

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 25 Free/libre

#### Female - 30 to 34

1 Colleen Prawdzik 32 MMAC :18.38  
**Female - 40 to 44**

1 Jackie Collett 44 MMAC :23.33

#### Female - 50 to 54

1 Denyse Lambert 53 AM :22.51

#### Female - 65 to 69

1 Vicki Kennedy 68 BM :26.57

### 50 Free/libre

#### Female - under age

1 Emma McKenzie 18 AM :33.55  
 2 Freya Perron 18 AM :37.23  
 3 Kate Robertson 17 MCPSA 1:14.37

#### Female - 20 to 24

1 Julianne Toogood 21 MMAC :27.77

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC :33.17  
 2 Gillian Hayles 25 MMAC :34.95  
 3 Natalie Gerbrandt 29 MIDCN :36.15

#### Female - 30 to 34

1 Trisha Demetriooff 32 MMAC :36.06  
 2 Colleen Prawdzik 32 MMAC :41.80  
 3 Kim Witges 34 MMAC :43.31  
 4 Kimberly Palmer 33 MCPSA 1:23.99

#### Female - 35 to 39

1 Shannon Adam 39 MIDCN :32.81  
 2 Kim McKurmick 37 MMAC :38.62

#### Female - 40 to 44

1 Laura Gallaher 44 AM :33.54  
 2 Sarah Read 43 BBSC :38.63  
 3 Karen Goulding 43 AM :41.99  
 4 Heather Grasby 42 MMAC :43.96

#### Female - 45 to 49

1 Cheryl Goldhawk 45 MMAC :30.80  
 2 Sheila Sapirstein 48 MMAC :37.77  
 3 Maureen Krauss 46 MMAC :49.09  
 4 Mary Kirkwood 45 BM :49.10

#### Female - 50 to 54

1 Carolyn Smith 54 MIDCN :39.87  
 2 Denyse Lambert 53 AM :52.07

#### Female - 55 to 59

1 Penny Kelly 55 MIDCN :35.73  
 2 Wenda Dickens 58 MIDCN :36.20  
 3 Colleen Metge 56 MIDCN :47.13

#### Female - 60 to 64

1 Lesley Clark 62 AM :39.63

#### Female - 65 to 69

1 Nancelyn Ross 68 MMAC :46.63  
 2 Vicki Kennedy 68 BM 1:01.45

### 100 Free/libre

#### Female - under age

1 Kate Robertson 17 MCPSA 2:52.65

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC 1:16.15  
 2 Gillian Hayles 25 MMAC 1:20.59  
 3 Natalie Gerbrandt 29 MIDCN 1:27.56

#### Female - 30 to 34

1 Kim Witges 34 MMAC 1:36.84  
 2 Mary Montgomery 33 BM 1:42.61  
 3 Kimberly Palmer 33 MCPSA 2:59.59

#### Female - 35 to 39

1 Shannon Adam 39 MIDCN 1:13.98  
 2 Kim McKurmick 37 MMAC 1:36.16

#### Female - 40 to 44

1 Ruth Horne 43 MMAC 1:10.71  
 2 Sarah Read 43 BBSC 1:35.67  
 3 Karen Goulding 43 AM 1:40.10  
 4 Heather Grasby 42 MMAC 1:46.37

#### Female - 45 to 49

1 Maureen Krauss 46 MMAC 1:54.73

#### Female - 50 to 54

1 Alana McKenzie 53 AM 1:47.03

#### Female - 60 to 64

1 Lesley Clark 62 AM 1:31.68

### 200 Free/libre

#### Female - under age

1 Kate Robertson 17 MCPSA 6:02.27

#### Female - 20 to 24

1 Julianne Toogood 21 MMAC 2:15.62

#### Female - 25 to 29

1 Natalie Gerbrandt 29 MIDCN 3:10.73

#### Female - 30 to 34

1 Mary Montgomery 33 BM 3:39.43

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 200 Free/libre

#### Female - 40 to 44

1 Ruth Horne 43 MMAC 3:13.79

#### Female - 45 to 49

1 Cheryl Goldhawk 45 MMAC 2:31.16  
2 Mary Kirkwood 45 BM 4:10.67

#### Female - 55 to 59

1 Wenda Dickens 58 MIDCN 2:58.24

#### Female - 60 to 64

1 Laurie Howland 64 BM 3:40.99

#### Female - 65 to 69

1 Nancelyn Ross 68 MMAC 3:42.05

### 400 Free/libre

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC 6:15.06  
2 Natalie Gerbrandt 29 MIDCN 6:37.93

#### Female - 30 to 34

1 Kim Witges 34 MMAC 7:09.63

#### Female - 35 to 39

1 Kim McKurmick 37 MMAC 7:43.43

#### Female - 40 to 44

1 Ruth Horne 43 MMAC 5:20.63  
2 Heather Grasby 42 MMAC 8:39.87

#### Female - 60 to 64

1 Laurie Howland 64 BM 7:39.70

### 25 Back/dos

#### Female - 30 to 34

1 Colleen Prawdzik 32 MMAC :21.14

#### Female - 45 to 49

1 Maureen Krauss 46 MMAC :28.26

#### Female - 65 to 69

1 Vicki Kennedy 68 BM :33.88

### 50 Back/dos

#### Female - under age

1 Emma McKenzie 18 AM :42.54  
2 Freya Perron 18 AM :43.08  
3 Kate Robertson 17 MCPSA 1:24.27

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC :39.52

### Female - 30 to 34

1 Trisha Demetriooff 32 MMAC :41.44  
2 Kimberly Palmer 33 MCPSA 1:53.25

### Female - 40 to 44

1 Karen Goulding 43 AM :50.62

### Female - 50 to 54

Alana McKenzie 53 AM 1:17.94  
DSQ

### Female - 55 to 59

1 Penny Kelly 55 MIDCN :42.73  
2 Francie Palmer 57 MIDCN :43.77  
3 Colleen Metge 56 MIDCN 1:02.62

### Female - 65 to 69

1 Nancelyn Ross 68 MMAC :55.05

### 100 Back/dos

#### Female - 20 to 24

1 Julianne Toogood 21 MMAC 1:09.71

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC 1:27.57

#### Female - 30 to 34

1 Trisha Demetriooff 32 MMAC 1:29.45  
2 Mary Montgomery 33 BM 2:02.62

#### Female - 40 to 44

1 Laura Gallaher 44 AM 1:26.31

#### Female - 45 to 49

1 Sheila Sapirstein 48 MMAC 1:41.61

### 200 Back/dos

#### Female - 25 to 29

1 Leila Mostaco-Guidolin 25 MMAC 3:03.81

### 25 Breast/brasse

#### Female - 40 to 44

1 Sarah Read 43 BBSC :21.76

#### Female - 50 to 54

1 Denyse Lambert 53 AM :25.39

#### Female - 65 to 69

1 Vicki Kennedy 68 BM :30.31

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 50 Breast/brasse

#### Female - under age

Freya Perron 18 AM :47.73  
DSQ

#### Female - 20 to 24

1 Catherine Mitchell 23 MMAC :55.33

#### Female - 30 to 34

1 Trisha Demetriooff 32 MMAC :44.30  
2 Mary Montgomery 33 BM :57.96  
3 Kimberly Palmer 33 MCPSA 1:36.88

#### Female - 40 to 44

1 Laura Gallaher 44 AM :45.09  
2 Sarah Read 43 BBSC :47.99  
3 Karen Goulding 43 AM :50.29  
Heather Grasby 42 MMAC :51.63  
DSQ

#### Female - 45 to 49

Maureen Krauss 46 MMAC 1:00.80  
DSQ  
Mary Kirkwood 45 BM 1:14.02  
DSQ

#### Female - 50 to 54

1 Leah Barnlund 51 MIDCN :46.27  
2 Sally McGillivray 51 AM :48.75  
3 Alana McKenzie 53 AM :55.26  
4 Denyse Lambert 53 AM :55.42

#### Female - 55 to 59

1 Francie Palmer 57 MIDCN :49.91  
2 Wenda Dickens 58 MIDCN :50.63

#### Female - 60 to 64

1 Lesley Clark 62 AM :54.03

#### Female - 65 to 69

1 Vicki Kennedy 68 BM 1:07.34

#### Female - 70 to 74

1 Charlotte Thomas 71 WM 1:03.70

### 100 Breast/brasse

#### Female - 30 to 34

1 Trisha Demetriooff 32 MMAC 1:36.08

#### Female - 40 to 44

1 Sarah Read 43 BBSC 1:45.64  
2 Heather Grasby 42 MMAC 1:58.49

#### Female - 50 to 54

1 Sally McGillivray 51 AM 1:46.05

#### Female - 70 to 74

1 Charlotte Thomas 71 WM 2:22.17

### 200 Breast/brasse

#### Female - 20 to 24

1 Catherine Mitchell 23 MMAC 3:59.53

#### Female - 40 to 44

1 Ruth Horne 43 MMAC 3:13.79

#### Female - 50 to 54

1 Alana McKenzie 53 AM 4:17.00

### 25 Fly/pap

#### Female - 25 to 29

1 Gillian Hayles 25 MMAC :17.02

#### Female - 30 to 34

1 Kim Witges 34 MMAC :23.47

#### Female - 50 to 54

1 Lesly Andrews 52 MMAC :22.67

### 50 Fly/pap

#### Female - under age

1 Freya Perron 18 AM :44.09

#### Female - 40 to 44

1 Ruth Horne 43 MMAC :32.94

#### Female - 45 to 49

1 Cheryl Goldhawk 45 MMAC :35.68

#### Female - 50 to 54

1 Leah Barnlund 51 MIDCN :44.47  
2 Lesly Andrews 52 MMAC :53.43

### 100 Fly/pap

#### Female - 20 to 24

1 Catherine Mitchell 23 MMAC 1:43.55

#### Female - 40 to 44

1 Ruth Horne 43 MMAC 1:15.19

### 100 IM/QNI

#### Female - under age

1 Emma McKenzie 18 AM 1:28.46

#### Female - 25 to 29

1 Gillian Hayles 25 MMAC 1:30.03

#### Female - 30 to 34

1 Kim Witges 34 MMAC 1:50.89

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 100 IM/QNI

#### Female - 35 to 39

1 Shannon Adam 39 MIDCN 1:24.72

#### Female - 40 to 44

1 Laura Gallaher 44 AM 1:25.23

#### Female - 45 to 49

1 Sheila Sapirstein 48 MMAC 1:30.98  
2 Mary Kirkwood 45 BM 2:36.06

#### Female - 50 to 54

1 Lesly Andrews 52 MMAC 1:58.34

#### Female - 55 to 59

1 Colleen Metge 56 MIDCN 2:06.45

#### Female - 60 to 64

1 Lesley Clark 62 AM 1:49.44  
2 Laurie Howland 64 BM 2:02.49

### 200 IM/QNI

#### Female - 50 to 54

1 Lesly Andrews 52 MMAC 4:20.59

#### 25 Free/libre

#### Male - 50 to 54

1 Clayton Case 51 MMAC :16.09  
2 Ken Czernicki 54 MMAC :16.99

#### Male - 65 to 69

1 Malcolm MacKinney 69 BBSC :18.43

#### Male - 75 to 79

1 Joe Furman 76 MMSC :35.46

#### 50 Free/libre

#### Male - under age

1 Cameron MacDonald 16 MCPSA 2:03.04

#### Male - 35 to 39

1 Michael Astill 36 MIDCN :34.39  
2 Chad Wiebe 38 MIDCN :35.77

#### Male - 40 to 44

1 George Dyker 42 AM :27.91  
2 Richard Peters 44 MIDCN :29.35  
3 Derek Inglis 40 MIDCN :37.87

#### Male - 45 to 49

1 Doug Robinson 48 MMAC :31.44  
2 Jason Carter 49 MMAC :34.31  
3 Tom Lynch 46 MIDCN :35.75

### Male - 50 to 54

1 Alan Einarson 51 AM :27.38  
2 Mark Ahrens-Townsend 50 AM :33.49  
3 Neil Ferguson 51 MMAC :33.83  
4 Clayton Case 51 MMAC :36.95  
5 Ken Czernicki 54 MMAC :37.68  
6 Terry Kulchycki 52 MIDCN :52.51

### Male - 60 to 64

1 Bob Groff 62 MIDCN :36.53  
2 Hugh Brown 64 MMAC :40.69

### Male - 70 to 74

1 Merv Cavers 71 MIDCN :45.96

### Male - 80 to 84

1 Fred Stock 80 MMAC 1:04.97

### 100 Free/libre

#### Male - 25 to 29

1 Keith Morin 25 BBSC 1:05.70

#### Male - 35 to 39

1 Mike Chambers 37 MMAC 1:01.93

#### Male - 40 to 44

1 George Dyker 42 AM 1:03.67  
2 Richard Peters 44 MIDCN 1:07.83

#### Male - 45 to 49

1 Jason Carter 49 MMAC 1:18.26

#### Male - 50 to 54

1 Alan Einarson 51 AM 1:03.86  
2 Glenn Davis 51 MMAC 1:09.52  
3 Doug Fyfe 50 MMAC 1:14.86  
4 Ben VanDenBosch 51 MMAC 1:16.51  
5 Neil Ferguson 51 MMAC 1:22.73  
6 Clayton Case 51 MMAC 1:28.07

#### Male - 55 to 59

1 Paul Boulding 57 BM 1:12.63

#### Male - 80 to 84

1 Fred Stock 80 MMAC 2:36.06

### 200 Free/libre

#### Male - 25 to 29

1 Keith Morin 25 BBSC 2:20.11

#### Male - 45 to 49

1 Jason Carter 49 MMAC 3:00.57

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 200 Free/libre

#### Male - 50 to 54

1 Glenn Davis	51 MMAC	2:39.32
2 Doug Fyfe	50 MMAC	2:46.49

#### Male - 60 to 64

1 Roy Eldridge	61 UNATT	2:59.63
2 Hugh Brown	64 MMAC	3:58.09

### 400 Free/libre

#### Male - 35 to 39

1 Tim Pasma	39 MMAC	6:02.03
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#### Male - 50 to 54

1 Ben VanDenBosch	51 MMAC	5:56.55
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### 25 Back/dos

#### Male - 75 to 79

1 Joe Furman	76 MMSC	:40.45
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### 50 Back/dos

#### Male - under age

1 Cameron MacDonald	16 MCPSA	1:28.93
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#### Male - 35 to 39

1 Michael Astill	36 MIDCN	:43.33
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#### Male - 40 to 44

1 George Dyker	42 AM	:34.06
2 Derek Inglis	40 MIDCN	:49.99

#### Male - 50 to 54

1 Alan Einarson	51 AM	:38.51
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#### Male - 60 to 64

1 Roy Eldridge	61 UNATT	:43.38
2 Bob Groff	62 MIDCN	:43.63
3 Hugh Brown	64 MMAC	1:00.27

#### Male - 80 to 84

1 Fred Stock	80 MMAC	1:20.44
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### 100 Back/dos

#### Male - under age

1 Cameron MacDonald	16 MCPSA	3:11.14
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#### Male - 60 to 64

1 Roy Eldridge	61 UNATT	1:39.31
2 Bob Groff	62 MIDCN	1:40.26

#### Male - 80 to 84

1 Fred Stock	80 MMAC	3:11.44
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### 200 Back/dos

#### Male - 55 to 59

1 Paul Boulding	57 BM	3:17.69
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#### Male - 70 to 74

1 Grant Cosby	71 MMAC	4:22.91
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### 25 Breast/brasse

#### Male - 50 to 54

1 Ken Czernicki	54 MMAC	:19.37
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#### Male - 55 to 59

1 Paul Boulding	57 BM	:16.41
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#### Male - 65 to 69

1 Malcolm MacKinney	69 BBSC	:23.13
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#### Male - 75 to 79

1 Joe Furman	76 MMSC	:41.24
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### 50 Breast/brasse

#### Male - under age

1 Cameron MacDonald	16 MCPSA	1:22.27
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#### Male - 35 to 39

1 Chad Wiebe	38 MIDCN	:45.23
2 Michael Astill	36 MIDCN	:48.29

#### Male - 40 to 44

1 George Dyker	42 AM	:34.94
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#### Male - 45 to 49

1 Jason Carter	49 MMAC	:43.67
2 Doug Robinson	48 MMAC	:46.43

#### Male - 50 to 54

1 Alan Einarson	51 AM	:39.90
2 Neil Ferguson	51 MMAC	:42.23
3 Terry Kulchycki	52 MIDCN	:51.49

#### Male - 55 to 59

1 Paul Boulding	57 BM	:37.08
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#### Male - 60 to 64

1 Bob Groff	62 MIDCN	:49.42
2 Hugh Brown	64 MMAC	:50.16

#### Male - 65 to 69

1 Malcolm MacKinney	69 BBSC	:51.45
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#### Male - 70 to 74

1 Grant Cosby	71 MMAC	1:00.00
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# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

<b>50 Breast/brasse</b>			<b>Male - 50 to 54</b>		
<b>Male - 75 to 79</b>			1 Alan Einarson	51 AM	:29.96
1 Joe Furman	76 MMSC	1:25.76	2 Glenn Davis	51 MMAC	:33.43
<b>100 Breast/brasse</b>			<b>Male - 70 to 74</b>		
<b>Male - 35 to 39</b>			1 Grant Cosby	71 MMAC	:55.25
1 Chad Wiebe	38 MIDCN	1:45.40	<b>100 Fly/pap</b>		
<b>Male - 50 to 54</b>			<b>Male - 25 to 29</b>		
1 Ben VanDenBosch	51 MMAC	1:34.11	1 Keith Morin	25 BBSC	1:20.08
2 Neil Ferguson	51 MMAC	1:38.55	<b>Male - 50 to 54</b>		
<b>Male - 75 to 79</b>			1 Glenn Davis	51 MMAC	1:12.05
1 Joe Furman	76 MMSC	3:27.96	2 Ben VanDenBosch	51 MMAC	1:32.27
<b>200 Breast/brasse</b>			<b>100 IM/QNI</b>		
<b>Male - 40 to 44</b>			<b>Male - 25 to 29</b>		
1 Derek Inglis	40 MIDCN	3:39.58	1 Keith Morin	25 BBSC	1:16.86
<b>Male - 50 to 54</b>			<b>Male - 35 to 39</b>		
1 Ben VanDenBosch	51 MMAC	3:18.63	1 Tim Pasma	39 MMAC	1:30.58
<b>Male - 75 to 79</b>			<b>Male - 40 to 44</b>		
1 Joe Furman	76 MMSC	7:20.69	1 Richard Peters	44 MIDCN	1:17.18
<b>25 Fly/pap</b>			<b>Male - 45 to 49</b>		
<b>Male - 40 to 44</b>			1 Jason Carter	49 MMAC	1:29.03
1 Richard Peters	44 MIDCN	:14.49	<b>Male - 50 to 54</b>		
<b>Male - 50 to 54</b>			1 Clayton Case	51 MMAC	1:47.44
1 Mark Ahrens-Townsend	50 AM	:16.64	2 Terry Kulchycki	52 MIDCN	2:05.17
2 Doug Fyfe	50 MMAC	:19.01	<b>Male - 55 to 59</b>		
<b>Male - 60 to 64</b>			1 Paul Boulding	57 BM	1:23.65
1 Hugh Brown	64 MMAC	:22.44	<b>Male - 60 to 64</b>		
<b>Male - 65 to 69</b>			1 Hugh Brown	64 MMAC	1:54.35
1 Malcolm MacKinney	69 BBSC	:21.51	<b>Male - 65 to 69</b>		
<b>50 Fly/pap</b>			1 Malcolm MacKinney	69 BBSC	1:52.16
<b>Male - 25 to 29</b>			<b>200 IM/QNI</b>		
1 Keith Morin	25 BBSC	:36.40	<b>Male - 25 to 29</b>		
<b>Male - 40 to 44</b>			1 Keith Morin	25 BBSC	2:41.64
1 George Dyker	42 AM	:30.64	<b>Male - 35 to 39</b>		
<b>Male - 45 to 49</b>			1 Mike Chambers	37 MMAC	2:40.83
1 Doug Robinson	48 MMAC	:38.49	2 Tim Pasma	39 MMAC	3:14.48
2 Tom Lynch	46 MIDCN	:47.19	<b>Male - 45 to 49</b>		
			1 Jason Carter	49 MMAC	3:24.21
			<b>Male - 50 to 54</b>		
			1 Ben VanDenBosch	51 MMAC	3:08.23

# Pop Sidwell Masters Swim Meet 2008

## Short Course Meters

### 200 Free/libre Rel.

#### Women 120 to 159

1 Manitoba Masters Aquatic Club 155 MMAC  
2:27.90  
2 Manitoba Masters Aquatic Club 134 MMAC  
2:34.56  
3 Manitoba Masters Aquatic Club 159 MMAC  
3:03.14

#### Women 160 to 199

1 Assiniboine Masters 170 AM  
2:28.17

#### Women 200 to 239

1 Mid Can 208 MIDCN  
2:33.19  
2 Assiniboine Masters 200 AM  
3:01.56  
3 Beluga Masters 200 BM  
3:21.62

### 200 Free/libre Rel.

#### Men 160 to 199

1 Manitoba Masters Aquatic Club 187 MMAC  
2:05.96  
2 Manitoba Masters Aquatic Club 193 MMAC  
2:20.66  
3 Mid Can 199 MIDCN  
2:22.49

#### Men 200 to 239

1 Assiniboine Masters 200 AM  
2:00.90  
2 Mid Can 205 MIDCN  
2:47.62

#### Men 240 to 279

1 Manitoba Masters Aquatic Club 269 MMAC  
3:16.63

### 200 Free/libre Rel.

#### Mixed 120 to 159

1 Manitoba Masters Aquatic Club 122 MMAC  
2:01.93

#### Mixed 160 to 199

1 Assiniboine Masters 160 AM  
2:04.94  
2 Manitoba Masters Aquatic Club 187 MMAC  
2:16.77  
3 Manitoba Masters Aquatic Club 171 MMAC  
2:30.71  
4 Manitoba Masters Aquatic Club 181 MMAC  
2:43.65

### Mixed 200 to 239

1 Mid Can 207 MIDCN  
2:26.61  
2 Mid Can 210 MIDCN  
2:27.62

### Mixed 240 to 279

1 Manitoba Masters Aquatic Club 251 MMAC  
2:56.37

### 200 Medley/QN Rel.

#### Mixed 100 to 119

1 Manitoba Masters Aquatic Club 101 MMAC  
2:55.05

#### Mixed 120 to 159

1 Manitoba Masters Aquatic Club 133 MMAC  
2:54.24

#### Mixed 160 to 199

1 Manitoba Masters Aquatic Club 176 MMAC  
2:18.72  
2 Assiniboine Masters 170 AM  
2:19.13  
3 Mid Can 192 MIDCN  
2:41.25  
4 Manitoba Masters Aquatic Club 181 MMAC  
3:11.13

#### Mixed 200 to 239

1 Mid Can 214 MIDCN  
2:51.66  
2 Manitoba Masters Aquatic Club 220 MMAC  
3:15.43  
Mid Can 206 MIDCN  
3:11.59 DSQ

#### Mixed 240 to 279

1 Manitoba Masters Aquatic Club 247 MMAC  
3:39.67