

First Frost November 2025 - 2025-11-08
Results - Session 3

Event 17A Men 120-159 200 SC Meter Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 Making Waves Masters Swim Club	A	NT	2:07.46	
1) Pak, Christian M30	2) Montoya, Walter M29	3) Su, Ethan M30	4) Cudmore, Matt M35	
33.32 1:05.01 1:37.06	2:07.46			

Event 17A Men 160-199 200 SC Meter Freestyle Relay

1 Edmonton Master Swim Club	A	2:10.00	1:58.73	
1) Garcia Ramirez, Bernardo M35	2) Floyd, Tim M65	3) Edelenbosch, Florian M33	4) Salazar Lopez, Jesus M34	
26.70 59.63 1:29.05	1:58.73			

Event 17B Women 160-199 200 SC Meter Freestyle Relay

1 Fast Eddie's Masters Swim Club	A	NT	2:27.07	
1) Shapka, Adriene W43	2) Pownall, Frances W62	3) Delorme, Jeanelle W43	4) Larson, Heather W39	
33.20 1:13.56 1:54.02	2:27.07			
2 Edmonton Master Swim Club	A	2:00.00	2:36.33	
1) Evenson, Natasha W40	2) Emberley, Ashley W39	3) Berger, Sandra W62	4) Rumley, Carly W39	
35.67 1:13.73 1:54.21	2:36.33			
3 Edmonton Master Swim Club	B	1:55.00	2:40.09	
1) Clarke, Shelley W51	2) Otto, Carla W52	3) Moe, Birget W42	4) Rolfes, Abby W43	
38.99 1:19.46 1:54.45	2:40.09			

Event 17C Mixed 72-99 200 SC Meter Freestyle Relay

1 UofA Swim Club	A	NT	1:59.57	
1) Zhang, Andrew M21	2) Lamping, Ines W22	3) Vogel, Kayla W19	4) Cho, James J M19	
29.70 1:00.27 1:32.99	1:59.57			

Event 17C Mixed 120-159 200 SC Meter Freestyle Relay

1 Red Deer Sliver Sharks	A	NT	1:55.33	
1) Loyek, Tait M26	2) Bertrand, Nigel M42	3) Langvand, Derek M38	4) Kohut, Madison W22	
27.87 59.42 1:26.56	1:55.33			
2 Making Waves Masters Swim Club	A	NT	2:33.63	
1) Cervantes, Albert M32	2) Fulton, Kirsty W36	3) Gillen, David M42	4) Jacques, Benjamin M24	
41.13 1:25.19 1:59.64	2:33.63			

Event 18 Men 40-44 200 SC Meter Butterfly

1 Stearns, Brian	42 Making Waves Masters Swim Club	3:19.99	3:26.54	
42.25 1:34.37 2:31.31	3:26.54			

Event 19 Women 18-24 100 SC Meter Freestyle

1 Kohut, Madison	22 Red Deer Sliver Sharks	58.87	1:03.47	
30.51 1:03.47				
2 Lamping, Ines	22 UofA Swim Club	1:08.00	1:07.82	
32.49 1:07.82				
3 Vogel, Kayla	19 UofA Swim Club	1:15.00	1:10.96	
34.67 1:10.96				
4 Walsh, Eowyn	24 UofA Swim Club	1:05.00	1:12.85	
35.59 1:12.85				
5 Morrison, Emily	19 Edmonton Master Swim Club	1:22.64	1:28.32	
41.85 1:28.32				

Event 19 Women 30-34 100 SC Meter Freestyle

1 Lopes Lorenzetti, Rani	32 Making Waves Masters Swim Club	2:30.00	1:36.36	
45.39 1:36.36				

Event 19 Women 40-44 100 SC Meter Freestyle

1 Evenson, Natasha	40 Edmonton Master Swim Club	1:20.00	1:22.46	
40.01 1:22.46				

First Frost November 2025 - 2025-11-08**Results - Session 3****(Event 19 Women 40-44 100 SC Meter Freestyle)**

2	Rolfes, Abby	43	Edmonton Master Swim Club	1:50.00	1:38.14
	47.15 1:38.14				

Event 19 Women 45-49 100 SC Meter Freestyle

1	D'Astous, Karine	47	Foothills Masters Swim Club	1:12.00	1:12.32
	34.37 1:12.32				

Event 19 Women 60-64 100 SC Meter Freestyle

1	Berger, Sandra	62	Edmonton Master Swim Club	1:32.00	1:37.53
	45.32 1:37.53				
2	McCleneghan, Deirdre	61	Edmonton Master Swim Club	1:40.00	1:37.91

Event 19 Women 65-69 100 SC Meter Freestyle

1	Guidinger, Jan	66	Making Waves Masters Swim Club	1:55.00	1:36.09
	48.20 1:36.09				

Event 19 Men 25-29 100 SC Meter Freestyle

1	Montoya, Walter	29	Making Waves Masters Swim Club	1:10.00	1:11.06
	34.45 1:11.06				

Event 19 Men 30-34 100 SC Meter Freestyle

1	Kowalik, Matthew	33	Edmonton Master Swim Club	56.00	55.94
	26.49 55.94				
2	Bester, Brent J	30	Calgary Masters Swim Club	59.60	59.83
	28.19 59.83				
3	Edelenbosch, Florian	33	Edmonton Master Swim Club	1:00.64	1:03.45
	30.82 1:03.45				
4	Pak, Christian	30	Making Waves Masters Swim Club	1:17.11	1:14.24
	34.43 1:14.24				

Event 19 Men 35-39 100 SC Meter Freestyle

1	Langvand, Derek	38	Red Deer Sliver Sharks	1:03.99	1:02.85
	29.13 1:02.85				

Event 19 Men 45-49 100 SC Meter Freestyle

1	Assen, Steve	49	Edmonton Master Swim Club	1:10.00	1:07.76
	32.34 1:07.76				

Event 19 Men 55-59 100 SC Meter Freestyle

1	McKeen, Doug	59	Wild Rose - Unattached	1:05.00	1:03.99
	30.97 1:03.99				

Event 19 Men 60-64 100 SC Meter Freestyle

1	Zaiane, Osmar	60	Fast Eddie's Masters Swim Club	1:10.00	1:08.59
	33.37 1:08.59				

Event 20 Women 18-24 50 SC Meter Breaststroke

1	Lamping, Ines	22	UofA Swim Club	39.00	40.69
2	Kostynuk, Lemonee	21	UofA Swim Club	2:00.00	56.59

Event 20 Women 35-39 50 SC Meter Breaststroke

1	Fulton, Kirsty	36	Making Waves Masters Swim Club	53.00	52.47
2	Rumley, Carly	39	Edmonton Master Swim Club	50.00	53.07

Event 20 Women 50-54 50 SC Meter Breaststroke

1	Clarke, Shelley	51	Edmonton Master Swim Club	55.00	55.08
2	Roy, Karen	51	Making Waves Masters Swim Club	1:00.00	58.77

First Frost November 2025 - 2025-11-08**Results - Session 3****Event 20 Women 55-59 50 SC Meter Breaststroke**

1	Long, Jani	58	Foothills Masters Swim Club	41.25	41.57
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Event 20 Women 60-64 50 SC Meter Breaststroke

1	Pownall, Frances	62	Fast Eddie's Masters Swim Club	53.57	53.40
2	McCleneghan, Deirdre	61	Edmonton Master Swim Club	55.45	59.38

Event 20 Men 18-24 50 SC Meter Breaststroke

1	Wiedemeyer, Martin	24	Fast Eddie's Masters Swim Club	39.21	40.28
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Event 20 Men 25-29 50 SC Meter Breaststroke

1	Loyek, Tait	26	Red Deer Sliver Sharks	34.20	33.81
2	Bissett, Connor	25	Edmonton Master Swim Club	36.00	36.12
3	Zhao, Tong	25	UofA Swim Club	50.00	38.77
4	Labrie, Trevor M	29	Wild Rose - Unattached	38.87	39.48

Event 20 Men 30-34 50 SC Meter Breaststroke

1	Lewis, Victor	32	Making Waves Masters Swim Club	1:04.00	57.00
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Event 20 Men 40-44 50 SC Meter Breaststroke

1	Bertrand, Nigel	42	Red Deer Sliver Sharks	37.67	40.35
---	Moosavi, Hadi	42	Foothills Masters Swim Club	50.00	DQ

Event 20 Men 50-54 50 SC Meter Breaststroke

1	Sliger, Jody	52	Edmonton Master Swim Club	45.00	40.34
2	Sayers, Steven	51	Making Waves Masters Swim Club	50.00	46.92

Event 20 Men 55-59 50 SC Meter Breaststroke

1	Burrell, Jason	55	Rocky Mountain Masters Swim Cl	39.50	39.95
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Event 20 Men 60-64 50 SC Meter Breaststroke

1	Zaiane, Osmar	60	Fast Eddie's Masters Swim Club	40.00	42.15
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Event 21 Women 18-24 25 SC Meter Backstroke

1	Kostynuk, Lemonee	21	UofA Swim Club	40.00	23.19
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Event 21 Women 30-34 25 SC Meter Backstroke

1	Whyte, Teneille	32	Making Waves Masters Swim Club	18.88	19.58
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Event 21 Women 40-44 25 SC Meter Backstroke

1	Rolfes, Abby	43	Edmonton Master Swim Club	30.00	25.19
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Event 21 Women 55-59 25 SC Meter Backstroke

1	Younger, Debbie	55	Edmonton Master Swim Club	16.66	16.47
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Event 21 Women 60-64 25 SC Meter Backstroke

1	Berger, Sandra	62	Edmonton Master Swim Club	23.00	20.58
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Event 21 Women 65-69 25 SC Meter Backstroke

1	Guidinger, Jan	66	Making Waves Masters Swim Club	25.00	24.93
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Event 21 Men 18-24 25 SC Meter Backstroke

1	Price, Logan	18	Fast Eddie's Masters Swim Club	19.90	14.14
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Event 21 Men 30-34 25 SC Meter Backstroke

1	Salazar Lopez, Jesus	34	Edmonton Master Swim Club	18.00	18.87
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Event 21 Men 35-39 25 SC Meter Backstroke

1	Garcia Ramirez, Bernardo	35	Edmonton Master Swim Club	14.00	14.85
2	Cudmore, Matt	35	Making Waves Masters Swim Club	20.00	17.72

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1	Holland, Mike	51	Red Deer Sliver Sharks	19.00	19.09
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Event 21 Men 55-59 25 SC Meter Backstroke

1	Brunt, Garth	59	Making Waves Masters Swim Club	18.01	18.56
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Event 21 Men 70-74 25 SC Meter Backstroke

1	Strach, Wayne	70	Edmonton Master Swim Club	23.48	20.44
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Event 21 Men 80-84 25 SC Meter Backstroke

1	Ellis, David	80	Edmonton Master Swim Club	26.00	26.51
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Event 22 Women 35-39 200 SC Meter IM

1	Davis, Megan	39	Edmonton Master Swim Club	3:14.04	3:06.14
	36.74	1:27.18	2:23.96	3:06.14	

Event 22 Women 40-44 200 SC Meter IM

1	Moe, Birget	42	Edmonton Master Swim Club	3:10.00	3:09.68
	41.92	1:33.71	2:27.14	3:09.68	

Event 22 Women 45-49 200 SC Meter IM

1	D'Astous, Karine	47	Foothills Masters Swim Club	3:05.00	3:03.24
	40.33	1:28.00	2:21.59	3:03.24	

Event 22 Men 35-39 200 SC Meter IM

1	Solis, Manuel	36	Calgary Masters Swim Club	2:41.40	2:45.30
	35.96	1:19.88	2:06.62	2:45.30	

Event 23 Men 30-34 400 SC Meter IM

1	Edelenbosch, Florian	33	Edmonton Master Swim Club	5:25.00	5:33.79
	38.50	1:22.64	2:06.18	2:48.23	3:35.52
				4:21.59	4:58.43
				5:33.79	

Event 23 Men 40-44 400 SC Meter IM

1	Stearns, Brian	42	Making Waves Masters Swim Club	NT	6:38.43
	40.31	1:33.31	2:24.61	3:14.89	4:14.88
				5:12.89	5:56.54
				6:38.43	