

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	3:08.15	30-Jan-20	VAC	Venus Kao at 2020 Central Region A Championships	
	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		42.08	2-May-08	VAC	Kimberly Phan at 2008 Hicken Invitational	
100 Breast		1:26.33	13-May-16	VAC	Annika Klausmann at 2016 Pan Am Invitational	
200 Breast		3:09.45	2-May-14	VAC	Casey Mull at LC Spring Invitational	
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	1:21.73	30-Jun-16	VAC	Megan Pearlman at 2016 Ontario Summer LC Provincial Champs	
	200 Breast	3:02.38	4-Jun-05	VAC	Jennifer Trung at 2005 Summerfest	
	50 Fly	31.61	17-Jun-22	VAC	Cayley Lee at 2022 Ontario Summer Festival Championships	
	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	2:12.33	9-Jun-11	VAC	Paige McLean at 2011 CRLC
	400 Free	4:42.19	29-Jun-17	VAC	Kira Gupta-Baltazar at 2017 Summer LC Provincial 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	24.89	8-Jun-01	VAC	Stefano Caprara at STAR KICK-OFF LONG COURSE ABC	

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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	32.70	30-Apr-10	VAC	Adamo Tersigni	at 2010 Hicken Invitational
	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	26.36	5-Aug-01	VAC	Stefano Caprara	at Nationals
	100 Fly	59.03	24-Jul-19	VAC	Jonathan Groisman	at 2019 Canadian Junior Championships
	200 Fly	2:15.09	14-Apr-00	VAC	CHRISTIAN CIANFRONE	at Div 11 Team Champion
	200 IM	2:16.46	7-Jan-99	VAC	Stefano Caprara	
	400 IM	4:51.99	11-Jan-99	VAC	Steven Jacobson	