



Swim BC - CompTrak Summary
UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	KAJ	WIMAN, Kodi
2023BCWIN	SPART	PICKFORD, Brooklyn
2023BCWIN	RIDGE	REID, Robynn
2023SBCSUM	LOSC	ANDERSON, Venna
2023SBCSUM	SPART	PICKFORD, Brooklyn
2023SBCSUM	KAJ	WIMAN, Kodi

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
		170	13.0	7.9	15.20	1.4	8.6	59.5	17.85	1.4	17.6	60.0	1.4	1.4	26.3	59.8	3.4	33.05
		170	10.0	8.1	15.30	1.9	7.9	44.0	18.86	1.8	13.1	44.0	1.3	1.8	21.3	44.0	3.5	34.16
		170	10.0	8.1	15.20	1.5	10.0	56.0	19.02	1.6	15.7	49.8	1.3	1.5	25.4	51.8	3.5	34.22
AVERAGE			11.3	8.0	15.35	1.6	8.6	51.7	18.95	1.6	15.2	50.5	1.3	1.6	23.9	50.9	3.8	34.30
		15-16	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
		15-16	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
		15-16	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
		15-16	11.0	8.2	15.70	1.4	10.0	55.5	18.62	1.5	16.7	54.3	1.3	1.4	26.5	54.7	3.7	34.32
		15-16	12.0	7.9	15.20	1.6	8.1	51.5	19.13	1.5	15.7	51.3	1.3	1.5	24.1	51.3	3.5	34.33
		15-16	11.0	8.3	15.50	1.3	10.8	63.0	19.14	1.3	18.9	63.3	1.3	1.3	30.0	63.2	3.6	34.64
AVERAGE			11.2	7.9	15.20	1.5	9.3	55.0	19.06	1.5	16.2	54.3	1.3	1.5	25.6	54.5	4.0	34.26
		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
		13-14	10.0	8.6	15.80	1.4	10.7	59.0	18.86	1.5	16.7	55.3	1.3	1.4	27.2	56.5	3.8	34.66
		13-14	9.0	8.7	16.10	1.4	11.4	58.0	19.00	1.3	18.0	60.5	1.3	1.3	30.0	59.7	3.8	35.10
		13-14	11.0	8.6	16.10	1.4	10.0	55.5	19.61	1.5	16.4	51.5	1.3	1.5	25.9	52.8	4.0	35.71
AVERAGE			10.2	8.4	15.92	1.4	10.5	55.3	19.64	1.4	17.0	55.3	1.3	1.4	27.6	55.3	4.1	35.55

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



WOMENS 100 BR LC

Swim BC - CompTrak Summary

UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	VKSC	LEPAGE, Alexanne
2023BCWIN	SFA	LOEWEN, Kennedy
2023BCWIN	SPART	PICKFORD, Brooklyn
2023SBCSUM	KAJ	WIMAN, Kodi
2023SBCSUM	LOSC	ANDERSON, Venna
2023SBCSUM	SPART	PICKFORD, Brooklyn

	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*	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	1:04.62	64.62			
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	1:05.74	65.74			
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	1:13.66	73.66		
	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	1:14.08	74.08		
	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	1:15.62	75.62		
	170	11.0	8.5	15.70	34.54	1.8	22.1	46.0	3.8	7.5	10.7	18.60	39.50	1.6	27.1	46.5	4.2	1:14.04	74.04		
	170	13.0	8.6	16.40	35.79	2.1	17.6	36.7	3.7	10.0	10.6	18.60	38.55	1.9	21.1	39.3	3.8	1:14.34	74.34		
	170	11.0	8.3	15.90	35.76	2.0	19.2	38.2	4.1	9.0	10.8	18.90	40.08	1.8	22.8	40.3	4.4	1:15.84	75.84		
AVERAGE	11.5	8.1	15.68	35.14	2.0	19.8	40.3	4.1	8.2	10.6	18.67	39.46	1.8	23.8	41.7	4.3	1:14.60	74.60			
2023BCWIN	HST	KOLYTCHEV, Valentina	15-16	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	1:12.60	72.60
2023BCWIN	LOSC	LARSON, Macey	15-16	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	1:14.38	74.38
2023BCWIN	NRST	BARBERIE, Danielle	15-16	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	1:13.88	74.88
2023SBCSUM	CDSC	DAY, Natalie	15-16	13.0	7.9	15.40	34.62	1.8	20.2	43.2	3.9	8.5	10.2	18.30	39.20	1.5	27.1	46.3	4.0	1:13.82	73.82
2023SBCSUM	HST	KOLYTCHEV, Valentina	15-16	12.0	8.0	15.60	34.81	1.8	21.1	42.8	3.7	8.0	10.4	18.70	39.86	1.7	24.2	41.0	4.2	1:14.67	74.67
2023SBCSUM	LOSC	LARSON, Macey	15-16	10.0	8.7	16.20	36.09	1.7	23.5	44.7	3.9	6.5	10.7	18.70	39.35	1.5	29.7	50.2	3.7	1:15.44	75.44
AVERAGE	11.3	8.2	15.62	35.04	1.8	21.8	44.4	4.1	7.6	10.5	18.53	39.26	1.6	26.2	45.4	4.2	1:14.30	148.60			
2023BCWIN	KISU	DE MITRI, Kyah	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	1:16.87	76.87
2023BCWIN	KISU	GLYNES, Charlotte	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	1:18.52	78.52
2023BCWIN	UVPCS	GREENFIELD, Riley	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	1:19.40	79.40
2023SBCSUM	UVPCS	ZHAO, Tracy	13-14	11.0	8.3	15.80	34.98	1.6	24.4	49.2	3.6	7.0	10.9	18.80	39.64	1.5	29.3	49.5	3.9	1:14.62	74.62
2023SBCSUM	VPCS	MOLYNEUX, Maja	13-14	10.0	8.4	16.20	36.18	1.4	28.6	53.2	3.9	6.5	11.1	19.20	40.39	1.4	31.1	52.2	4.6	1:16.57	76.57
2023SBCSUM	GATOR	GUZMAN, Alessandra	13-14	11.0	9.3	16.90	36.43	1.5	25.4	50.2	3.8	6.0	11.2	19.30	40.84	1.5	29.3	46.5	4.0	1:17.27	77.27
AVERAGE	10.8	8.6	16.27	36.21	1.5	25.7	50.2	4.1	6.8	11.2	19.35	41.00	1.4	30.3	49.6	4.4	1:17.21	154.42			

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

60.0

60.0

60.0



Swim BC - CompTrak Summary
 UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	KAJ	WIMAN, Kodi
2023BCWIN	SPART	PICKFORD, Brooklyn
2023BCWIN	RIDGE	REID, Robynn
2023SBCSUM	UBCT	BARRAULT, Amelia
2023SBCSUM	KAJ	LEPAGE, Alexanne
2023SBCSUM	KAJ	WIMAN, Kodi

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)	T (min/sec)	(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	2:19.76	139.76			
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	2:20.12	140.12			
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	2:40.20	160.20			
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	2:47.99	167.99			
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	2:48.91	168.91			
170	11.0	8.5	35.62	1.8	21.7	43.3	3.8	7.0	10.9	39.91	1.9	23.0	39.2	3.8	7.0	11.5	40.13	1.8	23.9	40.3	3.9	7.0	11.2	40.91	1.7	25.8	41.7	3.9	2:36.57	156.57			
170	11.0	7.7	36.11	2.1	18.3	34.7	4.1	7.0	11.1	41.31	2.0	21.5	34.8	4.3	6.5	11.5	40.94	1.9	23.3	38.2	4.2	6.0	11.1	41.22	1.7	25.4	40.2	4.0	2:39.58	159.58			
170	11.5	8.2	36.00	2.1	18.3	36.0	3.5	8.0	11.1	41.54	2.1	20.0	33.0	4.2	7.0	11.3	42.13	2.0	21.5	33.8	4.1	7.0	11.2	41.98	2.0	21.5	34.5	4.9	2:41.65	161.65			
AVERAGE	11.8	8.3	36.59	2.0	19.3	38.1	4.3	7.9	11.0	41.35	2.0	21.1	35.1	4.5	7.4	11.4	42.04	1.9	22.7	36.7	4.4	7.3	11.5	42.51	1.8	24.2	38.7	4.7	2:42.48	162.48			
2023BCWIN	LOSC	LARSON, Macey	15-16	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	2:39.44	159.44
2023BCWIN	NRST	BARBERIE, Danielle	15-16	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	2:39.58	159.58
2023BCWIN	HST	KOLYTCHEV, Valentina	15-16	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	2:40.97	160.97
2023SBCSUM	LOSC	LARSON, Macey	15-16	11.0	8.6	36.59	1.9	20.5	38.7	3.8	6.5	11.3	40.58	1.9	23.3	39.2	4.4	6.5	11.6	41.41	1.8	24.6	39.2	3.6	6.0	11.2	41.07	1.6	28.1	44.3	3.6	2:39.65	159.65
2023SBCSUM	HST	KOLYTCHEV, Valentina	15-16	12.5	8.3	35.59	2.0	18.8	37.8	3.4	7.5	11.1	40.97	2.1	19.9	32.8	4.1	7.0	11.1	41.87	1.9	23.0	36.0	4.0	7.0	11.2	43.10	1.7	25.3	37.7	4.2	2:41.53	161.53
2023SBCSUM	CDSC	DAY, Nathalie	15-16	12.0	8.2	36.80	2.2	17.3	33.3	3.9	9.0	10.7	42.13	2.1	19.8	32.3	4.4	8.0	11.4	42.48	1.9	21.7	34.0	3.9	8.0	10.8	41.30	1.7	25.2	41.0	3.9	2:42.71	162.71
AVERAGE	11.8	8.4	36.43	2.1	18.4	36.2	4.0	7.9	11.1	40.94	2.1	19.9	33.8	4.5	7.4	11.4	41.68	2.0	21.8	35.4	4.2	7.3	11.3	41.60	1.7	25.1	40.8	4.3	2:40.65	160.65			
2023BCWIN	KISU	GLYNES, Charlotte	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	2:48.62	168.62
2023BCWIN	KISU	DE MITRI, Kyah	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	2:49.75	169.75
2023BCWIN	UVPCS	GREENFIELD, Riley	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	2:52.04	172.04
2023SBCSUM	VPSC	MOLYNEUX, Maja	13-14	10.5	8.8	37.24	1.8	22.4	42.3	4.0	6.0	11.3	42.23	1.8	24.4	38.0	4.2	5.0	12.2	43.27	1.7	27.0	40.7	4.1	5.0	11.9	42.32	1.3	33.8	49.5	3.9	2:45.06	165.06
2023SBCSUM	UVPCS	SANBORN, Maelle	13-14	11.5	8.7	37.87	1.8	21.8	40.8	4.2	7.0	11.6	42.62	1.8	24.3	39.3	4.6	6.5	12.1	43.74	1.6	26.6	39.8	4.1	6.5	12.2	43.46	1.5	29.7	44.5	3.9	2:47.69	167.69
2023SBCSUM	CDSC	CHEUNG, Luna	13-14	12.0	8.5	38.49	2.1	17.8	33.0	4.1	9.5	10.8	42.54	1.9	21.3	34.8	4.4	9.0	11.5	43.20	1.7	23.7	38.5	4.4	9.0	11.2	43.96	1.5	26.7	40.7	4.4	2:48.19	168.19
AVERAGE	11.4	8.8	38.24	1.8	21.5	40.4	4.5	7.6	11.6	42.86	1.7	24.6	39.3	4.6	7.1	12.0	43.86	1.6	26.4	40.7	4.6	7.1	11.9	43.59	1.5	29.1	44.8	4.6	2:48.56	168.56			

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