



Swim BC - CompTrak Summary
 UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	RAPID	HANUS, Danielle
2023BCWIN	ISC	NEVINS, Harper
2023BCWIN	PSW	FIRTH, Brynn
2023SBCSUM	UBCT	ALLEN, Eloise
2023SBCSUM	UBCT	WIST, SELA
2023SBCSUM	LOSC	ANDERSON, Venna

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
170	12.5	6.3	12.00	1.7	7.4	60.5	15.88	1.7	14.5	55.8	1.6	1.7	21.9	57.3	3.0	27.88
170	10.0	6.6	12.60	1.6	9.4	64.0	15.42	1.6	15.5	61.8	1.6	1.6	24.9	62.5	2.9	28.02
170	9.5	6.7	12.60	1.5	10.3	68.5	15.45	1.5	16.0	64.8	1.6	1.5	26.3	66.0	3.1	28.05
AVERAGE	11.2	6.5	12.48	1.6	8.5	61.8	15.80	1.6	14.8	59.2	1.6	1.6	23.3	60.1	3.3	28.28
15-16	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
15-16	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
15-16	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
15-16	10.0	6.7	12.40	1.6	9.4	65.0	15.63	1.6	15.5	60.8	1.6	1.6	24.9	62.2	2.9	28.03
15-16	8.0	6.8	12.90	1.5	11.3	65.0	15.57	1.5	16.0	63.8	1.6	1.5	27.3	64.2	3.1	28.47
15-16	12.0	6.7	12.60	1.9	6.8	54.0	15.89	1.7	14.1	53.8	1.6	1.8	20.9	53.8	3.0	28.49
AVERAGE	10.1	6.7	12.65	1.7	9.0	59.4	15.67	1.7	14.4	58.4	1.6	1.7	23.4	58.8	3.3	28.32
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
13-14	12.0	6.8	12.90	1.4	9.3	72.5	15.73	1.5	16.6	65.5	1.6	1.4	25.8	67.8	3.2	28.63
13-14	11.0	7.2	13.40	1.7	8.2	57.0	16.10	1.6	15.5	58.8	1.6	1.6	23.8	58.2	3.1	29.50
13-14	9.0	7.3	13.70	1.4	11.4	65.0	16.20	1.5	16.0	61.3	1.5	1.5	27.3	62.5	3.1	29.90
AVERAGE	10.1	7.0	13.27	1.6	9.7	62.5	16.08	1.6	15.5	61.0	1.6	1.6	25.2	61.5	3.3	29.35

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 FLY LC

Swim BC - CompTrak Summary
 UPDATED JULY 28, 2023
COMP TEAM SWIMMER
 2023BCWIN LOSC JACQUES, Madisen
 2023BCWIN LOSC SCHROEDER, Katelyn
 2023BCWIN ISC NEVINS, Harper
 2023SBCSUM UBCT WIST, Sela
 2023SBCSUM VPSC ZHANG, Lily
 2023SBCSUM LOSC SCHROEDER, Katelyn

			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*			11.8	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	1:02.35	62.35
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	1:02.75	62.75
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	1:03.48	63.48
170			13.0	6.8	12.80	28.40	1.7	21.3	56.0	2.9	8.5	9.5	16.00	33.07	1.6	26.5	55.2	3.2	1:01.47	61.47
170			12.0	6.9	13.20	29.11	1.6	23.8	58.3	2.8	7.5	9.0	15.80	33.42	1.6	26.6	54.7	3.6	1:02.53	62.53
170			12.5	7.4	13.30	29.65	1.8	21.2	53.0	2.8	8.0	9.3	16.10	33.20	1.7	25.2	52.7	3.4	1:02.85	62.85
AVERAGE			11.6	7.0	13.17	29.35	1.7	22.2	54.4	3.2	8.1	9.1	15.82	33.22	1.7	25.4	53.5	3.6	1:02.57	125.14
15-16			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	1:01.70	61.70
15-16			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	1:02.73	62.73
15-16			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	1:03.47	63.47
15-16			10.0	7.0	12.70	28.38	1.8	22.2	54.7	3.3	6.0	9.0	15.50	32.32	1.6	26.9	54.0	3.2	1:00.70	60.70
15-16			13.0	7.0	13.80	30.23	1.8	20.2	49.0	3.3	8.0	9.2	15.70	33.13	1.8	23.8	50.2	3.5	1:03.36	63.36
15-16			10.5	7.3	13.50	29.93	1.8	21.9	51.8	3.1	5.5	9.4	16.40	33.68	1.7	26.2	52.0	3.5	1:03.61	63.61
AVERAGE			10.8	7.0	13.23	29.56	1.8	21.4	51.2	3.5	6.4	9.1	15.80	33.03	1.7	25.4	51.9	3.6	1:02.60	125.19
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	1:04.22	64.22
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	1:04.74	64.74
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	1:05.12	65.12
13-14			10.5	7.5	13.70	30.26	1.7	23.7	55.7	3.4	5.5	9.3	16.20	33.53	1.6	27.8	53.5	3.0	1:03.79	63.79
13-14			12.0	6.8	13.40	29.68	1.7	22.8	54.7	2.9	7.0	9.5	16.50	34.21	1.6	27.4	53.3	3.4	1:03.89	63.89
13-14			9.0	7.7	13.80	30.45	1.5	27.3	61.0	3.4	5.0	9.5	16.90	35.06	1.5	30.7	55.8	3.6	1:05.51	65.51
AVERAGE			9.8	7.3	13.68	30.39	1.7	24.1	55.3	3.5	5.6	9.5	16.42	34.16	1.6	27.7	53.2	3.5	1:04.55	129.09

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 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)	T (min/sec)	(sec)		
Swim BC - CompTrak Summary			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	2:03.65	123.65
UPDATED JULY 28, 2023			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	2:04.70	124.70
COMP TEAM SWIMMER			AGE CATEGORY																															
2023BCWIN	LOSC	JACQUES, Madisen	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	2:19.63	139.63	
2023BCWIN	ISC	NEVINS, Harper	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	2:22.25	142.25	
2023BCWIN	CDSC	YAO, Angel	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	2:22.64	142.64	
2023SBCSUM	VPSC	ZHANG, Lily	170	10.0	7.4	30.00	1.7	24.0	55.0	2.9	6.0	9.2	33.62	1.6	27.5	52.2	3.2	5.5	9.9	35.90	1.6	27.2	50.3	3.9	5.0	10.7	39.21	1.5	30.7	49.8	4.0	2:18.73	138.73	
2023SBCSUM	HYACK	TANCON, Tiffany	170	12.5	8.0	30.99	1.8	20.8	51.3	3.2	7.0	9.8	35.07	1.7	25.3	48.5	3.5	7.0	10.5	36.10	1.7	25.3	47.5	3.2	7.0	10.3	37.73	1.5	28.0	48.8	3.7	2:19.89	139.89	
2023SBCSUM	CDSC	SALDANA, Rebellin	170	11.0	7.9	31.78	1.6	24.9	54.5	3.3	6.0	10.1	35.88	1.5	29.3	54.7	3.8	5.5	10.9	37.32	1.5	29.7	53.0	3.8	5.5	10.5	37.68	1.4	31.0	52.5	3.3	2:22.66	144.66	
AVERAGE				10.8	7.6	31.25	1.7	22.9	52.0	3.6	7.1	9.8	35.35	1.6	26.3	50.7	3.8	6.4	10.4	36.59	1.6	26.7	49.4	3.9	6.1	10.3	37.78	1.5	28.9	50.2	3.9	2:20.97	141.30	
2023BCWIN	VPSC	ZHANG, Ruitong-LILY	15-16	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	2:18.05	138.05	
2023BCWIN	LOSC	FACK, Lailani	15-16	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	2:18.30	138.30	
2023BCWIN	UVPCS	RUPERT, Bridget	15-16	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	2:22.91	142.91	
2023SBCSUM	LOSC	FACK, Lailani	15-16	10.0	7.9	31.33	1.9	21.1	46.3	3.4	5.5	10.0	34.88	1.9	23.8	45.2	3.3	5.5	11.3	37.80	1.7	25.7	46.0	3.7	5.0	8.9	35.29	1.6	28.1	48.0	3.1	2:19.30	139.30	
2023SBCSUM	CDSC	SUN, Cici	15-16	10.5	7.6	31.62	1.7	23.7	53.0	3.7	5.0	10.1	35.76	1.7	26.0	47.8	3.8	5.0	10.4	36.63	1.6	28.1	50.2	3.8	4.5	9.9	36.56	1.5	29.7	52.0	3.8	2:20.57	140.57	
2023SBCSUM	KISU	WEATHERHEAD, Taryn	15-16	9.0	7.7	31.15	1.7	24.1	53.3	3.7	5.0	9.9	36.22	1.6	28.1	50.0	3.7	5.0	10.2	36.64	1.5	30.0	52.2	3.7	5.5	10.1	37.29	1.5	30.3	51.8	3.7	2:21.30	141.30	
AVERAGE				10.1	7.5	31.15	1.8	22.3	50.1	3.6	5.5	9.9	35.36	1.8	25.3	47.5	3.8	5.2	10.4	36.82	1.7	27.3	48.9	4.0	5.0	9.7	36.75	1.6	28.4	49.1	3.9	2:20.07	140.07	
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	2:20.11	140.11	
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	5.0	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	2:20.66	140.66	
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	2:24.88	144.88	
2023SBCSUM	CDSC	LIU, EMMA	13-14	12.0	7.4	31.27	1.7	22.4	51.8	3.2	7.0	10.4	35.63	1.7	25.8	50.5	3.6	7.0	10.3	35.87	1.7	25.8	49.3	3.6	7.0	10.0	37.54	1.5	28.0	48.5	3.6	2:20.31	140.31	
2023SBCSUM	WDSC	MYNOTT, Naomi	13-14	10.5	7.8	30.44	1.7	22.8	54.2	3.3	5.5	10.0	35.05	1.7	26.7	51.0	3.7	5.0	10.6	37.16	1.6	28.1	49.3	3.7	5.5	10.6	39.40	1.5	30.3	48.8	3.7	2:22.05	142.05	
2023SBCSUM	KAJ	GOLINOWSKI, Emilie	13-14	12.0	8.3	31.90	1.6	23.3	55.3	3.4	6.0	10.5	36.53	1.6	27.5	49.5	3.8	5.0	10.8	37.69	1.6	28.7	50.0	3.6	5.0	11.1	38.94	1.5	29.3	49.5	4.0	2:25.06	145.06	
AVERAGE				10.9	7.6	31.33	1.7	22.8	52.3	3.6	6.1	10.0	35.62	1.7	26.2	49.5	4.0	5.8	10.4	37.03	1.6	27.2	49.1	3.9	5.9	10.5	38.20	1.6	28.5	49.1	4.1	2:22.18	142.18	

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

120.0
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