2:29.34	149.34
2023BCWIN	SKSC	HEFEEDA, Raneem	13-14	10.0	8.6	35.41	2.1	19.0	38.8	4.5	6.5	9.5	37.82	2.1	21.0	36.7	4.9	5.0	9.9	38.94	2.1	21.8	36.0	4.9	5.0	9.6	37.31	2.0	22.5	37.8	4.2	2:29.48	149.48
2023SBCSUM	VPSC	ZHANG, EMMA	13-14	9.0	8.4	33.32	1.9	21.2	44.0	3.9	4.5	9.4	36.00	2.1	21.7	38.3	4.2	4.5	9.7	36.80	2.0	22.4	37.7	4.0	4.0	9.3	36.39	1.9	23.8	38.8	3.3	2:22.51	142.51
2023SBCSUM	KISU	RUTTEN, Hannah	13-14	14.5	8.6	33.22	1.7	20.5	50.2	3.7	4.0	9.5	36.76	1.7	27.1	46.3	4.2	4.5	10.2	37.70	1.8	25.8	43.8	4.3	4.0	9.8	36.28	1.7	26.5	45.7	3.5	2:23.96	143.96
2023SBCSUM	SKSC	HEFEEDA, Raneem	13-14	9.0	8.9	34.27	2.0	20.8	42.3	3.9	6.0	9.5	37.42	2.0	22.4	39.0	4.4	5.5	10.3	38.53	2.0	22.3	38.0	4.4	5.5	9.9	38.24	2.0	22.6	37.3	3.6	2:28.46	148.46
AVERAGE	10.3	8.6	34.16	2.0	20.3	43.3	4.1	5.1	9.5	36.94	2.0	22.7	39.7	4.4	4.6	10.0	37.95	2.0	22.8	38.5	4.5	4.3	9.7	37.04	2.0	23.5	39.6	3.9	2:26.08	292.16			

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