



Swim BC - CompTrak Summary
 UPDATED JULY 28, 2023

| COMP | TEAM | SWIMMER |
|------------|------|--------------------|
| 2023BCWIN | VKSC | LEPAGE, Alexanne |
| 2023BCWIN | LOSC | SCHROEDER, Katelyn |
| 2023BCWIN | KAJ | WIMAN, Kodi |
| 2023SBCSUM | LOSC | SCHROEDER, Katelyn |
| 2023SBCSUM | ISC | EDWARDS, Hana |
| 2023SBCSUM | VPSC | ZHANG, LILY |

| WOMENS 200 IM 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* | 12.8 | 6.4 | 27.55 | 1.8 | 19.5 | 55.0 | 3.2 | 11.5 | 8.5 | 31.78 | 1.9 | 20.0 | 48.9 | 3.5 | 8.1 | 9.9 | 36.77 | 1.3 | 21.2 | 40.7 | 3.9 | 7.8 | 8.5 | 30.33 | 2.0 | 20.7 | 48.4 | 3.2 | 2:06.43 | 126.43 | | | |
| CDN-SR RECORD** | 12.0 | 6.4 | 27.65 | 1.8 | 20.0 | 54.8 | 3.2 | 10.0 | 8.5 | 31.90 | 1.9 | 20.8 | 48.8 | 3.5 | 10.0 | 9.9 | 36.91 | 1.9 | 20.0 | 40.6 | 3.9 | 6.0 | 8.5 | 30.44 | 2.0 | 21.8 | 48.7 | 3.2 | 2:06.89 | 126.89 | | | |
| AGE CATEGORY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170 | 12.3 | 6.6 | 28.87 | 1.8 | 21.0 | 53.5 | 3.6 | 7.0 | 9.7 | 35.21 | 2.0 | 21.1 | 41.0 | 3.8 | 7.5 | 10.9 | 40.69 | 1.7 | 25.0 | 41.8 | 4.7 | 5.0 | 10.1 | 34.51 | 2.07 | 21.8 | 41.2 | 3.3 | 2:19.28 | 139.28 | | | |
| 170 | 12.5 | 7.1 | 29.67 | 1.8 | 20.5 | 51.5 | 3.7 | 9.0 | 9.3 | 35.15 | 2.4 | 17.3 | 37.2 | 5.2 | 7.0 | 10.7 | 43.45 | 1.9 | 22.2 | 33.5 | 4.9 | 5.5 | 9.8 | 34.07 | 2.20 | 20.2 | 39.5 | 3.7 | 2:22.34 | 142.34 | | | |
| 170 | 11.0 | 7.8 | 31.89 | 1.8 | 21.7 | 49.8 | 3.9 | 10.5 | 9.9 | 38.45 | 2.2 | 18.2 | 36.0 | 5.1 | 7.5 | 10.8 | 41.77 | 1.9 | 22.0 | 35.5 | 4.9 | 4.0 | 9.8 | 34.43 | 2.10 | 21.9 | 40.8 | 3.6 | 2:26.54 | 146.54 | | | |
| 170 | 12.0 | 7.1 | 29.58 | 1.8 | 21.1 | 52.0 | 3.4 | 10.0 | 8.9 | 33.66 | 2.4 | 16.7 | 35.8 | 4.0 | 7.0 | 11.3 | 42.27 | 1.8 | 23.9 | 37.2 | 4.2 | 5.5 | 9.4 | 34.05 | 2.03 | 21.9 | 40.8 | 3.1 | 2:19.56 | 139.56 | | | |
| 170 | 11.0 | 7.1 | 30.12 | 1.8 | 22.1 | 51.7 | 3.2 | 5.5 | 9.6 | 34.71 | 2.0 | 22.6 | 43.2 | 3.7 | 7.5 | 11.7 | 42.90 | 1.9 | 22.0 | 34.2 | 4.3 | 4.0 | 9.7 | 34.20 | 2.00 | 23.0 | 42.0 | 3.2 | 2:21.93 | 141.93 | | | |
| 170 | 10.5 | 7.0 | 29.66 | 1.6 | 24.7 | 59.3 | 3.6 | 5.5 | 9.5 | 36.53 | 1.8 | 24.3 | 42.3 | 4.0 | 6.0 | 11.5 | 43.51 | 1.5 | 30.0 | 44.0 | 4.7 | 4.0 | 9.1 | 32.23 | 1.90 | 24.2 | 45.0 | 2.3 | 2:21.93 | 141.93 | | | |
| AVERAGE | 11.5 | 7.1 | 29.97 | 1.8 | 21.8 | 53.0 | 3.6 | 7.9 | 9.5 | 35.62 | 2.1 | 20.0 | 39.3 | 4.3 | 7.1 | 11.2 | 42.43 | 1.8 | 24.2 | 37.7 | 4.6 | 4.7 | 9.7 | 33.92 | 2.1 | 22.2 | 41.6 | 3.2 | 2:21.93 | 283.86 | | | |
| 2023BCWIN | LOSC | KO, Ashley | 15-16 | 10.0 | 7.2 | 30.47 | 1.7 | 23.1 | 52.5 | 3.7 | 8.0 | 9.8 | 36.50 | 2.1 | 20.0 | 38.5 | 4.4 | 7.5 | 11.6 | 43.47 | 1.9 | 22.0 | 35.7 | 5.2 | 4.0 | 9.7 | 32.92 | 2.07 | 22.3 | 44.0 | 3.5 | 2:23.36 | 143.36 |
| 2023BCWIN | LOSC | FACK, Leliani | 15-16 | 10.0 | 7.0 | 29.41 | 1.8 | 22.6 | 53.8 | 3.6 | 4.5 | 10.0 | 36.31 | 2.1 | 21.3 | 38.8 | 4.3 | 7.0 | 12.2 | 45.52 | 1.7 | 24.8 | 38.3 | 5.5 | 4.0 | 9.3 | 32.38 | 2.00 | 23.0 | 46.8 | 3.7 | 2:23.62 | 143.62 |
| 2023BCWIN | VPSC | ZHANG, Ruitong-LILY | 15-16 | 10.5 | 7.0 | 29.84 | 1.7 | 23.2 | 55.8 | 3.6 | 6.5 | 9.6 | 37.13 | 2.0 | 21.8 | 39.7 | 4.7 | 7.5 | 11.6 | 44.35 | 1.4 | 29.7 | 46.0 | 5.1 | 4.0 | 9.3 | 32.94 | 2.07 | 22.3 | 44.0 | 3.6 | 2:24.26 | 144.26 |
| 2023SBCSUM | LOSC | FACK, Leliani | 15-16 | 10.0 | 7.2 | 29.26 | 1.8 | 22.2 | 53.8 | 3.4 | 5.0 | 10.4 | 37.20 | 2.0 | 22.1 | 38.7 | 3.7 | 6.0 | 11.9 | 43.35 | 1.9 | 23.2 | 35.0 | 4.5 | 5.0 | 8.7 | 30.68 | 2.00 | 22.5 | 47.3 | 2.9 | 2:20.49 | 140.29 |
| 2023SBCSUM | HYACK | KORBELY, Paige | 15-16 | 11.0 | 7.0 | 29.66 | 1.9 | 20.5 | 49.0 | 3.3 | 8.0 | 9.9 | 36.92 | 2.1 | 19.7 | 36.7 | 4.1 | 7.5 | 11.9 | 43.23 | 2.1 | 20.2 | 31.5 | 4.3 | 6.0 | 9.2 | 33.48 | 2.27 | 19.4 | 38.7 | 3.5 | 2:23.29 | 143.29 |
| 2023SBCSUM | KISU | DE MITRI, Kyah | 15-16 | 10.0 | 7.8 | 31.73 | 1.7 | 24.0 | 53.8 | 3.8 | 4.0 | 10.6 | 38.41 | 1.7 | 26.5 | 43.7 | 3.8 | 5.5 | 11.1 | 40.72 | 1.4 | 31.0 | 48.7 | 4.2 | 4.0 | 10.0 | 34.44 | 2.00 | 23.0 | 42.3 | 3.0 | 2:25.30 | 145.30 |
| AVERAGE | 10.3 | 7.2 | 30.06 | 1.8 | 22.6 | 53.1 | 3.6 | 6.0 | 10.1 | 37.08 | 2.0 | 21.9 | 39.3 | 4.1 | 6.8 | 11.7 | 43.44 | 1.8 | 25.1 | 39.2 | 4.8 | 4.5 | 9.4 | 32.81 | 2.1 | 22.1 | 43.9 | 3.4 | 2:23.39 | 286.71 | | | |
| 2023BCWIN | CDSC | LIU, Ziyun-EMMA | 13-14 | 10.0 | 7.1 | 30.84 | 1.7 | 23.1 | 51.7 | 3.5 | 7.0 | 9.8 | 36.32 | 2.3 | 18.7 | 35.3 | 4.3 | 7.5 | 12.1 | 44.37 | 1.9 | 22.4 | 34.7 | 5.0 | 5.5 | 8.9 | 32.33 | 2.23 | 19.9 | 40.2 | 3.6 | 2:23.86 | 143.86 |
| 2023BCWIN | WDSC | MYNOTT, Naomi | 13-14 | 9.0 | 7.4 | 31.08 | 1.8 | 23.2 | 51.0 | 3.8 | 5.0 | 10.1 | 37.61 | 2.2 | 20.5 | 35.2 | 4.3 | 6.5 | 12.4 | 45.17 | 1.7 | 26.1 | 38.7 | 5.0 | 5.0 | 9.4 | 33.45 | 2.13 | 21.1 | 41.7 | 3.7 | 2:27.31 | 147.31 |
| 2023BCWIN | KISU | GLYNES, Charlotte | 13-14 | 9.0 | 7.7 | 33.49 | 1.7 | 24.1 | 49.7 | 4.3 | 5.0 | 11.2 | 39.17 | 1.9 | 23.3 | 40.5 | 4.6 | 7.0 | 12.2 | 42.53 | 1.5 | 29.3 | 48.0 | 4.6 | 4.0 | 9.9 | 34.54 | 1.87 | 24.6 | 46.5 | 3.8 | 2:29.73 | 149.73 |
| 2023SBCSUM | CDSC | LIU, EMMA | 13-14 | 10.0 | 7.4 | 30.66 | 1.7 | 23.1 | 53.2 | 3.3 | 7.0 | 10.1 | 36.02 | 2.0 | 21.1 | 39.7 | 3.6 | 6.0 | 12.4 | 43.20 | 1.9 | 23.2 | 35.0 | 3.9 | 5.5 | 9.5 | 32.43 | 2.00 | 22.3 | 45.8 | 3.2 | 2:22.31 | 142.31 |
| 2023SBCSUM | WDSC | MYNOTT, Naomi | 13-14 | 11.0 | 7.5 | 30.24 | 1.7 | 22.9 | 55.2 | 3.3 | 6.5 | 9.7 | 36.38 | 2.1 | 20.7 | 37.3 | 3.6 | 6.5 | 12.8 | 45.56 | 1.5 | 29.0 | 42.3 | 4.5 | 5.0 | 9.8 | 33.10 | 2.13 | 21.1 | 42.2 | 3.2 | 2:25.28 | 145.28 |
| 2023SBCSUM | KISU | WINSER, Marlee | 13-14 | 10.5 | 7.5 | 31.89 | 1.6 | 24.2 | 53.5 | 3.5 | 6.0 | 10.9 | 40.29 | 1.9 | 23.6 | 38.7 | 4.2 | 6.0 | 11.7 | 42.88 | 1.7 | 26.4 | 41.2 | 4.7 | 5.0 | 9.6 | 33.13 | 1.87 | 24.1 | 47.5 | 3.3 | 2:28.19 | 148.19 |
| AVERAGE | 9.9 | 7.4 | 31.37 | 1.7 | 23.4 | 52.4 | 3.6 | 6.1 | 10.3 | 37.63 | 2.1 | 21.3 | 37.8 | 4.1 | 6.6 | 12.3 | 43.95 | 1.7 | 26.1 | 40.0 | 4.6 | 5.0 | 9.5 | 33.16 | 2.0 | 22.2 | 44.0 | 3.5 | 2:26.11 | 292.23 | | | |

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 400 IM LC

Swim BC - CompTrak Summary

UPDATED JULY 28, 2023

COMP TEAM SWIMMER

| | | |
|------------|-------|--------------------|
| 2023BCWIN | LOSC | SCHROEDER, Katelyn |
| 2023BCWIN | KISU | DOOLING, Paige |
| 2023BCWIN | HYACK | TANCON, Tiffany |
| 2023SBCSUM | LOSC | SCHROEDER, Katelyn |
| 2023SBCSUM | ISC | EDWARDS, Hana |
| 2023SBCSUM | KAJ | LEPAGE, Alexanne |

| | Start (15m) | | Turn Index 1 | | 100 Fly (Clean) | | | Turn Index 2 & 3 5m in + 15m out | | | 100 Back (Clean) | | | Turn Index 4 & 5 5m in + 15m out | | | 100 Breast (Clean) | | | Turn Index 6 & 7 5m in + 15m out | | | 100 Free (Clean) | | | Finish | End Time | End Time | | | | | | | |
|------------------------|-------------|----------------|--------------|---------|-----------------|---------|-------|-------------------------------------|--------|---------|------------------|---------|---------|-------------------------------------|-------|-------|--------------------|-------|---------|-------------------------------------|-------|-------|------------------|---------|-------|---------|----------|----------|-------|----------|-------------|--------|-----|---------|--------|
| | B-O (m) | T (sec) | Fly-Fly | B-O (m) | T (sec) | DPS (m) | SC/50 | SR/50 | Fly-BK | B-O (m) | BK-BK | T (sec) | DPS (m) | SC/50 | SR/50 | BK-BR | B-O (m) | BR-BR | T (sec) | DPS (m) | SC/50 | SR/50 | BR-FR | B-O (m) | FR-FR | T (sec) | DPS (m) | SC/50 | SR/50 | 5m (sec) | T (min/sec) | (sec) | | | |
| WORLD AVERAGE* | 11.8 | 6.9 | 12.6 | 7.4 | 61.68 | 1.9 | 21.5 | 49.8 | 13.0 | 7.2 | 12.7 | 68.42 | 2.1 | 19.6 | 40.6 | 14.1 | 7.2 | 14.8 | 77.67 | 1.9 | 23.5 | 38.4 | 13.0 | 4.9 | 11.9 | 62.39 | 2.2 | 20.8 | 43.7 | 3.1 | 4:30.15 | 270.15 | | | |
| CDN-SR RECORD** | 9.0 | 6.8 | 12.4 | 7.5 | 60.70 | 1.8 | 21.8 | 51.2 | 12.8 | 7.5 | 12.5 | 67.33 | 2.1 | 19.9 | 41.6 | 13.9 | 8.0 | 14.5 | 76.44 | 1.9 | 21.1 | 39.3 | 12.8 | 5.5 | 11.8 | 61.40 | 2.1 | 20.3 | 44.8 | 3.0 | 4:25.87 | 265.87 | | | |
| AVERAGE | 12.0 | 7.4 | 13.65 | 7.5 | 68.05 | 1.8 | 22.8 | 47.7 | 7.0 | 6.3 | 14.0 | 77.79 | 2.2 | 19.7 | 33.8 | 16.3 | 7.6 | 16.4 | 88.26 | 2.0 | 21.5 | 33.3 | 14.5 | 5.3 | 13.1 | 69.86 | 2.1 | 20.8 | 39.1 | 3.6 | 5:03.96 | 303.96 | | | |
| 2023BCWIN | KCS | ANGOVE, Sienna | 15-16 | 10.0 | 6.8 | 13.7 | 6.0 | 67.89 | 1.7 | 24.9 | 50.5 | 7.0 | 6.0 | 14.0 | 75.96 | 2.1 | 21.3 | 37.2 | 16.2 | 8.5 | 16.9 | 89.78 | 1.8 | 23.3 | 36.5 | 14.7 | 5.0 | 12.3 | 63.59 | 2.0 | 21.7 | 45.4 | 3.6 | 4:57.22 | 297.22 |
| 2023BCWIN | LOSC | KO, Ashley | 15-16 | 10.0 | 7.3 | 14.3 | 5.5 | 67.67 | 1.8 | 22.8 | 46.7 | 7.0 | 5.8 | 14.5 | 78.00 | 2.2 | 20.0 | 34.3 | 17.0 | 4.5 | 17.1 | 90.39 | 2.0 | 22.9 | 32.9 | 15.1 | 4.0 | 13.2 | 68.58 | 2.2 | 20.7 | 39.4 | 3.6 | 5:04.64 | 304.64 |
| 2023BCWIN | LOSC | LARSON, Macey | 15-16 | 10.0 | 7.3 | 14.7 | 5.5 | 70.34 | 1.7 | 24.5 | 48.3 | 7.0 | 4.0 | 14.7 | 81.04 | 2.1 | 22.4 | 34.8 | 16.6 | 7.3 | 16.1 | 84.16 | 2.0 | 21.1 | 35.7 | 14.8 | 4.0 | 13.8 | 70.74 | 2.1 | 21.7 | 39.6 | 4.1 | 5:06.28 | 306.28 |
| 2023SBCSUM | LOSC | KO, Ashley | 15-16 | 10.0 | 7.30 | 13.0 | 9.0 | 67.16 | 1.8 | 21.8 | 46.5 | 7.0 | 7.5 | 12.6 | 73.31 | 2.4 | 17.5 | 32.6 | 16.2 | 9.0 | 15.5 | 87.78 | 2.0 | 20.6 | 32.5 | 13.7 | 5.5 | 12.4 | 68.68 | 2.2 | 20.4 | 38.3 | 3.3 | 4:56.93 | 296.93 |
| 2023SBCSUM | WDSC | QJ, Kelly | 15-16 | 9.0 | 8.20 | 13.3 | 6.0 | 65.66 | 1.7 | 24.5 | 49.9 | 7.0 | 6.0 | 13.8 | 78.92 | 2.1 | 20.9 | 34.7 | 16.9 | 7.5 | 15.9 | 88.78 | 1.9 | 22.5 | 34.4 | 14.7 | 3.5 | 12.8 | 68.88 | 2.1 | 21.4 | 39.3 | 2.8 | 5:02.24 | 302.24 |
| 2023SBCSUM | LOSC | LARSON, Macey | 15-16 | 10.0 | 7.30 | 13.2 | 7.0 | 67.37 | 1.7 | 23.7 | 48.9 | 7.0 | 5.0 | 13.2 | 76.02 | 2.0 | 22.8 | 37.9 | 15.5 | 7.0 | 15.7 | 86.95 | 2.0 | 21.3 | 32.4 | 14.3 | 5.0 | 12.7 | 69.20 | 2.0 | 21.8 | 40.8 | 3.0 | 4:59.54 | 299.54 |
| AVERAGE | 10.8 | 7.6 | 13.96 | 6.1 | 68.64 | 1.6 | 26.3 | 53.2 | 7.0 | 5.1 | 14.7 | 80.44 | 2.0 | 22.7 | 36.4 | 16.6 | 6.7 | 16.8 | 90.50 | 1.8 | 23.8 | 35.2 | 14.8 | 4.8 | 13.4 | 69.75 | 2.0 | 23.1 | 43.3 | 3.8 | 5:09.32 | 309.32 | | | |

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