

NOVA SCOTIA **LONG COURSE** PROVINCIAL RECORDS as of March 26, 2008

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|--------------------|------------|--------------|
| F | 20-24 | FREE | 50 | 00:33.36 | Christine Smith | Trojans | 3/8/2008 |
| F | 20-24 | FREE | 100 | 01:30.78 | Kathleen Gallagher | Dal | 2/20/2007 |
| F | 20-24 | FREE | 200 | 02:51.08 | Lindsay Mandryk | Antigonish | 3/12/2005 |
| F | 20-24 | FREE | 400 | 05:45.48 | Christine Smith | Trojans | 3/8/2008 |
| F | 20-24 | FREE | 800 | 11:36.41 | Allison Gurnham | Trojans | 2/20/2007 |
| F | 20-24 | FREE | 1500 | | | | |
| F | 20-24 | BACK | 50 | 00:38.55 | Allison Gurnham | Trojans | 2/20/2007 |
| F | 20-24 | BACK | 100 | | | | |
| F | 20-24 | BACK | 200 | | | | |
| F | 20-24 | BREAST | 50 | 00:51.56 | Kathleen Gallagher | Dal | 2/20/2007 |
| F | 20-24 | BREAST | 100 | 01:44.57 | Kate Moore | Trojans | 3/12/2005 |
| F | 20-24 | BREAST | 200 | 03:51.37 | Kate Moore | Trojans | 3/12/2005 |
| F | 20-24 | FLY | 50 | 00:34.51 | Allison Gurnham | Trojans | 2/20/2007 |
| F | 20-24 | FLY | 100 | 01:28.53 | Christine Smith | Trojans | 3/8/2008 |
| F | 20-24 | FLY | 200 | | | | |
| F | 20-24 | IM | 100 | | | | |
| F | 20-24 | IM | 200 | 02:58.40 | Allison Gurnham | Trojans | 2/20/2007 |
| F | 20-24 | IM | 400 | | | | |
| F | 25-29 | FREE | 50 | 00:30.60 | Amy Woodworth | Trojans | 3/12/2005 |
| F | 25-29 | FREE | 100 | 01:08.09 | Karla Gimby | Trojans | 3/12/2005 |
| F | 25-29 | FREE | 200 | 02:34.85 | Karla Gimby | Trojans | 3/12/2005 |
| F | 25-29 | FREE | 400 | | | | |
| F | 25-29 | FREE | 800 | | | | |
| F | 25-29 | FREE | 1500 | 22:44.14 | Clare Warran | Trojans | 2/25/2006 |
| F | 25-29 | BACK | 50 | 00:40.65 | Stacey Durling | Trojans | 3/12/2005 |
| F | 25-29 | BACK | 100 | 01:15.93 | Amy Woodworth | Trojans | 3/12/2005 |
| F | 25-29 | BACK | 200 | | | | |
| F | 25-29 | BREAST | 50 | 00:44.67 | Steph Dotehin | Dal | 2/25/2006 |
| F | 25-29 | BREAST | 100 | 01:26.38 | Amy Woodworth | Trojans | 3/12/2005 |
| F | 25-29 | BREAST | 200 | 03:31.53 | Katie Blasco | Trojans | 2/25/2006 |
| F | 25-29 | FLY | 50 | 00:34.10 | Stacey Durling | Trojans | 3/12/2005 |
| F | 25-29 | FLY | 100 | | | | |
| F | 25-29 | FLY | 200 | 03:09.88 | Katie Blasco | Dart | 2/25/2006 |
| F | 25-29 | IM | 100 | | | | |
| F | 25-29 | IM | 200 | 02:43.52 | Amy Woodworth | Trojans | 3/12/2005 |
| F | 25-29 | IM | 400 | | | | |
| F | 30-34 | FREE | 50 | 00:29.88 | Jennifer Tummonds | Trojans | 3/8/2008 |
| F | 30-34 | FREE | 100 | 01:09.41 | Jennifer Tummonds | Trojans | 3/8/2008 |
| F | 30-34 | FREE | 200 | 02:32.74 | Jennifer Tummonds | Trojans | 3/8/2008 |
| F | 30-34 | FREE | 400 | 05:14.66 | Amy Woodworth | Trojans | 2/20/2007 |
| F | 30-34 | FREE | 800 | 13:12.43 | Bette El-Hawary | Trojans | 2/20/2007 |
| F | 30-34 | FREE | 1500 | 27:51.77 | Jennifer Alexander | Unatt | 3/8/2008 |
| F | 30-34 | BACK | 50 | 00:37.35 | Amy Woodworth | Trojans | 2/20/2007 |
| F | 30-34 | BACK | 100 | 02:37.33 | Jessica Houtsma | Unatt | 3/8/2008 |
| F | 30-34 | BACK | 200 | 05:27.18 | Jessica Houtsma | Unatt | 3/12/2005 |
| F | 30-34 | BREAST | 50 | 00:56.83 | Bette El-Hawary | Trojans | 3/12/2005 |
| F | 30-34 | BREAST | 100 | | | | |
| F | 30-34 | BREAST | 200 | 03:09.37 | Amy Woodworth | Trojans | 2/20/2007 |
| F | 30-34 | FLY | 50 | 00:39.65 | Bette El-Hawary | Trojans | 3/12/2005 |
| F | 30-34 | FLY | 100 | | | | |
| F | 30-34 | FLY | 200 | | | | |
| F | 30-34 | IM | 100 | | | | |
| F | 30-34 | IM | 200 | 02:59.53 | Barbara Sochanski | Unatt | 3/8/2008 |
| F | 30-34 | IM | 400 | | | | |
| F | 35-39 | FREE | 50 | 00:32.91 | Kerry Dunphy | Acad | 2/20/2007 |
| F | 35-39 | FREE | 100 | 01:16.07 | Kerry Dunphy | Acad | 2/25/2006 |
| F | 35-39 | FREE | 200 | 02:51.14 | Kerry Dunphy | Acad | 2/25/2006 |
| F | 35-39 | FREE | 400 | 00:00.00 | | | |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|------------------|---------|--------------|
| F | 35-39 | FREE | 800 | 00:00.00 | | | |
| F | 35-39 | FREE | 1500 | 00:00.00 | | | |
| F | 35-39 | BACK | 50 | 00:52.97 | Karen Billard | Trojans | 3/12/2005 |
| F | 35-39 | BACK | 100 | 00:00.00 | | | |
| F | 35-39 | BACK | 200 | 00:00.00 | | | |
| F | 35-39 | BREAST | 50 | 00:45.89 | Debra Liebrock | Dart | 3/8/2008 |
| F | 35-39 | BREAST | 100 | 01:39.53 | Debra Liebrock | Dart | 2/20/2007 |
| F | 35-39 | BREAST | 200 | 03:34.48 | Debra Liebrock | Dart | 2/20/2007 |
| F | 35-39 | FLY | 50 | 00:38.03 | Kerry Dunphy | Acad | 2/20/2007 |
| F | 35-39 | FLY | 100 | 00:00.00 | | | |
| F | 35-39 | FLY | 200 | 00:00.00 | | | |
| F | 35-39 | IM | 100 | 00:00.00 | | | |
| F | 35-39 | IM | 200 | 03:21.70 | Debra Liebrock | Dart | 3/8/2008 |
| F | 35-39 | IM | 400 | 00:00.00 | | | |
| F | 40-44 | FREE | 50 | 00:34.81 | Diana Smith | Trojans | 3/8/2006 |
| F | 40-44 | FREE | 100 | 01:22.36 | Patricia Grant | Trojans | 2/20/2007 |
| F | 40-44 | FREE | 200 | 02:55.12 | Patricia Grant | Trojans | 2/20/2007 |
| F | 40-44 | FREE | 400 | 06:03.97 | Patricia Grant | Trojans | 2/20/2007 |
| F | 40-44 | FREE | 800 | 12:28.54 | Patricia Grant | Trojans | 3/8/2008 |
| F | 40-44 | FREE | 1500 | 24:40.27 | Diana Smith | Trojans | 2/25/2006 |
| F | 40-44 | BACK | 50 | 00:41.38 | Patricia Grant | Trojans | 3/8/2008 |
| F | 40-44 | BACK | 100 | 01:30.40 | Patricia Grant | Trojans | 2/25/2006 |
| F | 40-44 | BACK | 200 | 03:13.44 | Patricia Grant | Trojans | 2/20/2007 |
| F | 40-44 | BREAST | 50 | 00:46.72 | Pam McKinnon | Trojans | 3/12/2005 |
| F | 40-44 | BREAST | 100 | 01:41.76 | Pam McKinnon | Trojans | 3/12/2005 |
| F | 40-44 | BREAST | 200 | 00:00.00 | | | |
| F | 40-44 | FLY | 50 | 00:39.26 | Wanda Burton | Dart | 2/25/2006 |
| F | 40-44 | FLY | 100 | 01:38.19 | Patricia Grant | Trojans | 2/25/2006 |
| F | 40-44 | FLY | 200 | 00:00.00 | | | |
| F | 40-44 | IM | 100 | 00:00.00 | | | |
| F | 40-44 | IM | 200 | 03:19.00 | Patricia Grant | Trojans | 2/20/2007 |
| F | 40-44 | IM | 400 | 06:47.30 | Patricia Grant | Trojans | 3/8/2008 |
| F | 45-49 | FREE | 50 | 00:31.95 | Jennifer Nearing | Dart | 3/12/2005 |
| F | 45-49 | FREE | 100 | 01:14.57 | Jennifer Nearing | Dart | 8/8/2006 |
| F | 45-49 | FREE | 200 | 03:01.25 | Jennifer Nearing | Dart | 2/20/2007 |
| F | 45-49 | FREE | 400 | 00:00.00 | | | |
| F | 45-49 | FREE | 800 | 12:56.77 | Shannon Read | Acad | 2/20/2007 |
| F | 45-49 | FREE | 1500 | 00:00.00 | | | |
| F | 45-49 | BACK | 50 | 00:00.00 | | | |
| F | 45-49 | BACK | 100 | 00:00.00 | | | |
| F | 45-49 | BACK | 200 | 00:00.00 | | | |
| F | 45-49 | BREAST | 50 | 00:41.74 | Jennifer Nearing | Dart | 8/8/2006 |
| F | 45-49 | BREAST | 100 | 01:33.53 | Jennifer Nearing | Dart | 8/8/2006 |
| F | 45-49 | BREAST | 200 | 00:00.00 | | | |
| F | 45-49 | FLY | 50 | 00:35.75 | Jennifer Nearing | Dart | 8/8/2006 |
| F | 45-49 | FLY | 100 | 00:00.00 | | | |
| F | 45-49 | FLY | 200 | 00:00.00 | | | |
| F | 45-49 | IM | 100 | 00:00.00 | | | |
| F | 45-49 | IM | 200 | 03:22.27 | Shannon Read | Acad | 2/20/2007 |
| F | 45-49 | IM | 400 | 00:00.00 | | | |
| F | 50-54 | FREE | 50 | 00:34.86 | Jennifer Nearing | Trojans | 3/8/2008 |
| F | 50-54 | FREE | 100 | 01:19.32 | Elaine Mattatall | Dart | 3/8/2008 |
| F | 50-54 | FREE | 200 | 02:54.73 | Elaine Mattatall | Dart | 3/8/2008 |
| F | 50-54 | FREE | 400 | 06:08.96 | Elaine Mattatall | Dart | 3/8/2008 |
| F | 50-54 | FREE | 800 | 00:00.00 | | | |
| F | 50-54 | FREE | 1500 | 00:00.00 | | | |
| F | 50-54 | BACK | 50 | 00:37.11 | Linda Hunt | Trojans | 1/31/2004 |
| F | 50-54 | BACK | 100 | 01:24.02 | Linda Hunt | Trojans | 5/22/2004 |
| F | 50-54 | BACK | 200 | 03:04.73 | Linda Hunt | Trojans | 5/21/2004 |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|------------------|---------|--------------|
| F | 50-54 | BREAST | 50 | 00:44.12 | Jennifer Nearing | Dart | 3/8/2008 |
| F | 50-54 | BREAST | 100 | 01:38.22 | Jennifer Nearing | Dart | 3/8/2008 |
| F | 50-54 | BREAST | 200 | 00:00.00 | | | |
| F | 50-54 | FLY | 50 | 00:39.87 | Linda Hunt | Trojans | 3/12/2005 |
| F | 50-54 | FLY | 100 | 01:47.26 | Linda Hunt | Trojans | 3/8/2008 |
| F | 50-54 | FLY | 200 | 00:00.00 | | | |
| F | 50-54 | IM | 100 | 00:00.00 | | | |
| F | 50-54 | IM | 200 | 03:13.59 | Linda Hunt | Trojans | 5/29/2006 |
| F | 50-54 | IM | 400 | 00:00.00 | | | |
| F | 55-59 | FREE | 50 | 00:40.23 | Ewa Gawlik | Trojans | 3/12/2005 |
| F | 55-59 | FREE | 100 | 01:33.84 | Ewa Gawlik | Trojans | 3/12/2005 |
| F | 55-59 | FREE | 200 | 03:16.74 | Ewa Gawlik | Trojans | 2/25/2006 |
| F | 55-59 | FREE | 400 | 06:57.40 | Ewa Gawlik | Trojans | 2/25/2006 |
| F | 55-59 | FREE | 800 | 00:00.00 | | | |
| F | 55-59 | FREE | 1500 | 00:00.00 | | | |
| F | 55-59 | BACK | 50 | 00:52.56 | Ewa Gawlik | Trojans | 2/25/2006 |
| F | 55-59 | BACK | 100 | 00:00.00 | | | |
| F | 55-59 | BACK | 200 | 00:00.00 | | | |
| F | 55-59 | BREAST | 50 | 00:00.00 | | | |
| F | 55-59 | BREAST | 100 | 00:00.00 | | | |
| F | 55-59 | BREAST | 200 | 00:00.00 | | | |
| F | 55-59 | FLY | 50 | 00:46.21 | Ewa Gawlik | Trojans | 3/12/2005 |
| F | 55-59 | FLY | 100 | 00:00.00 | | | |
| F | 55-59 | FLY | 200 | 00:00.00 | | | |
| F | 55-59 | IM | 100 | 00:00.00 | | | |
| F | 55-59 | IM | 200 | 00:00.00 | | | |
| F | 55-59 | IM | 400 | 00:00.00 | | | |
| F | 60-64 | FREE | 50 | 00:39.46 | Ewa Gawlik | Trojans | 3/8/2008 |
| F | 60-64 | FREE | 100 | 00:00.00 | | | |
| F | 60-64 | FREE | 200 | 00:00.00 | | | |
| F | 60-64 | FREE | 400 | 00:00.00 | | | |
| F | 60-64 | FREE | 800 | 00:00.00 | | | |
| F | 60-64 | FREE | 1500 | 00:00.00 | | | |
| F | 60-64 | BACK | 50 | 00:50.88 | Ewa Gawlik | Trojans | 3/8/2008 |
| F | 60-64 | BACK | 100 | 00:00.00 | | | |
| F | 60-64 | BACK | 200 | 00:00.00 | | | |
| F | 60-64 | BREAST | 50 | 00:57.64 | Ewa Gawlik | Trojans | 3/8/2008 |
| F | 60-64 | BREAST | 100 | 00:00.00 | | | |
| F | 60-64 | BREAST | 200 | 00:00.00 | | | |
| F | 60-64 | FLY | 50 | 00:45.98 | Ewa Gawlik | Trojans | 3/8/2008 |
| F | 60-64 | FLY | 100 | 00:00.00 | | | |
| F | 60-64 | FLY | 200 | 00:00.00 | | | |
| F | 60-64 | IM | 100 | 00:00.00 | | | |
| F | 60-64 | IM | 200 | 00:00.00 | | | |
| F | 60-64 | IM | 400 | 00:00.00 | | | |
| F | 65-69 | FREE | 50 | 00:00.00 | | | |
| F | 65-69 | FREE | 100 | 00:00.00 | | | |
| F | 65-69 | FREE | 200 | 00:00.00 | | | |
| F | 65-69 | FREE | 400 | 00:00.00 | | | |
| F | 65-69 | FREE | 800 | 00:00.00 | | | |
| F | 65-69 | FREE | 1500 | 00:00.00 | | | |
| F | 65-69 | BACK | 50 | 00:00.00 | | | |
| F | 65-69 | BACK | 100 | 00:00.00 | | | |
| F | 65-69 | BACK | 200 | 00:00.00 | | | |
| F | 65-69 | BREAST | 50 | 00:00.00 | | | |
| F | 65-69 | BREAST | 100 | 00:00.00 | | | |
| F | 65-69 | BREAST | 200 | 00:00.00 | | | |
| F | 65-69 | FLY | 50 | 00:00.00 | | | |
| F | 65-69 | FLY | 100 | 00:00.00 | | | |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|----------|--------------|--------|----------|-----------|-------------------|-----------|--------------|
| F | 65-69 | FLY | 200 | 00:00.00 | | | |
| F | 65-69 | IM | 100 | 00:00.00 | | | |
| F | 65-69 | IM | 200 | 00:00.00 | | | |
| F | 65-69 | IM | 400 | 00:00.00 | | | |
| F | 70-74 | FREE | 50 | 00:00.00 | | | |
| F | 70-74 | FREE | 100 | 00:00.00 | | | |
| F | 70-74 | FREE | 200 | 00:00.00 | | | |
| F | 70-74 | FREE | 400 | 00:00.00 | | | |
| F | 70-74 | FREE | 800 | 00:00.00 | | | |
| F | 70-74 | FREE | 1500 | 00:00.00 | | | |
| F | 70-74 | BACK | 50 | 00:00.00 | | | |
| F | 70-74 | BACK | 100 | 00:00.00 | | | |
| F | 70-74 | BACK | 200 | 00:00.00 | | | |
| F | 70-74 | BREAST | 50 | 00:00.00 | | | |
| F | 70-74 | BREAST | 100 | 00:00.00 | | | |
| F | 70-74 | BREAST | 200 | 00:00.00 | | | |
| F | 70-74 | FLY | 50 | 00:00.00 | | | |
| F | 70-74 | FLY | 100 | 00:00.00 | | | |
| F | 70-74 | FLY | 200 | 00:00.00 | | | |
| F | 70-74 | IM | 100 | 00:00.00 | | | |
| F | 70-74 | IM | 200 | 00:00.00 | | | |
| F | 70-74 | IM | 400 | 00:00.00 | | | |
| M | 20-24 | FREE | 50 | 00:30.73 | Aaron Smith | N.Glasgow | 3/12/2005 |
| M | 20-24 | FREE | 100 | 01:10.11 | Aaron Smith | N.Glasgow | 2/25/2006 |
| M | 20-24 | FREE | 200 | 02:42.63 | Aaron Smith | N.Glasgow | 2/25/2006 |
| M | 20-24 | FREE | 400 | 00:00.00 | | | |
| M | 20-24 | FREE | 800 | 00:00.00 | | | |
| M | 20-24 | FREE | 1500 | 00:00.00 | | | |
| M | 20-24 | BACK | 50 | 00:00.00 | | | |
| M | 20-24 | BACK | 100 | 00:00.00 | | | |
| M | 20-24 | BACK | 200 | 00:00.00 | | | |
| M | 20-24 | BREAST | 50 | 00:00.00 | | | |
| M | 20-24 | BREAST | 100 | 01:24.05 | Ben Gallagher | Trojans | 2/25/2006 |
| M | 20-24 | BREAST | 200 | 00:00.00 | | | |
| M | 20-24 | FLY | 50 | 00:00.00 | | | |
| M | 20-24 | FLY | 100 | 00:00.00 | | | |
| M | 20-24 | FLY | 200 | 00:00.00 | | | |
| M | 20-24 | IM | 100 | 00:00.00 | | | |
| M | 20-24 | IM | 200 | 00:00.00 | | | |
| M | 20-24 | IM | 400 | 00:00.00 | | | |
| M | 25-29 | FREE | 50 | 00:25.01 | Aaron Maszko | Trojans | 2/25/2006 |
| M | 25-29 | FREE | 100 | 00:56.45 | Aaron Maszko | Dal | 2/25/2006 |
| M | 25-29 | FREE | 200 | 00:00.00 | | | |
| M | 25-29 | FREE | 400 | 00:00.00 | | | |
| M | 25-29 | FREE | 800 | 00:00.00 | | | |
| M | 25-29 | FREE | 1500 | 00:00.00 | | | |
| M | 25-29 | BACK | 50 | 00:56.69 | Michael Artindale | Trojans | 3/8/2008 |
| M | 25-29 | BACK | 100 | 01:10.47 | Andy White | Dal | 2/17/2007 |
| M | 25-29 | BACK | 200 | 00:00.00 | | | |
| M | 25-29 | BREAST | 50 | 00:34.35 | Andy White | Dal | 2/17/2007 |
| M | 25-29 | BREAST | 100 | 01:13.62 | Andy White | Dal | 2/17/2007 |
| M | 25-29 | BREAST | 200 | 00:00.00 | | | |
| M | 25-29 | FLY | 50 | 00:29.49 | Andy White | Dal | 2/17/2007 |
| M | 25-29 | FLY | 100 | 00:00.00 | | | |
| M | 25-29 | FLY | 200 | 00:00.00 | | | |
| M | 25-29 | IM | 100 | 00:00.00 | | | |
| M | 25-29 | IM | 200 | 00:00.00 | | | |
| M | 25-29 | IM | 400 | 00:00.00 | | | |
| M | 30-34 | FREE | 50 | 00:27.59 | Ted MacDonald | Trojans | 2/17/2007 |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|-------|--------|----------|-----------|-----------------|------------|--------------|
| M | 30-34 | FREE | 100 | 01:01.11 | Duane Flowers | Trojans | 3/12/2005 |
| M | 30-34 | FREE | 200 | 02:22.63 | Craig Durling | Trojans | 2/17/2007 |
| M | 30-34 | FREE | 400 | 00:00.00 | | | |
| M | 30-34 | FREE | 800 | 12:13.83 | Kam Kam | Trojans | 2/25/2006 |
| M | 30-34 | FREE | 1500 | 22:19.94 | Kam Kam | Trojans | 2/25/2006 |
| M | 30-34 | BACK | 50 | 00:34.06 | Craig Durling | Trojans | 2/17/2007 |
| M | 30-34 | BACK | 100 | 01:17.67 | Duane Flowers | Trojans | 3/12/2005 |
| M | 30-34 | BACK | 200 | 00:00.00 | | | |
| M | 30-34 | BREAST | 50 | 00:35.22 | Mike Ritcey | Dal | 2/17/2007 |
| M | 30-34 | BREAST | 100 | 01:15.01 | Mike Ritcey | Dal | 2/17/2007 |
| M | 30-34 | BREAST | 200 | 02:49.38 | Mike Ritcey | Dal | 2/17/2007 |
| M | 30-34 | FLY | 50 | 00:28.00 | Duane Flowers | Trojans | 3/12/2005 |
| M | 30-34 | FLY | 100 | 00:00.00 | | | |
| M | 30-34 | FLY | 200 | 00:00.00 | | | |
| M | 30-34 | IM | 100 | 00:00.00 | | | |
| M | 30-34 | IM | 200 | 02:40.31 | Mike Ritcey | Dal | 2/17/2007 |
| M | 30-34 | IM | 400 | 00:00.00 | | | |
| M | 35-39 | FREE | 50 | 00:28.53 | Duane Flowers | Trojans | 3/8/2008 |
| M | 35-39 | FREE | 100 | 01:01.12 | Duane Flowers | Trojans | 2/25/2006 |
| M | 35-39 | FREE | 200 | 02:19.70 | Darryl Dutton | Trojans | 3/12/2005 |
| M | 35-39 | FREE | 400 | 04:57.85 | Duane Flowers | Trojans | 2/25/2006 |
| M | 35-39 | FREE | 800 | 00:00.00 | | | |
| M | 35-39 | FREE | 1500 | 24:33.13 | Kam Kam | Trojans | 3/8/2008 |
| M | 35-39 | BACK | 50 | 00:00.00 | | | |
| M | 35-39 | BACK | 100 | 00:00.00 | | | |
| M | 35-39 | BACK | 200 | 00:00.00 | | | |
| M | 35-39 | BREAST | 50 | 00:40.81 | Duane Flowers | Trojans | 3/8/2008 |
| M | 35-39 | BREAST | 100 | 01:31.40 | Duane Flowers | Trojans | 3/8/2008 |
| M | 35-39 | BREAST | 200 | 03:23.53 | Duane Flowers | Trojans | 3/8/2008 |
| M | 35-39 | FLY | 50 | 00:00.00 | | | |
| M | 35-39 | FLY | 100 | 01:06.57 | Duane Flowers | Trojans | 2/25/2006 |
| M | 35-39 | FLY | 200 | 03:46.61 | Kam Kam | Trojans | 3/8/2008 |
| M | 35-39 | IM | 100 | 00:00.00 | | | |
| M | 35-39 | IM | 200 | 02:45.53 | Duane Flowers | Trojans | 3/8/2008 |
| M | 35-39 | IM | 400 | 05:55.81 | Duane Flowers | Trojans | 3/8/2008 |
| M | 40-44 | FREE | 50 | 00:30.52 | Dave Dalgliesh | Unatt | 2/17/2007 |
| M | 40-44 | FREE | 100 | 01:19.98 | David Margolian | Windsor | 2/17/2007 |
| M | 40-44 | FREE | 200 | 03:14.79 | Terry Wasson | Truro | 2/17/2007 |
| M | 40-44 | FREE | 400 | 00:00.00 | | | |
| M | 40-44 | FREE | 800 | 15:31.20 | Radu Radu | Dart | 2/17/2007 |
| M | 40-44 | FREE | 1500 | 00:00.00 | | | |
| M | 40-44 | BACK | 50 | 00:00.00 | | | |
| M | 40-44 | BACK | 100 | 01:39.59 | Terry Wasson | Truro | 2/17/2007 |
| M | 40-44 | BACK | 200 | 00:00.00 | | | |
| M | 40-44 | BREAST | 50 | 00:38.00 | Dave Dalgliesh | Unatt | 2/17/2007 |
| M | 40-44 | BREAST | 100 | 01:27.10 | David Margolian | Windsor | 2/17/2007 |
| M | 40-44 | BREAST | 200 | 04:04.78 | Troy Doyle | Trojans | 2/25/2006 |
| M | 40-44 | FLY | 50 | 00:44.87 | Radu Radu | Dart | 2/17/2007 |
| M | 40-44 | FLY | 100 | 00:00.00 | | | |
| M | 40-44 | FLY | 200 | 00:00.00 | | | |
| M | 40-44 | IM | 100 | 00:00.00 | | | |
| M | 40-44 | IM | 200 | 03:53.00 | Terry Wasson | Truro | 2/17/2007 |
| M | 40-44 | IM | 400 | 00:00.00 | | | |
| M | 45-49 | FREE | 50 | 00:27.60 | Wade James | Trojans | 3/8/2008 |
| M | 45-49 | FREE | 100 | 01:10.55 | Rob MacPherson | N. Glasgow | 2/25/2006 |
| M | 45-49 | FREE | 200 | 02:52.48 | Rob MacPherson | N. Glasgow | 3/8/2008 |
| M | 45-49 | FREE | 400 | 06:19.65 | Gall MacDonald | STFX | 5/17/2002 |
| M | 45-49 | FREE | 800 | 13:19.54 | Gall MacDonald | STFX | 5/17/2002 |
| M | 45-49 | FREE | 1500 | 24:50.20 | Simon Sagar | Trojans | 3/12/2005 |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|-----------------------|------------|--------------|
| M | 45-49 | BACK | 50 | 00:36.23 | Wade James | Trojans | 3/8/2008 |
| M | 45-49 | BACK | 100 | 00:00.00 | | | |
| M | 45-49 | BACK | 200 | 00:00.00 | | | |
| M | 45-49 | BREAST | 50 | 00:35.93 | Wade James | Trojans | 3/8/2008 |
| M | 45-49 | BREAST | 100 | 01:29.65 | David Margolian | Windsor | 3/8/2008 |
| M | 45-49 | BREAST | 200 | 03:57.69 | Charles Naus | Sackville` | 5/17/2002 |
| M | 45-49 | FLY | 50 | 00:29.87 | Wade James | Trojans | 3/8/2008 |
| M | 45-49 | FLY | 100 | | | | |
| M | 45-49 | FLY | 200 | 00:00.00 | | | |
| M | 45-49 | IM | 100 | 00:00.00 | | | |
| M | 45-49 | IM | 200 | 03:56.02 | Terry Wasson | Truro | 3/8/2008 |
| M | 45-49 | IM | 400 | 00:00.00 | | | |
| M | 50-54 | FREE | 50 | 00:33.33 | Mike Moyles | Truro | 2/25/2006 |
| M | 50-54 | FREE | 100 | 01:22.14 | Paul D'Eon | Trojans | 3/8/2008 |
| M | 50-54 | FREE | 200 | 03:02.18 | Paul D'Eon | Trojans | 3/12/2005 |
| M | 50-54 | FREE | 400 | 00:00.00 | | | |
| M | 50-54 | FREE | 800 | 00:00.00 | | | |
| M | 50-54 | FREE | 1500 | 00:00.00 | | | |
| M | 50-54 | BACK | 50 | 00:41.03 | Paul D'Eon | Trojans | 3/12/2005 |
| M | 50-54 | BACK | 100 | 01:34.27 | Paul D'Eon | Trojans | 3/12/2005 |
| M | 50-54 | BACK | 200 | 00:00.00 | | | |
| M | 50-54 | BREAST | 50 | 00:44.70 | Vincent Owens | Pictou | 2/17/2007 |
| M | 50-54 | BREAST | 100 | 01:35.63 | Vincent Owens | Pictou | 2/17/2007 |
| M | 50-54 | BREAST | 200 | 00:00.00 | | | |
| M | 50-54 | FLY | 50 | 00:39.36 | Mike Moyles | Truro | 2/25/2006 |
| M | 50-54 | FLY | 100 | 00:00.00 | | | |
| M | 50-54 | FLY | 200 | 00:00.00 | | | |
| M | 50-54 | IM | 100 | 00:00.00 | | | |
| M | 50-54 | IM | 200 | 00:00.00 | | | |
| M | 50-54 | IM | 400 | 00:00.00 | | | |
| M | 55-59 | FREE | 50 | 00:30.32 | Dan Walmsley | Unatt | 2/17/2007 |
| M | 55-59 | FREE | 100 | 01:11.85 | Freeman Churchill | Trojans | 3/8/2008 |
| M | 55-59 | FREE | 200 | 02:41.13 | Dan Walmsley | Unatt | 2/17/2007 |
| M | 55-59 | FREE | 400 | 05:49.48 | John Whalen | Trojans | 2/17/2007 |
| M | 55-59 | FREE | 800 | 11:50.32 | John Whalen | Trojans | 3/12/2005 |
| M | 55-59 | FREE | 1500 | 22:09.24 | John Whalen | Trojans | 3/12/2005 |
| M | 55-59 | BACK | 50 | 00:34.77 | Dan Walmsley | Unatt | 2/17/2007 |
| M | 55-59 | BACK | 100 | 01:29.32 | Freeman Churchill | Trojans | 3/8/2008 |
| M | 55-59 | BACK | 200 | 00:00.00 | | | |
| M | 55-59 | BREAST | 50 | 00:40.47 | Terry Day | Trojans | 3/12/2005 |
| M | 55-59 | BREAST | 100 | 01:29.00 | John Farley | Dal | 6/17/1993 |
| M | 55-59 | BREAST | 200 | 03:24.45 | John Farley | Dal | 7/9/1994 |
| M | 55-59 | FLY | 50 | 00:35.46 | Rob Ferguson | Trojans | 3/8/2008 |
| M | 55-59 | FLY | 100 | 00:00.00 | | | |
| M | 55-59 | FLY | 200 | 00:00.00 | | | |
| M | 55-59 | IM | 100 | 00:00.00 | | | |
| M | 55-59 | IM | 200 | 03:04.97 | Freeman Churchill | Trojans | 3/8/2008 |
| M | 55-59 | IM | 400 | 07:18.00 | John Farley | Dal | 6/17/1993 |
| M | 60-64 | FREE | 50 | 00:33.24 | Nigel Kemp | Trojans | 3/8/2008 |
| M | 60-64 | FREE | 100 | 01:12.71 | Nigel Kemp | Trojans | 5/21/2004 |
| M | 60-64 | FREE | 200 | 02:41.83 | Nigel Kemp | Trojans | 5/21/2004 |
| M | 60-64 | FREE | 400 | 05:46.96 | Nigel Kemp | Trojans | 5/21/2004 |
| M | 60-64 | FREE | 800 | 11:27.97 | John Whalen* (Nat'l) | Trojans | 3/8/2008 |
| M | 60-64 | FREE | 1500 | 22:11.30 | John Whalen* (Nat'l) | Trojans | 3/8/2008 |
| M | 60-64 | BACK | 50 | 00:35.23 | Dan Walmsley | Shearwater | 3/8/2008 |
| M | 60-64 | BACK | 100 | 01:17.07 | Dan Walmsley* (Nat'l) | Shearwater | 3/8/2008 |
| M | 60-64 | BACK | 200 | 02:51.36 | Dan Walmsley* (Nat'l) | Shearwater | 3/8/2008 |
| M | 60-64 | BREAST | 50 | | | | |
| M | 60-64 | BREAST | 100 | 00:00.00 | | | |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|----------------|----------|--------------|
| M | 60-64 | BREAST | 200 | 03:24.57 | John Farley | Trojans | 6/22/1996 |
| M | 60-64 | FLY | 50 | 00:34.16 | Nigel Kemp | Trojans | 5/21/2004 |
| M | 60-64 | FLY | 100 | 01:25.10 | Nigel Kemp | Trojans | 3/21/2004 |
| M | 60-64 | FLY | 200 | 03:32.56 | Nigel Kemp | Trojans | 3/12/2005 |
| M | 60-64 | IM | 100 | 00:00.00 | | | |
| M | 60-64 | IM | 200 | 03:12.99 | Nigel Kemp | Trojans | 5/21/2004 |
| M | 60-64 | IM | 400 | 07:22.24 | John Farley | Trojans | 6/23/1996 |
| M | 65-69 | FREE | 50 | 00:43.27 | Ralph Davis | Trojans | 2/17/2007 |
| M | 65-69 | FREE | 100 | 01:46.85 | Ralph Davis | Trojans | 2/25/2006 |
| M | 65-69 | FREE | 200 | 03:05.41 | John Farley | Veligers | 5/17/2002 |
| M | 65-69 | FREE | 400 | 06:03.60 | Ellis Betensky | Trojans | 5/21/2004 |
| M | 65-69 | FREE | 800 | 12:36.77 | Ellis Betensky | Trojans | 5/21/2004 |
| M | 65-69 | FREE | 1500 | 24:06.81 | Ellis Betensky | Trojans | 5/21/2004 |
| M | 65-69 | BACK | 50 | 00:50.02 | Ralph Davis | Trojans | 2/17/2007 |
| M | 65-69 | BACK | 100 | 01:48.45 | Ralph Davis | Trojans | 2/17/2007 |
| M | 65-69 | BACK | 200 | 04:02.56 | Ralph Davis | Trojans | 3/8/2008 |
| M | 65-69 | BREAST | 50 | 00:54.75 | Ralph Davis | Trojans | 2/17/2007 |
| M | 65-69 | BREAST | 100 | 01:39.68 | John Farley | Veligers | 5/17/02 |
| M | 65-69 | BREAST | 200 | 03:53.07 | John Farley | Veligers | 5/17/2002 |
| M | 65-69 | FLY | 50 | 00:45.15 | John Farley | Veligers | 3/12/2005 |
| M | 65-69 | FLY | 100 | 00:00.00 | | | |
| M | 65-69 | FLY | 200 | 04:23.29 | Ralph Davis | Trojans | 3/12/2005 |
| M | 65-69 | IM | 100 | 00:00.00 | | Veligers | |
| M | 65-69 | IM | 200 | 03:35.66 | John Farley | Veligers | 5/17/2002 |
| M | 65-69 | IM | 400 | 08:07.03 | Ralph Davis | Trojans | 2/25/2006 |
| M | 70-74 | FREE | 50 | 00:50.67 | Denny Josey | Unatt | 2/25/2006 |
| M | 70-74 | FREE | 100 | 01:36.46 | John Farley | Veligers | 3/8/2008 |
| M | 70-74 | FREE | 200 | 03:21.91 | John Farley | Veligers | 2/25/2006 |
| M | 70-74 | FREE | 400 | 00:00.00 | | | |
| M | 70-74 | FREE | 800 | 00:00.00 | | | |
| M | 70-74 | FREE | 1500 | 00:00.00 | | | |
| M | 70-74 | BACK | 50 | 01:25.41 | Denny Josey | Unatt | 3/12/2005 |
| M | 70-74 | BACK | 100 | 00:00.00 | | | |
| M | 70-74 | BACK | 200 | 00:00.00 | | | |
| M | 70-74 | BREAST | 50 | 00:48.47 | John Farley | Veligers | 3/8/2008 |
| M | 70-74 | BREAST | 100 | 01:49.68 | John Farley | Veligers | 3/8/2008 |
| M | 70-74 | BREAST | 200 | 04:07.60 | John Farley | Veligers | 2/25/2006 |
| M | 70-74 | FLY | 50 | 00:49.22 | John Farley | Veligers | 2/25/2006 |
| M | 70-74 | FLY | 100 | 00:00.00 | | | |
| M | 70-74 | FLY | 200 | 00:00.00 | | | |
| M | 70-74 | IM | 100 | 00:00.00 | | | |
| M | 70-74 | IM | 200 | 00:00.00 | | | |
| M | 70-74 | IM | 400 | 00:00.00 | | | |
| M | 75-79 | FREE | 50 | 00:00.00 | | | |
| M | 75-79 | FREE | 100 | 00:00.00 | | | |
| M | 75-79 | FREE | 200 | 00:00.00 | | | |
| M | 75-79 | FREE | 400 | 00:00.00 | | | |
| M | 75-79 | FREE | 800 | 00:00.00 | | | |
| M | 75-79 | FREE | 1500 | 00:00.00 | | | |
| M | 75-79 | BACK | 50 | 00:00.00 | | | |
| M | 75-79 | BACK | 100 | 00:00.00 | | | |
| M | 75-79 | BACK | 200 | 00:00.00 | | | |
| M | 75-79 | BREAST | 50 | 00:00.00 | | | |
| M | 75-79 | BREAST | 100 | 00:00.00 | | | |
| M | 75-79 | BREAST | 200 | 00:00.00 | | | |
| M | 75-79 | FLY | 50 | 00:00.00 | | | |
| M | 75-79 | FLY | 100 | 00:00.00 | | | |
| M | 75-79 | FLY | 200 | 00:00.00 | | | |
| M | 75-79 | IM | 100 | 00:00.00 | | | |

| Sex | Age | Stroke | Distance | NS Record | Name | Club | Date (M/D/Y) |
|-----|--------------|--------|----------|-----------|------|------|--------------|
| M | 75-79 | IM | 200 | 00:00.00 | | | |
| M | 75-79 | IM | 400 | 00:00.00 | | | |
| M | 80-84 | FREE | 50 | 00:00.00 | | | |
| M | 80-84 | FREE | 100 | 00:00.00 | | | |
| M | 80-84 | FREE | 200 | 00:00.00 | | | |
| M | 80-84 | FREE | 400 | 00:00.00 | | | |
| M | 80-84 | FREE | 800 | 00:00.00 | | | |
| M | 80-84 | FREE | 1500 | 00:00.00 | | | |
| M | 80-84 | BACK | 50 | 00:00.00 | | | |
| M | 80-84 | BACK | 100 | 00:00.00 | | | |
| M | 80-84 | BACK | 200 | 00:00.00 | | | |
| M | 80-84 | BREAST | 50 | 00:00.00 | | | |
| M | 80-84 | BREAST | 100 | 00:00.00 | | | |
| M | 80-84 | BREAST | 200 | 00:00.00 | | | |
| M | 80-84 | FLY | 50 | 00:00.00 | | | |
| M | 80-84 | FLY | 100 | 00:00.00 | | | |
| M | 80-84 | FLY | 200 | 00:00.00 | | | |
| M | 80-84 | IM | 100 | 00:00.00 | | | |
| M | 80-84 | IM | 200 | 00:00.00 | | | |
| M | 80-84 | IM | 400 | 00:00.00 | | | |
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