

## Vaughan Aquatic Club - Top Times

### RECORDS VAC RECORDS(LC)

#### LC Meters-Female

10 & U	50 Free	30.60	<b>20-Apr-07</b>	VAC	Kimberly Phan at Division 1 Team Championships	
	100 Free	1:07.59	<b>5-Jul-07</b>	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials	
	200 Free	2:31.86	<b>5-Jul-07</b>	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials	
	400 Free	7:12.54	<b>3-May-13</b>	VAC	Lucy Zhao at GBI Spring Invitational	
	50 Back	37.16	<b>30-Jun-11</b>	VAC	Alexandra Dell'Apa at 2011 LC Junior and PARA Provincials	
	100 Back	1:20.21	<b>30-Jun-11</b>	VAC	Alexandra Dell'Apa at 2011 LC Junior and PARA Provincials	
	200 Back	3:08.15	<b>30-Jan-20</b>	VAC	Venus Kao at 2020 Central Region A Championships	
	50 Breast	43.00	<b>30-Jan-20</b>	VAC	Venus Kao at 2020 Central Region A Championships	
	100 Breast	1:35.90	<b>6-Apr-18</b>	VAC	Mia Limanni at Mallards LC Challenge	
	200 Breast	3:32.62	<b>2-May-14</b>	VAC	Sophia Nong at LC Spring Invitational	
	50 Fly	36.60	<b>4-May-07</b>	VAC	Kimberly Phan at 2007 Hicken Invitational	
	100 Fly	1:18.78	<b>5-Jul-07</b>	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials	
	200 IM	2:49.39	<b>5-Jul-07</b>	VAC	Kimberly Phan at 2007 LC JR/SWAD Provincials	
	11-12	50 Free	28.37	<b>1-May-09</b>	VAC	Kimberly Phan at 2009 Hicken Invitational
		100 Free	1:02.52	<b>1-May-09</b>	VAC	Kimberly Phan at 2009 Hicken Invitational
		200 Free	2:20.56	<b>15-Jul-09</b>	VAC	Kimberly Phan at Championnats canadiens groupe
400 Free		5:03.70	<b>7-Jun-18</b>	VAC	Sarah Jacobson at CR LC B Championships 2018	
800 Free		10:50.36	<b>1-May-09</b>	VAC	Kimberly Phan at 2009 Hicken Invitational	
50 Back		33.91	<b>17-Apr-09</b>	VAC	Kimberly Phan at Division2 Team Championships2009	
100 Back		1:13.81	<b>24-Jun-04</b>	VAC	Jennifer Trung at Ontario Junior Provincial Long Cours	
200 Back		2:39.18	<b>6-May-04</b>	VAC	Jennifer Trung at 17th Annual Dr. Ralph Hicken Invitational	
50 Breast		42.08	<b>2-May-08</b>	VAC	Kimberly Phan at 2008 Hicken Invitational	
100 Breast		1:26.33	<b>13-May-16</b>	VAC	Annika Klausmann at 2016 Pan Am Invitational	
200 Breast		3:09.45	<b>2-May-14</b>	VAC	Casey Mull at LC Spring Invitational	
50 Fly		33.36	<b>2-May-08</b>	VAC	Kimberly Phan at 2008 Hicken Invitational	
100 Fly		1:11.61	<b>1-May-09</b>	VAC	Kimberly Phan at 2009 Hicken Invitational	
200 Fly		2:42.66	<b>3-Jul-08</b>	VAC	Kimberly Phan at 2008 ON LC JR/SWAD Provincials	
200 IM		2:41.31	<b>6-May-04</b>	VAC	Jennifer Trung at 17th Annual Dr. Ralph Hicken Invitational	
400 IM		5:49.65	<b>24-Apr-14</b>	VAC	Kira Gupta-Baltazar at 2014 Dr. Ralph Hicken International Swim Cup	
13-14	50 Free	28.38	<b>1-Jul-10</b>	VAC	Paige McLean at Junior Provincial Long Course Championships	
	100 Free	1:01.88	<b>1-Jul-10</b>	VAC	Paige McLean at Junior Provincial Long Course Championships	
	200 Free	2:14.94	<b>30-Jan-20</b>	VAC	Sarah Jacobson at 2020 Central Region A Championships	
	400 Free	4:40.38	<b>2-Mar-17</b>	VAC	Kira Gupta-Baltazar at 2017 Spring LC Provincial Champs	
	800 Free	10:13.12	<b>30-Jan-20</b>	VAC	Sarah Jacobson at 2020 Central Region A Championships	
	50 Back	33.75	<b>15-Apr-11</b>	VAC	Emily Tran at Division 2 Team Champs 2011	
	100 Back	1:12.47	<b>24-Apr-14</b>	VAC	Marcella Pennella at 2014 Dr. Ralph Hicken International Swim Cup	
	200 Back	2:33.90	<b>5-May-06</b>	VAC	Cathy Phan at 2006 Dr. Ralph Hicken Invitational	
	50 Breast	39.06	<b>28-May-05</b>	VAC	Inna Grigoriev at Taking Up The Slack	
	100 Breast	1:21.73	<b>30-Jun-16</b>	VAC	Megan Pearlman at 2016 Ontario Summer LC Provincial Champs	
	200 Breast	2:54.66	<b>30-Jun-16</b>	VAC	Megan Pearlman at 2016 Ontario Summer LC Provincial Champs	
	50 Fly	31.77	<b>1-May-15</b>	VAC	Kira Gupta-Baltazar at 2015 Hicken International Swim	
	100 Fly	1:07.50	<b>13-May-16</b>	VAC	Kira Gupta-Baltazar at 2016 Pan Am Invitational	
	200 Fly	2:25.75	<b>2-Mar-17</b>	VAC	Kira Gupta-Baltazar at 2017 Spring LC Provincial Champs	
	200 IM	2:33.13	<b>3-Mar-16</b>	VAC	Kira Gupta-Baltazar at 2016 Spring LC Provincial Champs	
	400 IM	5:21.76	<b>3-Mar-16</b>	VAC	Kira Gupta-Baltazar at 2016 Spring LC Provincial Champs	
15 & 0	50 Free	27.97	<b>4-Jan-99</b>	VAC	Lisa Dailly	
	100 Free	1:01.72	<b>5-Mar-20</b>	VAC	Lucia Ussia at 2020 Winter Ontario Swimming Champs	

## Vaughan Aquatic Club - Top Times

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### RECORDS VAC RECORDS(LC)

15 & 0	200 Free	2:12.33	<b>9-Jun-11</b>	VAC	Paige McLean at 2011 CRLC
	400 Free	4:42.19	<b>29-Jun-17</b>	VAC	Kira Gupta-Baltazar at 2017 Summer LC Provincial Champs
	800 Free	9:39.14	<b>29-Jun-17</b>	VAC	Kira Gupta-Baltazar at 2017 Summer LC Provincial Champs
	1500 Free	18:43.00	<b>25-Apr-13</b>	VAC	Paige McLean at 2013 Hicken International Swim Cup
	50 Back	32.29	<b>18-Apr-08</b>	VAC	Alexandra Augello at Division 1 Team Championships
	100 Back	1:10.72	<b>17-Apr-09</b>	VAC	Alexandra Augello at Division2 Team Championships2009
	200 Back	2:33.91	<b>1-May-15</b>	VAC	Marcella Pennella at 2015 Hicken International Swim
	50 Breast	37.70	<b>7-Apr-17</b>	VAC	Megan Pearlman at Mallards LC Challenge
	100 Breast	1:21.06	<b>16-Apr-10</b>	VAC	Nicole Tripone at 2010 Division 1 Team Championships
	200 Breast	2:51.57	<b>9-Jun-11</b>	VAC	Paige McLean at 2011 CRLC
	50 Fly	29.90	<b>15-Jul-09</b>	VAC	Alexandra Augello at Championnats canadiens groupe
	100 Fly	1:05.77	<b>2-Jul-09</b>	VAC	Alexandra Augello at 2009 LC Junior and PARA Provincials
	200 Fly	2:22.78	<b>20-Apr-17</b>	VAC	Kira Gupta-Baltazar at 2017 Canadian Eastern Swimming Championships
	200 IM	2:33.73	<b>13-Jun-13</b>	VAC	Paige McLean at CRLC Regional Champs 2013
	400 IM	2:36.14	<b>1-Jan-00</b>	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	<b>7-Jul-05</b>	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials	
	100 Free	1:14.80	<b>4-Jun-05</b>	VAC	ZACHARY ZANDONA at 2005 Summerfest	
	200 Free	2:36.51	<b>7-Jul-05</b>	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials	
	400 Free	5:48.77	<b>28-May-05</b>	VAC	ZACHARY ZANDONA at Taking Up The Slack	
	50 Back	40.36	<b>4-Jun-05</b>	VAC	ZACHARY ZANDONA at 2005 Summerfest	
	100 Back	1:27.89	<b>4-Jan-96</b>	VAC	Robert Barron	
	200 Back	2:59.46	<b>6-May-05</b>	VAC	ZACHARY ZANDONA at 2005 Dr. Ralph Hicken Invitational	
	50 Breast	44.05	<b>4-Jul-02</b>	VAC	Daniele Agueci at 2002 Junior Provincial Champio	
	100 Breast	1:33.46	<b>4-Jul-02</b>	VAC	Daniele Agueci at 2002 Junior Provincial Champio	
	200 Breast	3:21.12	<b>4-Jul-02</b>	VAC	Daniele Agueci at 2002 Junior Provincial Champio	
	50 Fly	39.88	<b>7-Jun-12</b>	VAC	John Ortakand at 2012 CRLC	
	100 Fly	1:22.44	<b>7-Jul-05</b>	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials	
	200 IM	2:54.62	<b>7-Jul-05</b>	VAC	ZACHARY ZANDONA at 2005 LC Jr. Provincials	
	11-12	50 Free	27.92	<b>6-Jan-99</b>	VAC	Matteo Dipaolo
		100 Free	1:02.52	<b>20-Apr-17</b>	VAC	Richard Miao at MAC April Invitatioanl April 20-23,2017
		200 Free	2:18.92	<b>26-May-17</b>	VAC	Richard Miao at 2017 Pan Am Invitational
		400 Free	4:58.34	<b>5-Jan-96</b>	VAC	Stefano Caprara
800 Free		11:03.42	<b>31-Jan-19</b>	VAC	Jackson Kelly at 2019 Central Region A Championships	
50 Back		35.36	<b>6-Jul-06</b>	VAC	ZACHARY ZANDONA at 2006 LC JR/SWAD Provincials	
100 Back		1:11.34	<b>26-May-17</b>	VAC	Richard Miao at 2017 Pan Am Invitational	
200 Back		2:41.74	<b>6-Jul-06</b>	VAC	ZACHARY ZANDONA at 2006 LC JR/SWAD Provincials	
50 Breast		38.71	<b>27-Apr-12</b>	VAC	Evan Rustja at 2012 Hicken Internation Swim Cup	
100 Breast		1:23.11	<b>6-May-04</b>	VAC	Daniele Agueci at 17th Annual Dr. Ralph Hicken Invitational	
200 Breast		2:57.81	<b>24-Jun-04</b>	VAC	Daniele Agueci at Ontario Junior Provincial Long Cours	
50 Fly		31.95	<b>1-May-15</b>	VAC	Jonathan Groisman at 2015 Hicken International Swim	
100 Fly		1:10.97	<b>6-Jan-99</b>	VAC	Matteo DiPaolo	
200 Fly		2:48.05	<b>5-Jul-07</b>	VAC	Menashe Rakhmimov at 2007 LC JR/SWAD Provincials	
200 IM		2:37.36	<b>26-May-17</b>	VAC	Richard Miao at 2017 Pan Am Invitational	
400 IM		5:53.46	<b>1-Feb-18</b>	VAC	Stefan Vlacic at 2018 Central Region A Championships	
13-14		50 Free	25.57	<b>4-Jan-98</b>	VAC	Stefano Caprara
	100 Free	56.54	<b>4-Jan-98</b>	VAC	Stefano Caprara	
	200 Free	2:04.79	<b>4-Jan-98</b>	VAC	Stefano Caprara	
	400 Free	4:34.33	<b>5-Jan-97</b>	VAC	Christian Cianfrone	
	800 Free	9:02.01	<b>12-Apr-18</b>	VAC	Jordan McAuley at 2018 Speedo Eastern Canadian Championships	
	1500 Free	11:00.32	<b>6-Jan-99</b>	VAC	Keith Thomson	
	50 Back	31.30	<b>24-Apr-14</b>	VAC	Carlos Lopez at 2014 Dr. Ralph Hicken International Swim Cup	
	100 Back	1:02.61	<b>4-Jan-98</b>	VAC	Stefano Caprara	
	200 Back	2:19.93	<b>4-Jan-98</b>	VAC	Stefano Caprara	
	50 Breast	33.96	<b>15-Jul-09</b>	VAC	Anthony Tripone at Championnats canadiens groupe	
	100 Breast	1:13.88	<b>30-Jan-20</b>	VAC	Caden Ma at 2020 Central Region A Championships	
	200 Breast	2:39.02	<b>1-May-15</b>	VAC	Noah Rogozynski at 2015 Hicken International Swim	
	50 Fly	28.70	<b>12-Jan-17</b>	VAC	Jonathan Groisman at MAC Winter Invitational January 12-15,2017	
	100 Fly	1:02.26	<b>29-Jun-17</b>	VAC	Jonathan Groisman at 2017 Summer LC Provincial Champs	
	200 Fly	2:24.74	<b>29-Jun-17</b>	VAC	Jonathan Groisman at 2017 Summer LC Provincial Champs	
	200 IM	2:23.65	<b>4-Jan-98</b>	VAC	Stefano Caprara	
	400 IM	5:08.91	<b>4-Jan-97</b>	VAC	Christian Cianfrone	
15 & O	50 Free	24.89	<b>8-Jun-01</b>	VAC	Stefano Caprara at STAR KICK-OFF LONG COURSE ABC	

## Vaughan Aquatic Club - Top Times

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### RECORDS VAC RECORDS(LC)

15 & 0	100 Free	54.08	<b>20-Apr-01</b>	VAC	Stefano Caprara at Division II Team Championship
	200 Free	1:59.66	<b>26-Jun-03</b>	VAC	FRANCESCO AGUECI at Ontario SWAD/Jr. LC Provincials
	400 Free	4:16.64	<b>26-Jun-03</b>	VAC	FRANCESCO AGUECI at Ontario SWAD/Jr. LC Provincials
	800 Free	8:50.91	<b>12-Apr-18</b>	VAC	Arturo Leguia at 2018 Speedo Eastern Canadian Championships
	1500 Free	17:17.88	<b>29-Jun-17</b>	VAC	Arturo Leguia at 2017 Summer LC Provincial Champs
	50 Back	27.73	<b>8-Mar-00</b>	VAGHN	Stefano Caprara at 2000 SPRING NATIONALS
	100 Back	59.12	<b>20-Apr-01</b>	VAC	Stefano Caprara at Division II Team Championship
	200 Back	2:10.68	<b>19-Mar-02</b>	VAC	Stefano Caprara at 2002 COMMONWEALTH GAMES TRIALS
	50 Breast	32.70	<b>30-Apr-10</b>	VAC	Adamo Tersigni at 2010 Hicken Invitational
	100 Breast	1:09.06	<b>29-Apr-16</b>	VAC	Max Hao at Division I Team Championships
	200 Breast	2:30.70	<b>20-Apr-17</b>	VAC	Max Hao at 2017 Canadian Eastern Swimming Championships
	50 Fly	26.36	<b>5-Aug-01</b>	VAC	Stefano Caprara at Nationals
	100 Fly	59.50	<b>20-Apr-01</b>	VAC	Stefano Caprara at Division II Team Championship
	200 Fly	2:15.09	<b>14-Apr-00</b>	VAC	CHRISTIAN CIANFRONE at Div 11 Team Champion
	200 IM	2:16.46	<b>7-Jan-99</b>	VAC	Stefano Caprara
	400 IM	4:51.99	<b>11-Jan-99</b>	VAC	Steven Jacobson