

Vaughan Aquatic Club - Top Times

RECORDS VAC RECORDS(LC)

LC Meters-Female

10 & U	50	Free	30.60	20-Apr-07	VAC	Kimberly Phan at Division 1 Team Championships
	100	Free	1:07.59	5-Jul-07	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials
	200	Free	2:31.86	5-Jul-07	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials
	400	Free	7:00.88	14-Jan-16	VAC	Sarah Jacobson at MAC Winter Invitational January 14-17, 2017
	50	Back	37.16	30-Jun-11	VAC	Alex Dell'Apa at 2011 LC Junior and PARA Provincials
	100	Back	1:20.21	30-Jun-11	VAC	Alex Dell'Apa at 2011 LC Junior and PARA Provincials
	200	Back	3:05.88	12-Jun-26	VAC	Kaitlynn Ho at 2026 Central Region Division 2 LC Champs
	50	Breast	43.00	30-Jan-20	VAC	Venus Kao at 2020 Central Region A Championships
	100	Breast	1:35.90	6-Apr-18	VAC	Mia Limanni at Mallards LC Challenge
	200	Breast	3:32.62	2-May-14	VAC	Sophia Nong at LC Spring Invitational
	50	Fly	36.60	4-May-07	VAC	Kimberly Phan at 2007 Hicken Invitational
	100	Fly	1:18.78	5-Jul-07	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials
	200	Fly	4:23.33	4-May-12	VAC	Samantha Rustja at LC Spring Invitational
	200	IM	2:49.39	5-Jul-07	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials
11-12	50	Free	28.37	1-May-09	VAC	Kimberly Phan at 2009 Hicken Invitational
	100	Free	1:02.52	1-May-09	VAC	Kimberly Phan at 2009 Hicken Invitational
	200	Free	2:20.56	15-Jul-09	VAC	Kimberly Phan at Championnats canadiens groupe
	400	Free	5:03.70	7-Jun-18	VAC	Sarah Jacobson at CR LC B Championships 2018
	800	Free	10:50.36	1-May-09	VAC	Kimberly Phan at 2009 Hicken Invitational
	50	Back	33.91	17-Apr-09	VAC	Kimberly Phan at Division2 Team Championships2009
	100	Back	1:13.81	24-Jun-04	VAC	Jennifer Trung at Ontario Junior Provincial Long Cours
	200	Back	2:38.84	7-Apr-22	VAC	Cayley Lee at 2022 Spring Forward Weekend - TPASC
	50	Breast	40.60	19-Jun-26	VAC	Ayaana Ramchandani at 2026 Central Region Division 1 LC Champs
	100	Breast	1:26.33	13-May-16	VAC	Annika Klausmann at 2016 Pan Am Invitational
	200	Breast	3:08.79	9-Jul-25	VAC	Ayaana Ramchandani at Ontario Swimming Championships
	50	Fly	33.36	2-May-08	VAC	Kimberly Phan at 2008 Hicken Invitational
	100	Fly	1:11.61	1-May-09	VAC	Kimberly Phan at 2009 Hicken Invitational
	200	Fly	2:42.66	3-Jul-08	VAC	Kimberly Phan at 2008 ON LC JR/SWAD Provincials
	200	IM	2:41.31	6-May-04	VAC	Jennifer Trung at 17th Annual Dr. Ralph Hicken Invitational
	400	IM	5:42.58	7-Apr-22	VAC	Cayley Lee at 2022 Spring Forward Weekend - TPASC
13-14	50	Free	28.38	1-Jul-10	VAC	Paige McLean at Junior Provincial Long Course Championships
	100	Free	1:01.88	1-Jul-10	VAC	Paige McLean at Junior Provincial Long Course Championships
	200	Free	2:14.94	30-Jan-20	VAC	Sarah Jacobson at 2020 Central Region A Championships
	400	Free	4:40.38	2-Mar-17	VAC	Kira Gupta-Baltazar at 2017 Spring LC Provincial Champs
	800	Free	9:45.18	2-Mar-17	VAC	Kira Gupta-Baltazar at 2017 Spring LC Provincial Champs
	50	Back	32.46	22-Apr-05	VAC	Jennifer Trung at Division2 Team Championships
	100	Back	1:11.46	7-Jul-05	VAC	Jennifer Trung at 2005 LC Jr. Provincials
	200	Back	2:32.98	2-Mar-23	VAC	Cayley Lee at 2023 Winter Ontario Swimming Champs
	50	Breast	39.06	28-May-05	VAC	Inna Grigoriev at Taking Up The Slack
	100	Breast	1:19.90	16-Jan-25	VAC	LiYing Tan at 2025 MAC Winter Invitational January 16-19
	200	Breast	2:58.80	16-Jan-25	VAC	LiYing Tan at 2025 MAC Winter Invitational January 16-19
	50	Fly	31.20	16-Jan-25	VAC	LiYing Tan at 2025 MAC Winter Invitational January 16-19
	100	Fly	1:07.50	13-May-16	VAC	Kira Gupta-Baltazar at 2016 Pan Am Invitational
	200	Fly	2:25.75	2-Mar-17	VAC	Kira Gupta-Baltazar at 2017 Spring LC Provincial Champs
	200	IM	2:33.13	3-Mar-16	VAC	Kira Gupta-Baltazar at 2016 Spring LC Provincial Champs
	400	IM	5:21.76	3-Mar-16	VAC	Kira Gupta-Baltazar at 2016 Spring LC Provincial Champs
15 & 0	50	Free	27.97	4-Jan-99	VAC	Lisa Dailly

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15 & 0	100	Free	1:01.72	5-Mar-20	VAC	Lucia Ussia at 2020 Winter Ontario Swimming Champs
	200	Free	2:11.39	15-Jun-23	VAC	Sarah Jacobson at 2023 Summer Ontario Youth-Junior Champs
	400	Free	4:38.09	15-Jun-23	VAC	Sarah Jacobson at 2023 Summer Ontario Youth-Junior Champs
	800	Free	9:39.14	29-Jun-17	VAC	Kira Gupta-Baltazar at 2017 Summer LC Provincial Champs
	1500	Free	18:43.00	25-Apr-13	VAC	Paige McLean at 2013 Hicken International Swim Cup
	50	Back	32.29	18-Apr-08	VAC	Alexandra Augello at Division 1 Team Championships
	100	Back	1:10.72	17-Apr-09	VAC	Alexandra Augello at Division2 Team Championships2009
	200	Back	2:33.91	1-May-15	VAC	Marcella Pennella at 2015 Hicken International Swim
	50	Breast	37.70	7-Apr-17	VAC	Megan Pearlman at Mallards LC Challenge
	100	Breast	1:14.89	28-Feb-19	VAC	Megan Pearlman at 2019 Spring Ontario Swimming Champs
	200	Breast	2:45.49	5-Mar-20	VAC	Megan Pearlman at 2020 Winter Ontario Swimming Champs
	50	Fly	29.90	15-Jul-09	VAC	Alexandra Augello at Championnats canadiens groupe
	100	Fly	1:05.77	2-Jul-09	VAC	Alexandra Augello at 2009 LC Junior and PARA Provincials
	200	Fly	2:22.78	20-Apr-17	VAC	Kira Gupta-Baltazar at 2017 Canadian Eastern Swimming Championships
	200	IM	2:31.29	7-Jun-18	VAC	Megan Pearlman at CR LC B Championships 2018
	400	IM	2:36.14	1-Jan-00	VAC	Kristina Di Biase at Best Of The Best - Long Course

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RECORDS VAC RECORDS(LC)

LC Meters-Male

10 & U	50	Free	32.95	7-Jul-05	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials
	100	Free	1:14.80	4-Jun-05	VAC	ZACHARY ZANDONA at 2005 Summerfest
	200	Free	2:36.51	7-Jul-05	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials
	400	Free	5:48.77	28-May-05	VAC	ZACHARY ZANDONA at Taking Up The Slack
	50	Back	40.36	4-Jun-05	VAC	ZACHARY ZANDONA at 2005 Summerfest
	100	Back	1:27.89	4-Jan-96	VAC	Robert Barron
	200	Back	2:59.46	6-May-05	VAC	ZACHARY ZANDONA at 2005 Dr. Ralph Hicken Invitational
	50	Breast	44.05	4-Jul-02	VAC	Daniele Agueci at 2002 Junior Provincial Champio
	100	Breast	1:33.46	4-Jul-02	VAC	Daniele Agueci at 2002 Junior Provincial Champio
	200	Breast	3:21.12	4-Jul-02	VAC	Daniele Agueci at 2002 Junior Provincial Champio
	50	Fly	39.88	7-Jun-12	VAC	John Ortakand at 2012 CRLC
	100	Fly	1:22.44	7-Jul-05	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials
	200	IM	2:54.62	7-Jul-05	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials
11-12	50	Free	27.92	6-Jan-99	VAC	Matteo Dipaolo
	100	Free	1:02.52	20-Apr-17	VAC	Richard Miao at MAC April Invitatioanl April 20-23,2017
	200	Free	2:18.92	26-May-17	VAC	Richard Miao at 2017 Pan Am Invitational
	400	Free	4:58.34	5-Jan-96	VAC	Stefano Caprara
	800	Free	10:32.55	8-Jun-17	VAC	Aryan Sood at CR LC B Championships 2017
	50	Back	35.36	6-Jul-06	VAC	ZACHARY ZANDONA at 2006 LC JR/SWAD Provincials
	100	Back	1:11.34	26-May-17	VAC	Richard Miao at 2017 Pan Am Invitational
	200	Back	2:41.74	6-Jul-06	VAC	ZACHARY ZANDONA at 2006 LC JR/SWAD Provincials
	50	Breast	38.71	27-Apr-12	VAC	Evan Rustja at 2012 Hicken Internation Swim Cup
	100	Breast	1:23.11	6-May-04	VAC	Daniele Agueci at 17th Annual Dr. Ralph Hicken Invitational
	200	Breast	2:57.81	24-Jun-04	VAC	Daniele Agueci at Ontario Junior Provincial Long Cours
	50	Fly	31.95	1-May-15	VAC	Jonathan Groisman at 2015 Hicken International Swim
	100	Fly	1:10.97	6-Jan-99	VAC	Matteo DiPaolo
	200	Fly	2:48.05	5-Jul-07	VAC	Menashe Rakhmimov at 2007 LC JR/SWAD Provincials
	200	IM	2:37.36	26-May-17	VAC	Richard Miao at 2017 Pan Am Invitational
	400	IM	5:53.46	1-Feb-18	VAC	Stefan Vlacic at 2018 Central Region A Championships
13-14	50	Free	25.57	4-Jan-98	VAC	Stefano Caprara
	100	Free	55.94	19-Jan-23	VAC	Emerson Tully at MAC Winter Invitational January 19-22,2023
	200	Free	2:04.79	4-Jan-98	VAC	Stefano Caprara
	400	Free	4:28.58	19-Jan-23	VAC	Emerson Tully at MAC Winter Invitational January 19-22,2023
	800	Free	9:02.01	12-Apr-18	VAC	Jordan McAuley at 2018 Speedo Eastern Canadian Championships
	1500	Free	17:30.64	12-Apr-18	VAC	Jordan McAuley at 2018 Speedo Eastern Canadian Championships
	50	Back	31.30	24-Apr-14	VAC	Carlos Lopez at 2014 Dr. Ralph Hicken International Swim Cup
	100	Back	1:02.61	4-Jan-98	VAC	Stefano Caprara
	200	Back	2:19.93	4-Jan-98	VAC	Stefano Caprara
	50	Breast	33.96	15-Jul-09	VAC	Anthony Tripone at Championnats canadiens groupe
	100	Breast	1:13.88	30-Jan-20	VAC	Caden Ma at 2020 Central Region A Championships
	200	Breast	2:39.02	1-May-15	VAC	Noah Rogozynski at 2015 Hicken International Swim
	50	Fly	28.70	12-Jan-17	VAC	Jonathan Groisman at MAC Winter Invitational January 12-15,2017
	100	Fly	1:02.26	29-Jun-17	VAC	Jonathan Groisman at 2017 Summer LC Provincial Champs
	200	Fly	2:24.74	29-Jun-17	VAC	Jonathan Groisman at 2017 Summer LC Provincial Champs
	200	IM	2:21.12	25-May-18	VAC	Jordan McAuley at Audi Midtown Toronto Pan Am Invitational
	400	IM	5:00.20	25-May-18	VAC	Jordan McAuley at Audi Midtown Toronto Pan Am Invitational
15 & O	50	Free	24.88	1-Aug-23	VAC	Emerson Tully at 2023 Speedo Canadian Swimming Championships

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RECORDS VAC RECORDS(LC)

15 & 0	100	Free	54.08	20-Apr-01	VAC	Stefano Caprara	at Division II Team Championship
	200	Free	1:59.66	26-Jun-03	VAC	FRANCESCO AGUECI	at Ontario SWAD/Jr. LC Provincials
	400	Free	4:16.64	26-Jun-03	VAC	FRANCESCO AGUECI	at Ontario SWAD/Jr. LC Provincials
	800	Free	8:50.91	12-Apr-18	VAC	Arturo Leguia	at 2018 Speedo Eastern Canadian Championships
	1500	Free	17:15.34	1-Mar-18	VAC	Arturo Leguia	at 2018 Ontario Spring Provincial Champs
	50	Back	27.73	8-Mar-00	VAGHN	Stefano Caprara	at 2000 SPRING NATIONALS
	100	Back	59.12	20-Apr-01	VAC	Stefano Caprara	at Division II Team Championship
	200	Back	2:10.68	19-Mar-02	VAC	Stefano Caprara	at 2002 COMMONWEALTH GAMES TRIALS
	50	Breast	32.36	28-May-26	VAC	Michael Tselichtchev	at MAC Spring Invitational May 28 - 31, 2026
	100	Breast	1:09.06	29-Apr-16	VAC	Max Hao	at Division I Team Championships
	200	Breast	2:30.70	20-Apr-17	VAC	Max Hao	at 2017 Canadian Eastern Swimming Championships
	50	Fly	25.82	1-Aug-23	VAC	Stefan Vlacic	at 2023 Speedo Canadian Swimming Championships
	100	Fly	57.12	1-Aug-23	VAC	Stefan Vlacic	at 2023 Speedo Canadian Swimming Championships
	200	Fly	2:14.70	15-Jun-23	VAC	Stefan Vlacic	at 2023 Summer Ontario Youth-Junior Champs
	200	IM	2:16.46	7-Jan-99	VAC	Stefano Caprara	
	400	IM	4:51.99	11-Jan-99	VAC	Steven Jacobson	