

2023 Canadian Pool Lifesaving Championships - 2023-06-10 to 2023-06-11**2023 Canadian Pool Lifesaving Championships
Championnats canadiens de sauvetage-piscine 2023****Results****Event 1 Women 30-39 200 LC Meter Obstacle Swim Masters**

Name	Team	Finals Time
1 Danielle Sullivan	Saugeen Shores Lifesaving Club	3:23.94
2 Deniz Ertürk	Pacific Swim Academy	3:26.89
3 Brittany Wong	Vaughan Lifesaving Club	4:35.20

Event 1 Women 40-49 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Sarah Newton	Vaughan Lifesaving Club	3:39.73
2 Tracy Edwards	Saugeen Shores Lifesaving Club	4:38.10

Event 1 Women 50-59 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Sarah Ingleton	Saugeen Shores Lifesaving Club	3:41.26
2 Yolanda Martens	Cochrane Water Ninjas	3:50.99
3 Pam Moores	Cochrane Water Ninjas	3:54.37
4 Amy Swedlo	Cochrane Water Ninjas	4:01.44
5 Heather Parsons	Saugeen Shores Lifesaving Club	4:03.41
6 Jeannette Reesor	Vaughan Lifesaving Club	4:11.65
7 Susan Watkins	Cochrane Water Ninjas	4:46.61
8 Ming Chen	Vaughan Lifesaving Club	5:25.56

Event 1 Women 60 & Over 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Ann Finley	LA County Surf Lifesaving Asso	2:59.94

Event 2 Men 30-39 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Graeme Tyrrell	Essex Swim & Lifesaving Club	3:12.79
2 Jeremy Wong	Vaughan Lifesaving Club	3:22.49
3 Zak Kolasa	Essex Swim & Lifesaving Club	3:24.98

Event 2 Men 40-49 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Anthony Loh	Lifesaving Club of Markham	3:17.37
2 Brook Beatty	Vaughan Lifesaving Club	3:38.12
--- Mark Paravani	Vaughan Lifesaving Club	DQ

Event 2 Men 50-59 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Randy Eickhoff	California State Lifesaving As	2:26.91
2 Dave Cakebread	Essex Swim & Lifesaving Club	3:01.70
3 Steve Parsons	Saugeen Shores Lifesaving Club	3:27.33

Event 2 Men 60 & Over 200 LC Meter Obstacle Swim Masters

Name	Team	Finals Time
1 Ian Cook	Lifesaving Club of Markham	3:25.32
2 Steve Gledhill	Camrose Tsunami	3:51.67
3 Bob Isbister	Vaughan Lifesaving Club	4:08.34
4 Tom Yeh	Vaughan Lifesaving Club	5:25.09

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Results****Event 3 Women 170 & Over 200 LC Meter Obstacle Relay Masters**

Team	Relay	Finals Time
1 Saugeen Shores Lifesaving Cl	A	3:04.26
1) Heather Parsons	2) Sarah Ingleton	3) Danielle Sullivan
2 Cochrane Water Ninjas	A	3:18.39
1) Amy Swedlo	2) Pam Moores	3) Susan Watkins
3 Vaughan Lifesaving Club	A	3:33.87
1) Ming Chen	2) Sarah Newton	3) Jeannette Reesor
		4) Brittany Wong

Event 4 Men 140-169 200 LC Meter Obstacle Relay Masters

Team	Relay	Finals Time
1 Essex Swim & Lifesaving Clu	A	2:31.10
1) Zak Kolasa	2) Graeme Tyrrell	3) Dave Cakebread
		4) Stephen Tolmie

Event 4 Men 170 & Over 200 LC Meter Obstacle Relay Masters

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	A	2:43.63
1) Brook Beatty	2) Bob Isbister	3) Mark Paravani
		4) Jeremy Wong

Event 5 Women 30-39 100 LC Meter Line Throw Relay Masters

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	A	39.26
1) Jeannette Reesor	2) Brittany Wong	
--- Saugeen Shores Lifesaving Cl	B	DQ
1) Danielle Sullivan	2) Sarah Ingleton	

Event 5 Women 40-49 100 LC Meter Line Throw Relay Masters

Team	Relay	Finals Time
1 Saugeen Shores Lifesaving Cl	A	33.04
1) Heather Parsons	2) Tracy Edwards	
--- Vaughan Lifesaving Club	B	DNF
1) Sarah Newton	2) Ming Chen	

Event 5 Women 50-59 100 LC Meter Line Throw Relay Masters

Team	Relay	Finals Time
1 Cochrane Water Ninjas	A	23.18
1) Amy Swedlo	2) Yolanda Martens	
--- Cochrane Water Ninjas	B	DNF
1) Susan Watkins	2) Pam Moores	

Event 6 Men 30-39 100 LC Meter Line Throw Relay Masters

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	A	12.18
1) Jeremy Wong	2) Brook Beatty	
2 Essex Swim & Lifesaving Clu	A	16.98
1) Zak Kolasa	2) Graeme Tyrrell	
--- Essex Swim & Lifesaving Clu	B	DQ
1) Dave Cakebread	2) Stephen Tolmie	

Event 6 Men 40-49 100 LC Meter Line Throw Relay Masters

Team	Relay	Finals Time
--- Lifesaving Club of Markham	A	DQ
1) Anthony Loh	2) Ian Cook	

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Results****Event 6 Men 60 & Over 100 LC Meter Line Throw Relay Masters**

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	B	24.89
1) Tom Yeh	2) Bob Isbister	

Event 9 Women 30-39 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Danielle Sullivan	Saugeen Shores Lifesaving Club	1:22.14
2 Deniz Ertürk	Pacific Swim Academy	1:23.69
3 Brittany Wong	Vaughan Lifesaving Club	1:59.59

Event 9 Women 40-49 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Sarah Newton	Vaughan Lifesaving Club	1:40.78
2 Tracy Edwards	Saugeen Shores Lifesaving Club	1:43.06

Event 9 Women 50-59 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Amy Swedlo	Cochrane Water Ninjas	1:23.85
2 Yolanda Martens	Cochrane Water Ninjas	1:32.78
3 Sarah Ingleton	Saugeen Shores Lifesaving Club	1:34.09
4 Susan Watkins	Cochrane Water Ninjas	1:36.04
5 Pam Moores	Cochrane Water Ninjas	1:37.11
6 Jeannette Reesor	Vaughan Lifesaving Club	1:37.79
7 Heather Parsons	Saugeen Shores Lifesaving Club	1:42.79
8 Ming Chen	Vaughan Lifesaving Club	2:31.57

Event 9 Women 60 & Over 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Ann Finley	LA County Surf Lifesaving Asso	1:20.47

Event 10 Men 30-39 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Zak Kolasa	Essex Swim & Lifesaving Club	1:14.34
2 Jeremy Wong	Vaughan Lifesaving Club	1:15.73
3 Graeme Tyrrell	Essex Swim & Lifesaving Club	1:19.16

Event 10 Men 40-49 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Brook Beatty	Vaughan Lifesaving Club	1:13.34
2 Anthony Loh	Lifesaving Club of Markham	1:25.32
3 Mark Paravani	Vaughan Lifesaving Club	1:30.28

Event 10 Men 50-59 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Randy Eickhoff	California State Lifesaving As	1:10.78
2 Steve Parsons	Saugeen Shores Lifesaving Club	1:18.93
3 Dave Cakebread	Essex Swim & Lifesaving Club	1:30.26

Event 10 Men 60 & Over 100 LC Meter Tow with Fins Masters

Name	Team	Finals Time
1 Ian Cook	Lifesaving Club of Markham	1:22.24
2 Bob Isbister	Vaughan Lifesaving Club	1:30.28

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Championnats canadiens de sauvetage-piscine 2023****Results****(Event 10 Men 60 & Over 100 LC Meter Tow with Fins Masters)**

Name	Team	Finals Time
3 Steve Gledhill	Camrose Tsunami	1:32.51
4 Tom Yeh	Vaughan Lifesaving Club	2:04.95

Event 11 Women 30-39 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Deniz Ertürk	Pacific Swim Academy	1:25.06
2 Danielle Sullivan	Saugeen Shores Lifesaving Club	1:37.63

Event 11 Women 40-49 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Sarah Newton	Vaughan Lifesaving Club	1:49.32
2 Tracy Edwards	Saugeen Shores Lifesaving Club	1:53.27

Event 11 Women 50-59 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Amy Swedlo	Cochrane Water Ninjas	1:32.74
2 Yolanda Martens	Cochrane Water Ninjas	1:36.91
3 Sarah Ingleton	Saugeen Shores Lifesaving Club	1:37.80
4 Jeannette Reesor	Vaughan Lifesaving Club	1:42.79
5 Susan Watkins	Cochrane Water Ninjas	1:56.06
6 Heather Parsons	Saugeen Shores Lifesaving Club	1:58.58
7 Ming Chen	Vaughan Lifesaving Club	2:47.45

Event 11 Women 60 & Over 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Ann Finley	LA County Surf Lifesaving Asso	1:26.01

Event 12 Men 30-39 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Zak Kolasa	Essex Swim & Lifesaving Club	1:18.12

Event 12 Men 40-49 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Brook Beatty	Vaughan Lifesaving Club	1:17.06
2 Anthony Loh	Lifesaving Club of Markham	1:36.26
3 Mark Paravani	Vaughan Lifesaving Club	1:52.24

Event 12 Men 50-59 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Randy Eickhoff	California State Lifesaving As	1:16.28
2 Steve Parsons	Saugeen Shores Lifesaving Club	1:22.19
3 Dave Cakebread	Essex Swim & Lifesaving Club	1:30.53

Event 12 Men 60 & Over 100 LC Meter Carry with Fins Masters

Name	Team	Finals Time
1 Ian Cook	Lifesaving Club of Markham	1:27.77
2 Bob Isbister	Vaughan Lifesaving Club	1:34.43
3 Steve Gledhill	Camrose Tsunami	1:39.86
4 Tom Yeh	Vaughan Lifesaving Club	2:17.64

2023 Canadian Pool Lifesaving Championships - 2023-06-10 to 2023-06-11**2023 Canadian Pool Lifesaving Championships
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Results****Event 13 Women 30-39 200 LC Meter Super Lifesaver Masters**

Name	Team	Finals Time
1 Danielle Sullivan	Saugeen Shores Lifesaving Club	3:34.73
2 Deniz Ertürk	Pacific Swim Academy	3:48.98
3 Brittany Wong	Vaughan Lifesaving Club	5:06.02

Event 13 Women 40-49 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Sarah Newton	Vaughan Lifesaving Club	4:16.22
2 Tracy Edwards	Saugeen Shores Lifesaving Club	4:59.76

Event 13 Women 50-59 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Yolanda Martens	Cochrane Water Ninjas	4:02.70
2 Sarah Ingleton	Saugeen Shores Lifesaving Club	4:04.37
3 Heather Parsons	Saugeen Shores Lifesaving Club	4:11.07
4 Susan Watkins	Cochrane Water Ninjas	4:45.14
5 Ming Chen	Vaughan Lifesaving Club	6:51.94

Event 13 Women 60 & Over 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Ann Finley	LA County Surf Lifesaving Asso	3:43.96

Event 14 Men 30-39 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Zak Kolasa	Essex Swim & Lifesaving Club	3:48.10

Event 14 Men 40-49 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Brook Beatty	Vaughan Lifesaving Club	3:38.33
2 Mark Paravani	Vaughan Lifesaving Club	5:12.19

Event 14 Men 50-59 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Randy Eickhoff	California State Lifesaving As	2:57.89
2 Steve Parsons	Saugeen Shores Lifesaving Club	3:52.88

Event 14 Men 60 & Over 200 LC Meter Super Lifesaver Masters

Name	Team	Finals Time
1 Steve Gledhill	Camrose Tsunami	4:07.80
2 Bob Isbister	Vaughan Lifesaving Club	4:32.68
3 Tom Yeh	Vaughan Lifesaving Club	5:48.37
--- Ian Cook	Lifesaving Club of Markham	DQ

Event 15 Women 170 & Over 100 LC Meter Manikin Relay Masters

Team	Relay	Finals Time	
1 Cochrane Water Ninjas	A	2:28.86	
1) Pam Moores	2) Susan Watkins	3) Yolanda Martens	4) Amy Swedlo
2 Saugeen Shores Lifesaving Cl	A	2:38.34	
1) Heather Parsons	2) Sarah Ingleton	3) Danielle Sullivan	4) Tracy Edwards
3 Vaughan Lifesaving Club	A	3:25.36	
1) Ming Chen	2) Sarah Newton	3) Jeannette Reesor	4) Brittany Wong

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Results****Event 16 Men 140-169 100 LC Meter Manikin Relay Masters**

Team	Relay	Finals Time
1 Essex Swim & Lifesaving Clu	A	2:04.07
1) Zak Kolasa	2) Graeme Tyrrell	3) Dave Cakebread
		4) Stephen Tolmie

Event 16 Men 170 & Over 100 LC Meter Manikin Relay Masters

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	A	2:10.95
1) Brook Beatty	2) Bob Isbister	3) Mark Paravani
		4) Jeremy Wong

Event 17 Women 30-39 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Deniz Ertürk	Pacific Swim Academy	53.85
2 Danielle Sullivan	Saugeen Shores Lifesaving Club	56.20
3 Brittany Wong	Vaughan Lifesaving Club	1:14.18

Event 17 Women 40-49 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Sarah Newton	Vaughan Lifesaving Club	56.61
2 Tracy Edwards	Saugeen Shores Lifesaving Club	1:23.23

Event 17 Women 50-59 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Amy Swedlo	Cochrane Water Ninjas	1:00.00
2 Sarah Ingleton	Saugeen Shores Lifesaving Club	1:00.50
3 Yolanda Martens	Cochrane Water Ninjas	1:03.65
4 Heather Parsons	Saugeen Shores Lifesaving Club	1:06.22
5 Susan Watkins	Cochrane Water Ninjas	1:11.93
6 Ming Chen	Vaughan Lifesaving Club	1:34.29

Event 17 Women 60 & Over 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Ann Finley	LA County Surf Lifesaving Asso	53.39

Event 18 Men 30-39 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Jeremy Wong	Vaughan Lifesaving Club	41.51
2 Zak Kolasa	Essex Swim & Lifesaving Club	49.54

Event 18 Men 40-49 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Anthony Loh	Lifesaving Club of Markham	47.22
2 Brook Beatty	Vaughan Lifesaving Club	55.03
3 Mark Paravani	Vaughan Lifesaving Club	59.32

Event 18 Men 50-59 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Dave Cakebread	Essex Swim & Lifesaving Club	49.47
2 Steve Parsons	Saugeen Shores Lifesaving Club	1:01.52

Event 18 Men 60 & Over 50 LC Meter Manikin Carry Masters

Name	Team	Finals Time
1 Ian Cook	Lifesaving Club of Markham	1:00.61
2 Bob Isbister	Vaughan Lifesaving Club	1:01.04

2023 Canadian Pool Lifesaving Championships - 2023-06-10 to 2023-06-11**2023 Canadian Pool Lifesaving Championships****Championnats canadiens de sauvetage-piscine 2023****Results****(Event 18 Men 60 & Over 50 LC Meter Manikin Carry Masters)**

Name	Team	Finals Time
3 Steve Gledhill	Camrose Tsunami	1:01.94
4 Tom Yeh	Vaughan Lifesaving Club	1:19.78

Event 19 Women 170 & Over 200 LC Meter Medley Relay Masters

Team	Relay	Finals Time
1 Cochrane Water Ninjas	B	2:45.17
1) Pam Moores	2) Susan Watkins	3) Yolanda Martens
4) Amy Swedlo		
2 Saugeen Shores Lifesaving Cl	A	2:51.70
1) Heather Parsons	2) Sarah Ingleton	3) Danielle Sullivan
4) Tracy Edwards		
3 Vaughan Lifesaving Club	A	3:05.66
1) Ming Chen	2) Sarah Newton	3) Jeannette Reesor
4) Brittany Wong		

Event 20 Men 170 & Over 200 LC Meter Medley Relay Masters

Team	Relay	Finals Time
1 Vaughan Lifesaving Club	A	2:37.66
1) Brook Beatty	2) Bob Isbister	3) Mark Paravani
4) Jeremy Wong		