Returning 2019/20 CW Medalists
• Kier Przyswitt, 50m Butterfly, Silver
• Kier Przyswitt, 100m Freestyle, Bronze
• Daniel Stayer, 50m Freestyle, Silver
• Returning 2019/20 U SPORTS Medalists
• Kier Przyswitt, 50m Butterfly, Gold

Current Canada West Record Holders
• Nick Kostiuk, 200m Breaststroke, 2016

Notes
• First time the Bears and Pandas have hosted the CW Swim Championship since 2016
• The Golden Bears have placed fourth in each of the last three CW Championships, with their last conference title coming in 1995.
• First competitive season for head coach Paul Birmingham. Paul is head coach with Keyano Swim Club, based out of Kinsmen

Athletes who have already qualified for U SPORTS Championship
• Kier Przyswitt – 100m Freestyle, 100m Butterfly
• Diego Paz - 400 IM, 1500 Freestyle
• Fred Kamminga – 50m/100m/200m Breaststroke, 200 IM
• Kier Vander Leek – 50m Breaststroke
• Olivia Brendzan - 400 IM, 200 Backstroke
• Elizabeth Harper – 100m Breast stroke
• Madi Kohut – 200m Backstroke
• Kate Walsh – Backstroke
• Daniel Stayer – Freestyle
• Jaden D’Bruijn - Butterfly
UBC returning 2019/20 CW medallists

Men

Individual
- Dimitriy Lim, 1st 50 Butterfly, 2nd Men’s 100 Fly, 2nd 200 Butterfly
- Jaren LeFranc, 2nd 50 Breaststroke, 1st 100 M Breaststroke, 1st 200 Breaststroke
- Brodie Young, 2nd 400 IM, 3rd 200 IM
- Alex Pratt, 1st 200 M Freestyle, 1st 100 Free, 1st 400 Freestyle

Relays
- Dimitriy Lim, Brodie Young, Alex Pratt – 1st 4x200 Freestyle Relay
- Brodie Young, Alex Pratt, Dimitriy Lim, 1st 4x100 Freestyle Relay
- Jaren LeFranc, Dimitriy Lim, Alex Pratt, 1st 4x100 Medley Relay

Women

Individual
- Josie Field, 2nd 200 Butterfly

Relays
- Anna Dumont-Belanger, 2nd, 4x200 Freestyle Relay

Notes

The defending champion UBC Thunderbirds women’s team will look to add to their 31 titles and the men’s team will be striving for their 25th conference banner. UBC’s women have earned 11 consecutive conference championships, while the men have racked up seven straight Canada West titles ahead of the break from competition in 2020.
Returning 2019/20 CW Medalists

Women
Laura Albers
• Gold 800m freestyle relay
• Silver 50m butterfly
• Silver 400m freestyle relay
Marit Anderson
• Gold 800m freestyle relay
• Silver 400m freestyle relay
• Bronze 400m freestyle
Madison Macor
• Bronze 200m breaststroke
Allison McCloy
• Gold 800m freestyle relay
• Silver 400m individual medley
• Silver 200m individual medley

Men
Daniel Gerlach
• Bronze 50m backstroke
Emil Goin
• Silver 800m freestyle relay
• Silver 400m medley relay
• Bronze 200m butterfly
Anders Klein
• Silver 50m backstroke
• Silver 100m backstroke
• Bronze 200m backstroke
Paul Latkovic
• Silver 800m freestyle relay
• Bronze 400m medley relay
Richie Stokes
• Silver 200m backstroke

Returning 2019/20 U SPORTS Medalists

Women
Laura Albers
• Silver 800m freestyle relay
Marit Anderson
• Silver 800m freestyle relay
• Bronze 400m freestyle
Allison McCloy
• Silver 800m freestyle relay
• Bronze 400m individual medley

Men
Anders Klein
• Bronze 100m backstroke
• Bronze 200m backstroke
• Bronze 400m medley relay
Paul Latkovic
• Bronze 400m medley relay
Paul McKenzie
• Silver 800m freestyle relay
Richie Stokes
• Silver 200m backstroke

Current Canada West Record Holders
N/A

Notes
• Head Coach Mike Blondal was voted Men’s Swimming Coach of the Year for 2019-20 season
• Men’s team has 20 Canada West conference banners, last in 2012-13 season
• Women’s team has 8 Canada West conference banners, last in 2008-09 season
Rebecca Smith
• Canadian Olympic silver medalist in the 400m freestyle relay at Tokyo 2020
• Transfer from the University of Toronto
• Triple bronze medalist at the 2019 FINA World Championships (400m freestyle and medley relays and 800m freestyle relay)
• Red Deer, Alberta native

Athletes who have already qualified for U SPORTS Championship

Women
Laura Albers
Marit Anderson
Hannah Bennett
Nadine Daoud
Hannah Johnson
Madison Macor
Allison McCloy
Emma Mitchell
Avery Movold
Haley Rowden
Rebecca Smith
Abby Sostar
Mackenzie Wallich

Men
Matthew Ketchin
Brandon Lacroix
Paul Latkovic
Aiden Luykenaar
Thomas McDonald
Richie Stokes
Nathan Veresluys
Returning 2019/20 CW Medalist
- Chris Alexander, 100m Backstroke, Bronze
- Men’s Relay, 4 X 100 Freestyle, Silver
Returning 2019/20 U SPORTS Medalists - None
Canada West Record Holders – None

Notes
- Freshman Apollo Hess has been rewriting the Pronghorn record book – holds school records in all three distances in breaststroke – Broke the Odlum Brown Colleges Cup meet record in the 50m breaststroke
  - U SPORTS Rankings –
    - T-1 in 100m IM
    - 2nd in 50m breaststroke
    - 2nd in 100m breaststroke
    - 3rd in 200m breaststroke
    - Men’s relays will challenge for medals at Canada West Championships

Athletes who have already qualified for U SPORTS Championships
- Apollo Hess – Breaststroke, Butterfly, IM
- Chris Alexander – Backstroke
- Adam Stromberg – Freestyle
- Raine Arden – Freestyle
- Parker Brown – Freestyle
- Emilia Hesterman – Breaststroke
- Libby Fox – Butterfly
- Hunter Stewardson – Breaststroke
Returning CW medallists
• Kelsey Wog – Gold 200m breaststroke, Gold 100m breaststroke, Gold 50m breaststroke, Gold 100m freestyle, Bronze 4x100m medley relay
• Dora Modrcin – Bronze 4x100m medley relay
• Jamie Alexiuk – Bronze 4x100m medley relay
• Georgia Pengilly – Bronze 4x100m medley relay

CW record holders
• Kelsey Wog – 50m breaststroke (30.54 – 2016), 100m breaststroke (1:05.07 – 2019), 200m breaststroke (2:22.28 – 2018), 100m free (54.20 – 2019), 200m IM (2:09.29 – 2017)

National team members
• Kelsey Wog – most recently at 2020 Tokyo Olympics with Team Canada
• Relevant notes on coaches and athletes
• Vlast Cerny – 2019-20 U SPORTS Coach of the Year in women’s swimming
• Dora Modrcin – two A-Finals in 2019, 4th place in 50m backstroke
Returning Canada West medalists
- Etienne Paquin-Foisy
  - 2019
    • Gold, 200m butterfly
    • Bronze, 100m butterfly
  - 2018
    • Bronze, 400m freestyle
    • Bronze, 200m butterfly
  - 2017
    • Bronze, 4x100 medley relay
    • Bronze, 4x200 freestyle relay

Canada West record holders
(none)

National team members
(none)

Staff notes
Craig Nieuwstad, head coach
- In his first season as the U of R’s head coach
- Is also the head coach and general manager of the Regina Optimist Dolphins
- Was an assistant coach with the Cougars from 2014 to 2021
- Originally from South Africa

Mitchell Hebert, assistant coach
- In his first season as an assistant coach with the Cougars
- Was a three-year member of the U of R’s men’s team
- Older brother of Taylor Hebert
Returning 2019/20 CW Medalists
N/A

Returning 2019/20 U SPORTS Medalists
N/A

Notes
• Small but mighty team of two male and one female competitors.
• Having already set WolfPack history this season, Matthew Gauthier enters the weekend looking for more. The fourth-year from Sylvan Lake, AB is just the second swimmer in the eight-year history of the program to have qualified for the U SPORTS National Championships, having done so in the 50-metre breaststroke. Gauthier now has his sights set on claiming the first Canada West medal in program history.

Athletes who have already qualified for U SPORTS Championship
• Matthew Gauthier – 50-m Breaststroke
Returning 2019/20 CW Medalists

Individual
- Jamie Hellard, 50 breaststroke silver
- Lauren Crisp, 200 backstroke bronze

Relays
- Lauren Crisp, 4x100 medley silver
- Jamie Hellard, 4x100 medley silver
- Daniel Greer, 4x100 medley bronze
- Lauren Taylor, 4x200 free bronze, 4x100 free bronze
- Padric Mckervill, 4x200 free bronze

Returning 2019/20 U SPORTS Medalists
- Lauren Crisp, 200m back, silver

Notes
- At the last Canada West swim championships, both the Vikes’ men’s and women’s sides finished third. The men claimed 451 points, while the women took 529.
- The men’s side has finished third in each of the last three seasons, while the women finished third in 2019-20 and fourth in each of the previous five seasons.
- Since 1981, the Vikes have not finished lower than fifth on the men’s or women’s side.
- The last Canada West title for the Vikes came in 1980 on the women’s side.

Athletes who have already qualified for U SPORTS Championship
- Ethan Hemeon, 50 breaststroke (28.91)