

January 22, 2023: TriMeet vs Ottawa and Calgary at uOttawa

Varsity Records:

- Women's 100m freestyle: **Jo Streppel**: 1:00.14, breaking **Erika Friesen**'s record of 1:00.65 from 2009.
- Women's 200m freestyle: **Jo Streppel**: 2:08.77, breaking **Melinda Hubert**'s record of 2:09.74 from 2016.
- Women's 100m breaststroke: **Aoife McGrory**: 1:13.04, breaking **Erica Kotler**'s record of 1:13.65 that had stood since 1995!

Top 6 Individual and Relay Placings:

Individual:

- 3: **Beatrice Buentiempo** (200m fly)
- 4: **Aoife McGrory** (100m breast), **Cameron Teasdale** (200m breast), **Jo Streppel** (100m fly), **Carmen Caires** (200m back)
- 5: **Carmen Caires** (100m back), **Qiana Englert** (200m back)
- 6: **Jo Streppel** (200m free and 100m breast), **Dina Egorov** (50m free), **Clare Ashton** (100m back and 400m free), **Nathan Landry** (200m fly), **Patrick Liao** (400m free), **Aoife McGrory** (200m breast), **Flora Haslem** (200m back), **Rhys Martin** (200m back)

Relay:

- 5: Women's "B" 4 x 50m Medley Relay: **Clare Ashton, Katherine Archibald, Beatrice Buentiempo, Saoirse Kealey**
- 5: Women's "A" 4x100m Freestyle Relay: **Jo Streppel, Dina Egorov, Clare Ashton, Flora Haslem**
- 6: Women's "C" 4 x 50m Medley Relay: **Qiana Englert, Alex Jones, Anne-Marie Fortier, Ayden Michaud**
- 6: Women's "C" 4x100m Freestyle Relay: **Anne-Marie Fortier, Beatrice Buentiempo, Katherine Archibald, Alex Jones**
- 6: Men's "A" 4x50m Medley Relay: **Rhys Martin, Cameron Teasdale, Mohamed Helal, Nathan Landry**
- 6: Men's "A" 4x100m Freestyle Relay: **Nathan Landry, Rhys Martin, Mohamed Helal, Cameron Teasdale**

New Top 20 Individual Times:

Women:

- **Jo Streppel:** 1st 100m freestyle, 1st 200m freestyle, 3rd 100m breaststroke
- **Aoife McGrory:** 1st 100m breaststroke
- **Clare Ashton:** 10th 400m freestyle, 100m free relay split

Men:

- **Cameron Teasdale:** 6th 100m backstroke
- **Rhys Martin:** 15th 200m backstroke
- **Mohamed Boksmati:** 18th 50m backstroke
- **Nathan Landry:** 50m butterfly relay split

Final Scores:

Women:

Calgary: 234

Ottawa: 136

Carleton: 60

Men:

Calgary: 234

Ottawa: 184

Carleton: 34

Overall:

Calgary: 468

Ottawa: 320

Carleton: 94

[Full Results](#)

Updated Top 20 Times:

[Women](#)

[Men](#)