



Swim BC - CompTrak Summary
 UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HYACK	WILLIAMS, Abigail
2023BCWIN	SKSC	ZHANG, Yolanda
2023BCWIN	CDSC	YAO, Angel
2023SBCSUM	HYACK	WILLIAMS, Abigail
2023SBCSUM	LOSC	ANDERSON, Venna
2023SBCSUM	UBCT	ALLEN, Eloise

WOMENS 50 FR 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*			10.3	6.1	11.0	2.0	7.5	60.9	13.0	2.0	12.3	59.3	2.0	1.8	19.8	59.8	2.7	24.06
CDN-SR RECORD**			10.0	6.1	11.1	2.0	7.6	60.7	13.1	2.0	12.0	58.8	1.9	2.0	19.6	59.4	2.7	24.26
AGE CATEGORY																		
		170	10.5	6.3	12.10	1.8	8.1	56.5	14.97	2.1	12.2	51.8	1.7	2.0	19.6	53.3	3.4	27.07
		170	9.5	6.3	12.00	1.7	9.1	63.0	15.24	1.9	13.3	56.3	1.7	1.8	21.9	58.5	3.5	27.24
		170	10.0	6.6	12.30	1.8	8.3	57.5	15.31	1.9	12.9	54.0	1.7	1.9	20.9	55.2	3.5	27.61
		170	10.0	6.9	12.70	1.8	8.3	56.0	14.37	1.9	12.9	53.3	1.7	1.9	20.9	54.2	2.5	27.07
		170	11.0	6.5	12.30	1.6	8.8	64.5	14.89	1.7	14.4	57.3	1.7	1.7	22.8	59.7	2.7	27.19
		170	13.0	6.1	11.90	2.0	6.0	52.0	15.31	2.0	12.0	48.8	1.7	2.0	18.0	49.8	2.9	27.21
AVERAGE			10.7	6.5	12.22	1.8	8.1	58.3	15.02	1.9	12.9	53.5	1.7	1.9	20.7	55.1	3.1	27.23
		15-16	9.0	6.3	12.00	1.7	9.4	62.0	14.72	1.8	13.6	57.8	1.7	1.8	22.6	59.2	3.2	26.72
		15-16	8.5	6.6	12.40	1.8	9.2	57.5	14.88	2.1	12.0	49.5	1.7	2.0	20.3	52.2	3.3	27.28
		15-16	8.5	6.7	12.50	1.7	9.7	62.0	14.97	1.8	13.6	58.3	1.7	1.8	22.9	59.5	3.4	27.47
		15-16	10.0	6.5	12.10	1.6	9.4	65.5	14.52	1.8	14.1	58.8	1.7	1.7	22.9	61.0	2.6	26.62
		15-16	11.0	7.1	12.90	1.7	8.2	59.5	14.67	1.9	13.3	54.0	1.7	1.8	21.1	55.8	2.5	27.57
		15-16	7.0	6.8	12.60	1.6	11.3	63.5	15.04	1.7	14.4	58.3	1.7	1.7	25.2	60.0	2.8	27.64
AVERAGE			9.0	6.7	12.42	1.7	9.5	61.7	14.80	1.8	13.5	56.1	1.7	1.8	22.5	57.9	3.0	27.22
		13-14	9.0	6.7	12.30	2.0	8.0	53.0	14.96	2.1	11.8	50.0	1.7	2.0	19.7	51.0	3.4	27.26
		13-14	10.0	6.5	11.90	1.8	8.3	62.0	15.40	1.8	13.6	58.5	1.7	1.8	22.1	59.7	3.5	27.30
		13-14	7.5	6.6	12.40	1.8	9.7	57.0	15.51	1.9	13.1	54.5	1.7	1.8	22.6	55.3	3.6	27.91
		13-14	10.0	6.4	12.40	1.8	8.3	55.0	14.18	2.0	12.6	53.0	1.7	1.9	20.5	53.7	2.6	26.58
		13-14	10.0	6.7	12.40	1.9	7.9	56.5	14.78	1.9	12.9	53.5	1.7	1.9	20.9	54.5	2.5	27.18
		13-14	9.0	6.6	12.30	1.7	9.4	62.0	15.13	1.8	13.6	55.0	1.7	1.8	22.6	57.3	3.0	27.43
AVERAGE			9.3	6.6	12.28	1.8	8.6	57.6	14.99	1.9	12.9	54.1	1.7	1.9	21.4	55.3	3.1	27.28

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 - CompTrak Summary
UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	HYACK	WILLIAMS, Abigail
2023BCWIN	SKSC	ZHANG, Yolanda
2023BCWIN	LOSC	SCHROEDER, Katelyn
2023SBCSUM	HYACK	WILLIAMS, Abigail
2023SBCSUM	LOSC	ANDERSON, Venna
2023SBCSUM	LOSC	SCHROEDER, Katelyn

WOMENS 100 FR 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*	10.0	6.3	11.45	25.23	2.3	17.3	50.0	3.0	6.4	7.4	14.27	27.12	2.2	19.5	48.4	2.6	52.35	52.35
CDN-SR RECORD**	10.5	6.3	11.50	25.35	2.3	16.8	48.9	3.0	6.0	7.4	14.34	27.24	2.2	19.3	47.3	2.6	52.59	52.59
AGE CATEGORY																		
170	9.5	6.6	12.30	27.67	2.1	19.6	49.8	3.7	5.0	7.9	13.90	29.72	2.2	20.8	44.5	3.3	57.39	57.39
170	10.0	6.9	12.50	28.23	2.0	20.3	53.0	3.8	5.0	8.0	14.40	30.36	1.9	24.1	51.3	3.4	58.59	58.59
170	10.5	6.8	12.80	28.75	2.2	17.7	45.3	3.9	7.0	7.7	13.80	30.13	2.0	21.1	47.3	3.8	58.88	58.88
170	9.0	6.7	12.50	27.81	1.9	21.6	52.3	3.3	5.0	8.0	14.30	30.17	2.0	22.5	46.2	2.9	57.98	57.98
170	8.5	6.7	12.50	27.86	2.0	20.8	50.3	3.5	5.5	8.2	14.20	30.22	2.0	22.6	48.2	3.0	58.08	58.08
170	12.0	7.0	13.00	28.25	1.9	19.7	50.8	3.2	7.0	7.7	14.30	30.19	1.9	22.2	48.0	2.9	58.44	58.44
AVERAGE	9.9	6.8	12.60	28.10	2.0	19.9	50.3	3.6	5.8	7.9	14.15	30.13	2.0	22.2	47.6	3.2	58.23	58.23
15-16	8.5	6.6	12.40	27.73	2.0	20.8	51.2	3.6	4.0	8.0	13.90	29.44	2.0	22.6	49.0	3.5	57.17	57.17
15-16	9.0	6.8	12.70	28.23	2.0	20.5	50.3	3.6	4.5	8.0	13.90	29.50	2.0	23.1	50.0	3.4	57.73	57.73
15-16	10.0	6.9	12.60	28.54	2.1	18.8	48.3	4.1	5.0	7.9	14.10	29.79	2.2	20.5	44.2	3.5	58.33	58.33
15-16	9.5	7.2	13.10	28.45	1.9	20.9	51.8	3.5	5.5	8.1	14.30	29.56	1.8	24.3	52.7	3.0	58.01	58.01
15-16	9.5	7.1	13.00	28.56	1.9	20.9	51.3	3.3	5.5	8.0	14.30	30.02	2.0	22.6	47.3	2.9	58.58	58.58
15-16	9.5	7.2	13.20	29.17	2.1	19.3	46.5	3.6	4.5	8.0	14.40	30.16	2.0	23.1	47.5	3.0	59.33	59.33
AVERAGE	9.3	7.0	12.8	28.45	2.0	20.2	49.9	3.6	4.8	8.0	14.15	29.75	2.0	22.7	48.4	3.2	58.19	58.19
13-14	9.5	6.8	13.10	29.23	2.3	17.9	42.2	3.8	5.5	7.9	13.90	29.68	2.2	20.5	45.0	3.4	58.91	58.91
13-14	9.0	6.9	12.90	28.43	2.2	18.4	46.0	3.8	4.0	8.1	14.20	30.86	2.1	21.6	44.7	3.7	59.29	59.29
13-14	10.0	6.7	12.60	28.73	1.9	21.4	53.5	4.0	4.0	8.0	14.20	31.60	1.9	23.8	47.8	4.1	1:00.33	60.33
13-14	9.5	7.2	13.00	28.83	2.1	19.3	47.5	3.5	5.5	7.9	14.20	29.91	2.0	22.3	47.8	3.0	58.74	58.74
13-14	8.5	7.1	12.90	28.22	2.0	20.8	49.5	3.2	5.5	8.1	14.60	30.63	2.0	22.6	47.0	2.8	58.85	58.85
13-14	9.0	6.9	13.10	28.87	1.8	22.8	54.2	3.5	4.5	8.4	14.60	31.01	1.7	26.3	53.2	3.2	59.88	59.88
AVERAGE	9.3	6.9	12.93	28.72	2.0	20.1	48.8	3.6	4.8	8.1	14.28	30.62	2.0	22.8	47.6	3.4	59.33	59.33

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 - CompTrak Summary

UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER
2023BCWIN	SKSC	ZHANG, Yolanda
2023BCWIN	LOSC	SCHROEDER, Katelyn
2023BCWIN	UVIC	MACLEAN, Kate
2023SBCSUM	VFSC	ZHANG, LILY
2023SBCSUM	CDSC	SALDANA RIEBELING, Maria
2023SBCSUM	SKSC	ZHANG, Yolanda

WOMENS 200 FR 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*		10.6	6.6	27.03	2.2	17.1	47.2	3.2	6.4	7.8	28.54	2.3	18.8	45.8	3.2	6.3	7.9	29.04	2.2	19.4	46.3	3.3	6.0	8.0	28.97	2.1	20.1	46.4	2.8	1:53.57	113.57
CDN-SR RECORD**		10.0	6.6	27.11	2.2	17.3	46.7	3.2	7.0	7.8	28.62	2.3	18.3	45.3	3.2	7.0	7.9	29.12	2.2	18.9	45.9	3.3	7.0	8.0	29.06	2.1	19.5	46.0	2.8	1:53.91	113.91
AGE CATEGORY																															
	170	11.0	6.7	30.13	2.1	18.9	45.3	4.3	5.5	8.2	32.34	2.1	21.2	44.0	4.8	5.0	8.4	33.30	1.9	23.3	45.2	4.2	4.5	8.4	33.15	1.9	24.4	45.8	3.8	2:08.92	128.92
2023BCWIN	SKSC	170	10.5	7.0	30.56	2.4	16.2	38.0	4.1	7.5	32.55	2.3	18.2	38.3	4.0	6.0	8.6	33.39	2.3	19.4	38.8	4.3	6.0	8.6	33.28	2.2	19.7	38.7	3.7	2:09.78	129.78
2023BCWIN	LOSC	170	9.0	6.8	30.50	1.9	22.0	50.0	4.3	6.0	33.19	2.0	22.4	45.7	4.5	5.5	8.3	33.46	1.9	23.8	46.8	4.4	5.5	8.4	32.77	1.9	23.8	47.7	3.8	2:09.92	129.92
2023SBCSUM	VFSC	170	10.0	6.6	29.12	2.0	19.7	48.0	3.8	5.5	31.18	2.1	21.5	45.5	4.0	4.0	8.4	30.58	2.0	22.6	44.7	2.2	3.0	10.4	35.30	1.9	24.7	44.3	3.6	2:06.18	126.18
2023SBCSUM	CDSC	170	10.0	7.5	29.71	2.0	20.0	48.0	3.6	4.5	32.19	2.0	23.1	45.2	3.6	3.0	8.9	32.80	2.0	23.9	46.2	3.9	3.0	9.0	32.88	1.9	24.7	45.5	3.2	2:07.58	127.58
2023SBCSUM	SKSC	170	10.5	7.2	29.52	1.9	20.8	49.5	3.5	5.0	32.12	1.9	23.7	48.0	3.4	4.0	9.0	33.59	1.8	25.6	48.2	3.7	4.0	9.0	33.95	1.7	26.5	47.7	3.3	2:09.18	129.18
AVERAGE		10.2	7.0	29.92	2.1	19.6	46.5	3.9	5.7	8.3	32.26	2.1	21.7	44.4	4.0	4.6	8.6	32.85	2.0	23.1	45.0	3.8	4.3	9.0	33.56	1.9	24.0	44.9	3.6	2:08.59	128.59
2023BCWIN	LOSC	15-16	10.0	7.0	30.14	2.2	18.2	43.8	4.3	5.0	32.94	2.3	19.3	39.0	4.4	5.0	8.4	33.31	2.2	20.1	39.3	4.4	5.0	8.1	30.05	2.2	20.5	44.0	3.4	2:06.44	126.44
2023BCWIN	LOSC	15-16	9.0	7.0	30.51	2.3	17.8	40.2	4.2	4.5	32.57	2.2	20.4	40.0	4.2	4.5	8.2	32.55	2.2	20.4	40.3	4.5	4.5	8.3	31.34	2.1	21.7	44.2	3.5	2:06.97	126.97
2023BCWIN	LOSC	15-16	8.5	7.0	30.08	2.2	18.6	42.5	4.1	5.0	32.43	2.2	20.5	41.2	4.1	4.0	8.4	32.40	2.1	21.9	43.2	4.2	4.0	8.7	32.24	2.0	23.4	45.5	3.5	2:07.15	127.15
2023SBCSUM	LOSC	15-16	10.0	7.2	29.45	2.1	18.8	45.7	3.7	5.0	31.03	2.2	20.8	43.2	3.4	4.0	8.4	31.61	2.2	21.2	42.2	3.7	4.0	8.5	31.05	2.1	21.9	44.3	3.0	2:03.14	123.14
2023SBCSUM	LOSC	15-16	9.0	7.3	30.13	2.2	18.9	42.8	3.6	5.0	32.48	2.2	20.1	40.2	3.7	4.0	8.7	32.30	2.2	21.2	41.7	3.7	4.0	8.4	31.46	2.1	22.3	43.7	3.1	2:06.37	126.37
2023SBCSUM	LOSC	15-16	9.5	7.3	30.10	2.2	18.1	42.5	3.8	4.0	32.33	2.2	20.9	40.5	3.8	4.0	8.9	33.03	2.2	21.2	41.0	3.8	4.0	8.4	31.77	2.1	21.9	42.8	3.0	2:07.23	127.23
AVERAGE		9.3	7.1	30.07	2.2	18.4	42.9	3.9	4.8	8.4	32.30	2.2	20.3	40.7	3.9	4.3	8.5	32.53	2.2	21.0	41.3	4.0	4.3	8.4	31.32	2.1	21.9	44.1	3.3	2:06.22	126.22
2023BCWIN	KISU	13-14	9.5	7.0	29.49	2.1	19.3	46.3	4.1	4.5	31.52	2.1	21.3	44.3	4.7	4.0	8.4	33.37	2.0	22.6	43.2	4.3	4.0	8.8	33.77	2.0	22.6	42.2	3.9	2:08.15	128.15
2023BCWIN	KISU	13-14	11.0	6.9	30.19	2.0	19.2	47.2	4.4	5.0	33.04	2.0	22.5	44.5	4.5	4.5	8.4	34.12	1.9	23.9	45.2	4.7	4.5	8.7	33.22	1.9	23.9	46.7	4.1	2:10.57	130.57
2023BCWIN	NRST	13-14	10.0	7.1	29.33	2.0	20.3	49.5	3.8	4.5	32.51	2.0	23.1	45.0	4.2	4.5	8.7	34.90	1.9	23.9	43.0	4.6	4.5	9.2	34.86	1.9	23.9	43.7	4.0	2:11.60	131.60
2023SBCSUM	CDSC	13-14	11.0	7.3	30.55	2.2	17.7	41.7	3.8	6.0	33.60	2.3	19.4	37.5	3.8	5.5	8.9	33.08	2.3	19.6	39.0	3.8	5.5	8.5	30.91	1.9	23.0	46.8	2.7	2:08.14	128.14
2023SBCSUM	CDSC	13-14	9.5	7.6	30.90	2.3	17.6	40.0	3.6	4.0	33.55	2.3	20.0	38.0	3.9	3.5	9.2	33.27	2.2	21.5	41.0	3.7	4.0	8.8	32.99	2.0	22.6	42.2	3.1	2:10.71	130.71
2023SBCSUM	LOSC	13-14	9.0	7.2	29.98	2.1	19.8	46.0	3.9	5.0	33.65	2.1	21.4	41.7	4.0	5.0	9.3	34.29	2.0	22.1	41.0	3.7	4.0	9.0	33.35	2.0	23.4	42.5	3.0	2:11.27	131.27
AVERAGE		10.0	7.2	30.07	2.1	19.0	45.1	3.9	4.8	8.5	32.98	2.1	21.3	41.8	4.2	4.5	8.8	33.84	2.1	22.3	42.1	4.1	4.4	8.8	33.18	2.0	23.3	44.0	3.5	2:10.07	130.07

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



Swim BC - CompTrak Summary
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COMP	TEAM	SWIMMER
2023BCWIN	HYACK	TANCON, Tiffany
2023BCWIN	ISC	GRAND, Eva
2023BCWIN	SKSC	TONG, Rachel
2023SBCSUM	CDSC	SALDANA RIEBELING, Maria
2023SBCSUM	HYACK	TANCON, Tiffany
2023SBCSUM	HYACK	WILLIAMS, Abigail

WOMENS 400 FR LC			Start (15m)		Swim 1st 50			Turn (Average)			Clean Swim Values - 50-350m (Average)				Swim last 50				Finish		End Time		
			B-O (m)	T (sec)	Lap Split	DPS/50	SC/50	SR/50	5m in	B-O(m)	15 out	Lap Av	DPS (m/c)	SC/50	SR/50	Lap Split	DPS/50	SC/50	SR/50	5m (sec)	T (min/sec)	(sec)	
WORLD AVERAGE*			10.5	6.8	27.79	2.1	18.1	49.3	3.6	6.6	8.0	29.95	2.1	19.7	45.9	28.92	2.1	19.3	48.0	2.9	3:56.46	236.46	
CDN-SR RECORD**			9.0	6.8	27.76	2.0	19.4	50.2	3.4	5.5	8.0	29.85	2.1	20.8	47.3	29.22	2.0	21.3	48.5	3.0	3:56.08	236.08	
AGE CATEGORY																							
		170	11.0	7.5	30.84	2.2	17.7	42.7	4.6	6.3	9.1	34.90	2.1	20.5	40.2	34.44	2.1	23.4	39.8	4.3	4:35.15	275.15	
		170	10.0	7.3	30.96	2.1	19.0	43.8	4.4	4.3	9.2	35.12	2.1	22.0	40.8	35.69	2.0	24.6	39.7	4.0	4:36.79	276.79	
		170	11.5	7.1	31.17	2.2	17.8	41.7	4.3	4.5	9.3	35.15	2.2	21.2	39.3	35.43	2.1	23.8	39.5	4.0	4:37.25	277.29	
		170	9.5	7.4	30.38	2.0	20.3	46.5	3.9	3.9	9.2	33.99	2.1	22.5	42.3	33.08	2.1	24.2	42.3	3.2	4:28.30		
		170	10.5	7.9	31.57	2.2	18.0	41.7	3.9	6.2	9.3	34.59	2.0	21.4	41.4	34.94	1.9	26.3	42.0	3.3	4:33.71		
		170	9.5	7.3	30.77	2.6	15.8	35.3	4.0	4.8	9.1	35.00	2.4	18.8	34.7	34.90	2.4	21.1	34.0	3.7	4:35.80		
AVERAGE			10.3	7.4	30.9	2.2	18.1	41.9	4.2	5.0	9.2	34.8	2.1	21.1	39.8	34.7	2.1	23.9	39.6	3.8	9:09.00	276.41	
2023BCWIN	KCS	ANGOVE, Sienna	15-16	9.0	6.8	29.95	2.1	19.2	44.7	4.3	4.9	8.5	33.09	2.1	21.6	42.9	32.12	2.0	25.0	44.5	3.5	4:21.55	461.55
2023BCWIN	LOSC	STROJNOWSKA, Julia	15-16	10.0	6.9	30.04	2.2	17.9	42.3	4.4	5.1	8.5	33.39	2.3	19.8	39.1	33.01	2.2	22.7	39.5	4.0	4:23.80	463.80
2023BCWIN	PSW	FIRTH, Kailyn	15-16	10.5	7.2	31.83	2.8	14.1	31.7	4.4	4.9	8.4	33.85	2.7	16.5	31.3	32.06	2.8	18.1	32.5	3.7	4:28.79	468.79
2023SBCSUM	LOSC	STROJNOWSKA, Julia	15-16	10.0	7.5	29.97	2.1	18.8	45.0	3.6	4.7	9.1	33.77	2.1	21.2	40.4	33.83	2.1	23.4	38.8	3.0	4:26.36	
2023SBCSUM	KAJ	KEHLER, Ruby	15-16	8.0	7.6	31.28	1.8	22.9	48.8	3.9	4.1	9.3	34.06	1.8	25.7	48.3	32.45	1.7	30.0	52.7	3.0	4:29.69	
2023SBCSUM	LOSC	KO, Ashley	15-16	10.0	7.4	31.12	2.2	17.9	41.0	4.1	4.0	9.0	34.10	2.2	21.2	39.7	31.38	2.0	24.6	44.7	3.0	4:29.80	
AVERAGE			9.6	7.2	30.7	2.2	18.5	42.3	4.1	4.6	8.8	33.7	2.2	21.0	40.3	32.5	2.1	24.0	42.1	3.4	8:53.33	464.71	
2023BCWIN	WDSC	MYNOTT, Naomi	13-14																				
2023BCWIN	HYACK	TAGHAVI, Shayda	13-14																				
2023BCWIN	ISC	NAUS, Sailor	13-14																				
2023SBCSUM	CDSC	LIU, Emma	13-14	10.5	7.0	30.88	2.2	18.0	40.7	4.1	5.0	7.4	33.85	2.2	20.8	38.7	32.71	1.7	29.4	41.8	3.7	4:27.81	
2023SBCSUM	WDSC	MYNOTT, Naomi	13-14	8.0	7.5	30.48	2.1	19.7	43.7	3.8	4.9	8.9	34.11	2.1	21.3	40.4	33.75	2.1	23.8	40.2	3.1	4:29.22	
2023SBCSUM	ISC	NAUS, Sailor	13-14	9.0	7.6	31.04	2.2	18.9	42.2	3.8	3.8	9.2	34.77	2.2	21.0	38.2	33.71	2.2	22.7	38.0	3.2	4:34.43	
AVERAGE			4.6	3.7	15.4	1.1	9.4	21.1	2.0	2.3	4.3	17.1	1.1	10.5	19.6	16.7	1.0	12.7	20.0	1.7	4:30.49		

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



WOMENS 800 FR LC

Swim BC - CompTrak Summary
UPDATED JULY 28, 2023

COMP	TEAM	SWIMMER	AGE CATEGORY
2023BCWIN	SKSC	TONG, Rachel	170
2023BCWIN	UVIC	WARRINGTON, Mackenzie	170
2023BCWIN	KAJ	WIMAN, Kodi	170
2023SBCSUM	UBCT	DUMONT-BELANGER, Anna	170
2023SBCSUM	CDSC	SALDANA RIEBELING, Maria	170
2023SBCSUM	HYACK	TANCON, Tiffany	170

	Start (15m)		Swim 1st 50				Turn (Average)			Clean Swim Values (Average)				Swim last 50				Finish	End Time	End Time			
	B-O (m)	T (sec)	Lap Split	DPS/50	SC/50	SR/50	5m in	B-O(m)	15 out	Lap Av	DPS (m/c)	SC/50	SR (c/m)	Lap Split	DPS/50	SC/50	SR/50	5m (sec)	T (min/sec)	(sec)			
WORLD AVERAGE*	9.5	6.8	28.42	2.0	19.5	48.9	3.6	5.6	8.2	30.77	2.1	20.2	44.2	29.00	2.1	20.5	46.3	2.9	8:08.22	488.22			
CDN-SR RECORD**	9.0	7.0	29.11	1.9	21.3	52.2	3.7	5.0	8.3	31.51	2.0	21.9	46.7	29.70	1.9	22.3	49.3	3.0	8:20.02	500.02			
AVERAGE	11.5	7.3	32.21	2.1	17.9	42.5	4.6	4.9	9.2	36.25	2.0	22.0	40.0	36.07	2.0	22.3	40.5	4.1	9:35.78	575.78			
2023BCWIN	LOSC	STROJNOWSKA, Julia	15-16	10.0	7.1	29.45	2.2	17.7	45.0	4.3	4.8	8.8	33.92	2.3	19.4	38.1	31.50	2.3	19.1	41.0	3.4	8:55.85	535.85
2023BCWIN	SPART	SAUNDERS, Calli	15-16																				
2023BCWIN	UVPCS	HALLETT, Lucy	15-16																				
2023SBCSUM	LOSC	STROJNOWSKA, Julia	15-16	10.5	7.4	28.97	2.0	19.3	49.5	3.9	3.7	9.0	34.36	2.2	20.9	38.8	33.40	2.0	22.8	42.0	3.3	9:03.43	543.43
2023SBCSUM	UVPCS	HALLETT, Lucy	15-16	8.0	7.7	32.20	2.1	19.5	42.0	4.0	4.5	9.1	35.62	2.1	20.8	37.5	34.61	2.0	22.3	39.5	3.3	9:25.51	565.51
2023SBCSUM	PSW	FIRTH, Kailyn	15-16	7.5	6.8	31.28	2.6	16.0	34.0	4.1	6.0	9.1	35.73	2.6	16.3	30.2	34.34	2.7	15.9	30.0	3.3	9:25.84	565.84
AVERAGE	9.0	7.3	30.48	2.2	18.1	42.6	4.0	4.8	9.0	34.91	2.3	19.4	36.1	33.46	2.3	20.0	38.1	3.3	9:12.66	552.66			
2023BCWIN	WDSC	MYNOTT, Naomi	13-14																				
2023BCWIN	CDSC	LIU, Ziyun - EMMA	13-14																				
2023BCWIN	HYACK	TAGHAVI, Shayda	13-14																				
2023SBCSUM	CDSC	LIU, EMMA	13-14	9.0	7.2	31.29	2.3	17.4	39.0	3.9	4.4	8.7	34.84	2.3	19.6	35.6	32.27	2.0	22.5	44.0	3.3	9:11.37	551.37
2023SBCSUM	WDSC	MYNOTT, Naomi	13-14	11.0	7.6	30.41	2.1	18.1	45.0	3.8	5.4	9.2	34.93	2.1	20.4	38.6	33.45	2.2	20.0	40.5	3.3	9:12.90	552.90
2023SBCSUM	KISU	RUTTEN, Hannah	13-14																				
AVERAGE	10.0	7.4	30.85	2.2	17.7	42.0	3.9	4.9	9.0	34.89	2.2	20.0	37.1	32.86	2.1	21.3	42.3	3.3	9:12.14	552.14			

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