

## Colonies Zone Championship Records

## Short Course Meters

Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
18-24	50 Free	26.63	Shana Welch	2008	23.12	Paul Buren	2003
18-24	100 Free	1:00.29	Kelly Bowman	2003	52.03	Paul Buren	2003
18-24	200 Free	2:10.67	Courtney Beidler	2015	2:03.06	Spencer Coffin	2015
18-24	400 Free	4:33.15	Emily Peters	1999	4:25.16	Spencer Coffin	2015
18-24	800 Free	9:24.49	Emily Peters	1999	9:18.40	Mark Tracy	2016
18-24	1500 Free	19:06.76	Joanne Sonberg	1997	17:57.81	Spencer Coffin	2015
18-24	50 Back	30.89	Charlotte Brackett	2013	27.12	Sidney Glass	2014
18-24	100 Back	1:07.98	Melanie Pascal	2013	58.49	Sidney Glass	2014
18-24	200 Back	2:28.29	Melanie Pascal	2013	2:09.70	James Boretti	2014
18-24	50 Breast	34.65	Petra Adamkova	2002	29.12	Luciano Galindo	2002
18-24	100 Breast	1:17.32	Molly Smith	2014	1:05.45	Luciano Galindo	2002
18-24	200 Breast	2:48.86	Molly Smith	2014	2:29.19	Marc Eder	2013
18-24	50 Fly	29.96	Kristine Trutor	2010	25.16	Paul Buren	2003
18-24	100 Fly	1:06.67	Alana Aubin	2014	57.31	Paul Buren	2003
18-24	200 Fly	2:26.31	Kelsey Roggensack	2013	2:20.19	Mark Tracy	2016
18-24	100 IM	1:07.56	Shana Welch	2008	59.80	Sidney Glass	2014
18-24	200 IM	2:30.16	Courtney Beidler	2014	2:12.32	James Boretti	2014
18-24	400 IM	5:00.78	Courtney Beidler	2014	4:55.63	James Boretti	2014
25-29	50 Free	27.52	Katrine Alcaide	2010	24.10	Eric Nilsson	2013
					24.10	Joseph Chance	2016
25-29	100 Free	59.45	Elizabeth Mancuso	2014	52.19	Curtis Sawin	1999
25-29	200 Free	2:11.34	Elizabeth Mancuso	2013	1:52.82	Eric Nilsson	2013
25-29	400 Free	4:40.25	Elizabeth Mancuso	2010	3:57.03	Eric Nilsson	2013
25-29	800 Free	9:45.98	Patricia Flynn	2003	8:17.80	Eric Nilsson	2013
25-29	1500 Free	18:43.78	Bridget Robbins	1996	17:53.81	Chris Sullivan	2002
25-29	50 Back	31.64	Jenny Mooney	2004	26.63	Curtis Sawin	1999
25-29	100 Back	1:06.51	Kate Hibbard	2010	53.43	David Russell	2015
25-29	200 Back	2:25.53	Kate Hibbard	2010	2:07.58	Eric Nilsson	2013
25-29	50 Breast	35.89	Kirsten Rasmuso	2010	29.52	Domingo Rose	2015
25-29	100 Breast	1:17.36	Courtney Randolph	2016	1:05.09	Jared Walkenhorst	2001
25-29	200 Breast	2:46.82	Chelsea Bueter	2013	2:23.21	Steven Joe	2004
25-29	50 Fly	29.47	Elizabeth Mancuso	2014	24.47	David Russell	2015
25-29	100 Fly	1:06.23	Elizabeth Mancuso	2014	54.98	Curtis Sawin	2000
25-29	200 Fly	2:29.28	Elizabeth Mancuso	2013	2:03.59	Eric Nilsson	2013
25-29	100 IM	1:08.46	Courtney Randolph	2016	57.67	David Russell	2014
25-29	200 IM	2:24.80	Courtney Randolph	2016	2:07.61	Eric Nilsson	2013
25-29	400 IM	5:08.66	Courtney Randolph	2016	4:37.46	Eric Nilsson	2014

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
30-34	50 Free	26.51	Katrine Alcaide	2014	23.65	Curtis Sawin	2001
30-34	100 Free	59.50	Elizabeth Mancuso	2015	51.72	Curtis Sawin	2002
30-34	200 Free	2:10.60	Elizabeth Mancuso	2015	1:58.90	Adam Ritchie	2009
30-34	400 Free	4:22.77	Erika Hansen	2003	4:16.90	Jon Wilkinson	2005
30-34	800 Free	9:06.49	Erika Hansen	2003	9:05.19	Michael Emmons	2014
30-34	1500 Free	17:58.96	Laurie Hug	1999	17:11.42	Michael Emmons	2015
30-34	50 Back	30.28	Christina Pansini Rose	2014	27.03	Curtis Sawin	2003
30-34	100 Back	1:07.09	Mollie Grover	2015	58.75	Curtis Sawin	2002
30-34	200 Back	2:25.19	Mollie Grover	2015	2:13.13	Adam Ritchie	2009
30-34	50 Breast	33.43	Katrine Alcaide	2015	30.93	Jared Walkenhorst	2006
30-34	100 Breast	1:17.73	Elizabeth Mancuso	2016	1:07.76	Jared Walkenhorst	2004
30-34	200 Breast	2:49.09	Elizabeth Mancuso	2016	2:26.21	Stephan Joe	2005
30-34	50 Fly	29.03	Katrine Alcaide	2014	25.50	Curtis Sawin	2001
30-34	100 Fly	1:06.27	Elizabeth Mancuso	2015	56.08	Curtis Sawin	2001
30-34	200 Fly	2:25.62	Ildiko Szekely	2013	2:13.32	Michael Emmons	2015
30-34	100 IM	1:06.06	Katrine Alcaide	2014	58.62	Curtis Sawin	2001
30-34	200 IM	2:23.44	Elizabeth Mancuso	2016	2:13.88	Stephan Joe	2005
30-34	400 IM	5:15.39	Elizabeth Mancuso	2015	4:48.11	Michael Emmons	2014
35-39	50 Free	26.91	Katrine Alcaide	2016	23.44	Michael Ross	2004
35-39	100 Free	1:00.16	Fall Willeboordse	2002	51.01	Ron Karnaugh	2003
35-39	200 Free	2:11.37	Laurie Hug	2000	1:51.54	Michael Ross	2004
35-39	400 Free	4:34.69	Laurie Hug	2003	4:01.78	Ron Karnaugh	2003
35-39	800 Free	9:23.08	Laurie Hug	2000	8:53.41	Doug Chestnut	1999
35-39	1500 Free	17:27.84	Laurie Hug	2000	18:28.82	Karl Kolb	1997
35-39	50 Back	32.07	Andrea Luallen	2000	25.86	Michael Ross	2004
35-39	100 Back	1:07.76	Andrea Luallen	2002	55.95	Michael Ross	2004
35-39	200 Back	2:25.89	Andrea Luallen	2001	2:00.34	Ron Karnaugh	2002
35-39	50 Breast	35.35	Amanda Martin	2001	28.75	Ron Karnaugh	2002
35-39	100 Breast	1:18.46	Cheryl Conlin	2003	1:02.57	Ron Karnaugh	2002
35-39	200 Breast	2:51.13	Amanda Martin	2000	2:17.96	Ron Karnaugh	2002
35-39	50 Fly	29.52	Katrine Alcaide	2016	25.29	Michael Ross	2004
35-39	100 Fly	1:04.38	Ildiko Szekely	2015	56.32	Michael Ross	2004
35-39	200 Fly	2:22.52	Ildiko Szekely	2014	2:15.06	Jeff Roddin	2008
35-39	100 IM	1:09.59	Fall Willeboordse	2002	56.94	Ron Karnaugh	2003
35-39	200 IM	2:29.28	Vibeke Swanson	2000	2:03.29	Ron Karnaugh	2002
35-39	400 IM	5:15.70	Laurie Hug	2000	4:24.36	Ron Karnaugh	2003

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
40-44	50 Free	27.43	Fall Willeboordse	2009	23.47	Michael Ross	2008
40-44	100 Free	1:00.33	Lisa Blackburn	2013	50.43	Michael Ross	2008
40-44	200 Free	2:12.76	Vibeke Swanson	2001	1:50.08	Michael Ross	2008
40-44	400 Free	4:42.15	Rebecca Kalibat	2004	4:11.73	Patrick Brundage	2008
40-44	800 Free	9:57.40	Amy Parent	2016	9:08.85	Michael Schmidt	2005
40-44	1500 Free	18:03.41	Laurie Hug	2008	17:53.15	Dave Holland	2008
40-44	50 Back	30.74	Kristin Gary	2008	26.56	Chris Stevenson	2008
40-44	100 Back	1:05.56	Kristin Gary	2009	54.85	Michael Ross	2008
40-44	200 Back	2:22.81	Kristin Gary	2008	2:04.96	Chris Stevenson	2008
40-44	50 Breast	33.61	Lisa Blackburn	2013	30.17	Craig Crawford	2013
40-44	100 Breast	1:12.32	Lisa Blackburn	2013	1:06.52	Craig Crawford	2013
40-44	200 Breast	2:53.00	Rainy Goodale	2010	2:27.98	Craig Crawford	2013
40-44	50 Fly	29.90	Beth Baker	2001	24.91	Michael Ross	2008
40-44	100 Fly	1:06.07	Beth Baker	2001	56.99	Chris Stevenson	2008
40-44	200 Fly	2:34.59	Laurie Hug	2007	2:10.99	Chris Stevenson	2008
40-44	100 IM	1:05.77	Lisa Blackburn	2013	1:01.30	Patrick Brundage	2008
40-44	200 IM	2:28.10	Vibeke Swanson	2001	2:12.16	Patrick Brundage	2008
40-44	400 IM	5:13.86	Vibeke Swanson	2001	4:39.78	Patrick Brundage	2008
45-49	50 Free	27.39	Fall Willeboordse	2014	24.85	Fritz Bedford	2010
45-49	100 Free	1:00.68	Fall Willeboordse	2014	54.50	Stewart Carroll	2015
45-49	200 Free	2:14.01	Stephanie Stone	2015	1:59.11	Stewart Carroll	2015
45-49	400 Free	4:41.28	Stephanie Stone	2015	4:17.45	Stewart Carroll	2015
45-49	800 Free	9:44.52	Laurie Hug	2014	9:34.21	Steven Newman	2009
45-49	1500 Free	19:34.55	Rebecca Kalibat	2008	18:02.79	Jamie Hemmerle	2001
45-49	50 Back	31.14	Leslie Livingston	2010	27.38	Chris Stevenson	2010
45-49	100 Back	1:07.94	Fall Willeboordse	2014	58.40	Chris Stevenson	2010
45-49	200 Back	2:25.62	Stephanie Stone	2015	2:07.55	Chris Stevenson	2010
45-49	50 Breast	36.34	Laurie DiTommaso	2008	29.83	Craig Crawford	2015
45-49	100 Breast	1:20.81	Rainy Goodale	2016	1:06.63	Craig Crawford	2015
45-49	200 Breast	2:54.48	Rainy Goodale	2016	2:28.98	Craig Crawford	2015
45-49	50 Fly	29.21	Laurie DiTommaso	2008	26.23	Scott Heber	2015
45-49	100 Fly	1:10.22	Leslie Livingston	2010	57.37	Chris Stevenson	2010
45-49	200 Fly	2:42.12	Laurie Hug	2014	2:11.40	Chris Stevenson	2010
45-49	100 IM	1:09.00	Fall Willeboordse	2013	1:00.56	Scott Heber	2015
45-49	200 IM	2:31.99	Vibeke Swanson	2006	2:17.47	Scott Heber	2015
45-49	400 IM	5:19.58	Vibeke Swanson	2006	5:21.30	Jamie Hemmerle	2000

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
50-54	50 Free	27.73	Leslie Livingston	2015	24.26	Paul Trevisan	2003
50-54	100 Free	1:03.10	Maria Anderson	2014	54.61	Paul Trevisan	2003
50-54	200 Free	2:20.30	Ellen Reynolds	2014	2:04.57	William Segal	2015
50-54	400 Free	4:46.11	Ellen Reynolds	2014	4:28.82	William Segal	2015
50-54	800 Free	9:35.39	Ellen Reynolds	2014	9:23.97	Patrick Autissier	2014
50-54	1500 Free	19:47.72	Nancy Steadman-Martin	2008	18:20.87	Patrick Autissier	2015
50-54	50 Back	30.27	Leslie Livingston	2015	27.04	Fritz Bedford	2015
50-54	100 Back	1:11.76	Leslie Livingston	2015	1:04.21	Douglas Pride	2013
50-54	200 Back	2:43.21	Pamela Torrey	2014	2:15.90	Fritz Bedford	2013
50-54	50 Breast	36.71	Kim Crouch	2013	30.10	Scott Heber	2016
50-54	100 Breast	1:20.65	Kim Crouch	2013	1:08.27	Benn Doyle	2008
50-54	200 Breast	2:52.59	Kim Crouch	2013	2:32.78	Benn Doyle	2008
50-54	50 Fly	29.98	Leslie Livingston	2013	26.00	Scott Heber	2016
50-54	100 Fly	1:10.97	Andrea Block	2014	1:00.38	Steve Hiltabiddle	2016
50-54	200 Fly	2:42.27	Nancy Steadman Martin	2007	2:29.91	Michael Schmidt	2015
50-54	100 IM	1:10.69	Leslie Livingston	2015	1:00.57	Scott Heber	2016
50-54	200 IM	2:48.64	Pamela Torrey	2014	2:13.50	David Sims	2014
50-54	400 IM	5:43.22	Nancy Steadman Martin	2007	4:49.49	David Sims	2014
55-59	50 Free	29.53	Louise Cady-Fernandes	2016	25.23	Paul Trevisan	2009
55-59	100 Free	1:05.84	Nancy Steadman Martin	2009	58.25	Tom Geiman	2004
55-59	200 Free	2:24.45	Nancy Steadman Martin	2009	2:11.98	James Thornton	2008
55-59	400 Free	4:53.27	Nancy Steadman Martin	2009	4:36.89	John Calvert	2001
55-59	800 Free	10:19.57	Katherine Branch	2013	9:34.94	John Calvert	2001
55-59	1500 Free	19:34.48	Nancy Steadman-Martin	2009	18:43.40	Jack Martin	2006
55-59	50 Back	37.67	Tracy Grilli	2013	31.09	Mark Pugliese	2007
55-59	100 Back	1:19.72	Nancy Steadman Martin	2009	1:07.76	Mark Pugliese	2007
55-59	200 Back	2:44.55	Nancy Steadman Martin	2009	2:31.64	Mark Alexander	2013
55-59	50 Breast	39.23	Karen Mareb	2015	33.03	Benn Doyle	2013
55-59	100 Breast	1:25.17	Karen Mareb	2013	1:13.24	Benn Doyle	2014
55-59	200 Breast	3:06.49	Karen Mareb	2015	2:39.45	Benn Doyle	2013
55-59	50 Fly	34.22	Gayle Wettach	2016	27.79	Donald Graham	2009
55-59	100 Fly	1:20.88	Nancy Steadman Martin	2010	1:06.46	John Craig	2010
55-59	200 Fly	2:47.89	Nancy Steadman Martin	2009	2:20.61	John Craig	2009
55-59	100 IM	1:16.41	Jenny Cook	2013	1:07.54	Daniel Rogacki	2002
55-59	200 IM	2:50.09	Jenny Cook	2013	2:29.17	Daniel Rogacki	2002
55-59	400 IM	5:47.01	Nancy Steadman Martin	2009	5:31.03	Daniel Rogacki	2002

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
60-64	50 Free	29.65	Veronica Hibben	2016	28.32	Homer Lane	2010
60-64	100 Free	1:04.76	Veronica Hibben	2016	1:04.34	Greg Shaw	2014
60-64	200 Free	2:25.83	Veronica Hibben	2016	2:17.53	Rick Walker	2010
60-64	400 Free	5:18.55	Beth Estel	2016	4:51.08	Rick Walker	2010
60-64	800 Free	10:57.15	Beth Estel	2016	9:56.38	Rick Walker	2010
60-64	1500 Free	22:42.53	Joan Craffey	2015	20:56.75	Steve Miller	2015
60-64	50 Back	35.89	Joan Pffinsgraff	2014	33.51	Michael McCombs	2016
60-64	100 Back	1:16.83	Joan Pffinsgraff	2014	1:12.93	Michael McCombs	2016
60-64	200 Back	2:44.59	Joan Pffinsgraff	2014	2:40.14	Michael McCombs	2016
60-64	50 Breast	38.97	Beth Estel	2016	35.58	Louis Kronfeld	2005
60-64	100 Breast	1:27.11	Beth Estel	2016	1:19.57	Rick Walker	2010
60-64	200 Breast	3:13.70	Beth Estel	2016	2:52.88	Rick Walker	2010
60-64	50 Fly	32.54	Veronica Hibben	2016	30.84	Greg Shaw	2015
60-64	100 Fly	1:21.83	Veronica Hibben	2016	1:07.40	Greg Shaw	2013
60-64	200 Fly	3:22.74	Nancy Johnston	2015	2:48.40	Frank McElroy	2009
60-64	100 IM	1:19.63	Veronica Hibben	2016	1:11.79	Greg Shaw	2013
60-64	200 IM	2:54.83	Beth Estel	2016	2:40.82	Greg Shaw	2015
60-64	400 IM	6:17.58	Shirley Loftus-	2014	5:47.88	David Bright	2013
65-69	50 Free	32.37	Joel Feldmann	2016	27.26	Jim Dragon	2009
65-69	100 Free	1:12.44	Cecilia McCloskey	2016	1:04.38	John Radimer	2014
65-69	200 Free	2:45.83	Christie Hayes	2015	2:23.22	David Oates	2015
65-69	400 Free	5:50.12	Christie Hayes	2016	5:04.90	Frank McElroy	2013
65-69	800 Free	11:56.44	Christie Hayes	2016	10:25.32	Frank McElroy	2013
65-69	1500 Free	22:56.72	Christie Hayes	2015	20:58.60	David Harrison	2002
65-69	50 Back	35.86	Cecilia McCloskey	2016	34.78	Richard Alexander	2009
65-69	100 Back	1:18.02	Cecilia McCloskey	2015	1:17.98	Daniel Rogacki	2015
65-69	200 Back	2:50.10	Cecilia McCloskey	2015	2:55.31	Bill Ryan	2016
65-69	50 Breast	45.28	Christie Hayes	2015	34.88	Jim Dragon	2009
65-69	100 Breast	1:40.12	Christie Hayes	2016	1:23.69	Daniel Rogacki	2014
65-69	200 Breast	3:51.08	Linda Webb	2010	3:06.03	Daniel Rogacki	2015
65-69	50 Fly	36.07	Diann Uustal	2013	29.18	Jim Dragon	2009
65-69	100 Fly	1:35.82	Margot Pettijoh	2014	1:10.31	Greg Shaw	2016
65-69	200 Fly	4:08.88	Susan Livingston	2004	2:53.24	Frank McElroy	2013
65-69	100 IM	1:22.02	Cecilia McCloskey	2015	1:15.43	Daniel Rogacki	2014
					1:15.43	Greg Shaw	2016
65-69	200 IM	2:55.88	Cecilia McCloskey	2016	2:41.82	Greg Shaw	2016
65-69	400 IM	7:54.08	Susan Livingston	2004	5:54.86	Frank McElroy	2013

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
70-74	50 Free	32.38	Diann Uustal	2016	31.66	Jerry Katz	2008
70-74	100 Free	1:13.48	Diann Uustal	2016	1:12.59	David Vail	2013
70-74	200 Free	3:00.23	Kathy Slifer	2016	2:48.15	Roger Franks	1999
70-74	400 Free	6:06.19	Kathy Slifer	2016	5:51.64	David Vail	2013
70-74	800 Free	12:42.21	Kathy Slifer	2016	12:13.84	Rich Bernstein	2016
70-74	1500 Free	26:05.82	Nancy Brown	2006	23:11.67	Roger Franks	1999
70-74	50 Back	38.21	Diann Uustal	2016	38.80	David Vail	2013
70-74	100 Back	1:22.75	Diann Uustal	2016	1:23.27	David Vail	2013
70-74	200 Back	3:24.18	Kathy Slifer	2015	3:04.08	Roger Franks	2000
70-74	50 Breast	45.38	Diann Uustal	2016	41.56	Charles Urstadt	2002
70-74	100 Breast	1:44.32	Kathy Slifer	2015	1:39.55	Walter Lincoln	2005
70-74	200 Breast	3:40.43	Kathy Slifer	2015	3:38.28	Rich Bernstein	2016
70-74	50 Fly	47.57	Kathy Slifer	2015	35.09	David Vail	2013
70-74	100 Fly	2:08.23	Jill Coleman	2000	1:42.05	Joseph Bolze	2009
70-74	200 Fly	4:11.64	Nancy Brown	2006	3:46.64	Roger Franks	1999
70-74	100 IM	1:23.23	Diann Uustal	2016	1:26.45	Howard Rolston	2014
70-74	200 IM	4:30.08	Ruth Aaron	1999	3:12.75	Howard Rolston	2014
70-74	400 IM	7:12.34	Kathy Slifer	2016	7:01.05	Roger Franks	1999
75-79	50 Free	42.62	Petey Smith	1999	32.15	Edward Breisacher	2007
75-79	100 Free	1:38.27	Petey Smith	1999	1:12.98	Edward Breisacher	2007
75-79	200 Free	3:36.14	Petey Smith	1999	3:02.87	Michael Laux	2016
75-79	400 Free	7:42.57	Petey Smith	1999	6:20.12	Roger Franks	2002
75-79	800 Free	16:53.49	Laverne Adams	2010	13:24.37	Dick Hutchings	2016
75-79	1500 Free				25:26.79	Roger Franks	2002
75-79	50 Back	44.76	Doris Steadman	1999	42.88	William Haynes	2001
75-79	100 Back	1:39.76	Doris Steadman	2000	1:33.86	William Haynes	2001
75-79	200 Back	3:38.25	Doris Steadman	1999	3:26.29	William Haynes	2001
75-79	50 Breast	58.21	Janet Moeller	2009	42.81	Charles Urstadt	2003
75-79	100 Breast	2:15.37	Joan Waldbaum	2007	1:41.21	Michael Laux	2016
75-79	200 Breast	4:48.03	Suzanne Graham	2002	3:44.92	Michael Laux	2016
75-79	50 Fly	1:01.36	Janet Moeller	2009	46.20	Kenneth Dawson	2008
75-79	100 Fly	2:33.70	Mary Wixted	1997	1:58.00	Jim Pendergrass	1997
75-79	200 Fly	5:23.01	Marianna Hagan	2003	4:21.11	Itamar Kutai	2010
75-79	100 IM	2:09.88	Laverne Adams	2010	1:27.60	Edward Breisacher	2007
75-79	200 IM	4:38.68	Janet Moeller	2009	4:04.87	William Jones	2016
75-79	400 IM				8:40.95	Itamar Kutai	2010

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
80-84	50 Free	48.98	Jeanne Merryman	2003	39.69	Gaetano Pavone	2002
80-84	100 Free	1:50.54	Petey Smith	2004	1:35.19	Dick Guido	1997
80-84	200 Free	4:09.88	Petey Smith	2004	3:23.78	James Edwards	2004
80-84	400 Free	14:59.81	Betty Taylor	1997	7:23.48	James Edwards	2004
80-84	800 Free				18:40.22	Clarence Webb	2003
80-84	1500 Free				32:51.56	Robert Stricker	2008
80-84	50 Back	55.49	Doris Steadman	2006	46.47	Gaetano Pavone	2002
80-84	100 Back	2:08.66	Doris Steadman	2007	1:51.78	Frank Manheim	2014
80-84	200 Back	4:43.19	Doris Steadman	2007	3:51.32	Gaetano Pavone	2002
80-84	50 Breast	1:12.00	Marianna Hagan	2008	45.39	Charles Urstadt	2008
80-84	100 Breast	2:41.33	Norma Harlow	2005	1:52.43	Albert Woods	2009
80-84	200 Breast	7:22.31	Mary Wixted	2003	4:34.30	Itamar Kutai	2013
80-84	50 Fly	1:16.95	Marianna Hagan	2008	59.93	Clarence Webb	2002
80-84	100 Fly				2:19.79	Dick Guido	1997
80-84	200 Fly				5:08.81	Itamar Kutai	2013
80-84	100 IM	2:27.21	Jeanne Merryman	2003	1:57.67	Clarence Webb	2003
80-84	200 IM	5:51.16	Marianna Hagan	2008	4:30.34	Dick Guido	1998
80-84	400 IM				6:24.62	Jay Charles	2002
85-89	50 Free	1:41.95	Florence Melick	2007	49.24	Harry Polites	1997
85-89	100 Free	3:51.57	Florence Melick	2009	1:51.65	Austin Newman	2003
85-89	200 Free				4:45.76	Charles Wood	1996
85-89	400 Free				8:54.45	John Merrill	2005
85-89	800 Free				17:47.94	Austin Newman	2003
85-89	50 Back	1:53.70	Florence Melick	2007	50.76	John Merrill	2005
85-89	100 Back	4:09.61	Florence Melick	2007	1:57.85	John Merrill	2005
85-89	200 Back				4:05.07	John Merrill	2005
85-89	50 Breast	1:20.20	Norma Harlow	2010	1:02.92	Dan Dotterweich	1996
85-89	100 Breast				2:30.09	Dan Dotterweich	1996
85-89	200 Breast	6:34.89	Norma Harlow	2010	5:17.90	Dan Dotterweich	1996
85-89	50 Fly				1:25.69	Jay Charles	2007
85-89	100 Fly				3:38.38	Jay Charles	2007
85-89	200 Fly				7:59.16	Jay Charles	2007
85-89	100 IM				2:40.18	Clarence Webb	2007
85-89	200 IM				6:53.36	Jay Charles	2009
85-89	400 IM				12:21.27	Jay Charles	2007

## Colonies Zone Championship Records

## Short Course Meters

Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
90-94	50 Free				1:01.01	Gus Langner	1996
90-94	100 Free				2:13.10	Gus Langner	1996
90-94	200 Free				5:25.50	Austin Newman	2008
90-94	400 Free				10:41.79	Gus Langner	1996
90-94	800 Free				21:51.04	Austin Newman	2007
90-94	1500 Free				44:48.99	Gus Langner	1996
90-94	50 Back				1:25.03	Gus Langner	1997
90-94	100 Back				3:40.75	Gus Langner	1997
90-94	50 Breast				1:28.60	Gus Langner	1997
90-94	100 Breast				3:29.83	Gus Langner	1997
90-94	200 Breast				7:16.62	Gus Langner	1997
95-99	50 Free				57.67	Gus Langner	1998
95-99	100 Free				2:19.51	Gus Langner	1998
95-99	200 Free				5:13.46	Gus Langner	1998
95-99	400 Free				10:51.93	Gus Langner	1998
95-99	800 Free				22:05.55	Gus Langner	1998
95-99	1500 Free				41:29.87	Gus Langner	1998
95-99	50 Back				1:27.67	Gus Langner	1998
95-99	50 Breast				1:31.60	Gus Langner	1998
95-99	100 Breast				3:35.33	Gus Langner	1998
95-99	200 Breast				8:04.72	Gus Langner	1999
95-99	100 IM				3:33.98	Gus Langner	1998



**Colonies Zone Championship Records**

*Short Course Meters*

Age Group	Event	Women			Men			Mixed		
		Time	Club	Year	Time	Club	Year	Time	Club	Year
72-99	200 Free Relay	1:57.70	Cambridge Masters	2013	1:42.42	Charles River Masters	2016	1:51.75	RUBA	1996
72-99	200 Medley Relay	2:19.54	NYC Hydras	2006	1:59.14	Cambridge Masters	2015	2:09.57	BCTM	2008
72-99	400 Free Relay	4:22.87	New England Masters	2004	4:01.85	Cambridge Masters	2015	4:08.04	Ocean City SC	2007
72-99	400 Medley Relay	4:52.35	Cambridge Masters	2013	4:54.08	Worcester Area Masters	2013	4:22.07	Terrapin Masters	2002
72-99	800 Free Relay	9:50.54	Pennypack Aquatics	2003	9:33.48	Worcester Area Masters	2013	8:51.55	Terrapin Masters	2003
100-119	200 Free Relay	1:56.19	Boston University	2013	1:41.04	RUBA	1997	1:41.04	RUBA	1997
100-119	200 Medley Relay	1:50.29	BCTM	2008	1:52.68	Terrapin Masters	2002	1:52.68	Terrapin Masters	2002
100-119	400 Free Relay	4:17.09	Metro Masters	2003	3:48.40	Bearcat Masters	2010	3:55.43	Metro Masters	2003
100-119	400 Medley Relay	4:44.67	Boston University	2013	4:09.56	Terrapin Masters	2002	4:09.56	Terrapin Masters	2002
100-119	800 Free Relay	9:54.43	Red Tide	2001	7:43.72	New England Masters	2013	8:48.05	Terrapin Masters	2001
120-159	200 Free Relay	1:58.98	Cambridge Masters	2015	1:35.56	Garden State Masters	2002	1:35.56	Garden State Masters	2002
120-159	200 Medley Relay	2:05.37	Red Tide	2009	1:49.93	RUBA	1997	1:49.93	RUBA	1997
120-159	400 Free Relay	4:09.95	Red Tide	2008	3:44.87	Badger Masters	2000	3:44.87	Badger Masters	2000
120-159	400 Medley Relay	4:33.70	New England Masters	2016	4:06.10	RUBA	1997	4:06.10	RUBA	1997
120-159	800 Free Relay	9:31.42	New England Masters	2015	8:14.93	Badger Masters	2000	8:14.93	Badger Masters	2000
160-199	200 Free Relay	1:49.41	Red Tide	2009	1:39.07	Garden State Masters	2003	1:39.07	Garden State Masters	2003
160-199	200 Medley Relay	2:15.81	Red Tide	2009	1:51.65	Garden State Masters	2002	1:51.65	Garden State Masters	2002
160-199	400 Free Relay	4:33.69	Granite State Penguins	2015	3:42.91	Jersey Area Masters	2008	3:42.91	Jersey Area Masters	2008
160-199	400 Medley Relay	5:01.16	Swim RI	2013	4:10.47	Virginia Masters	2008	4:10.47	Virginia Masters	2008
160-199	800 Free Relay	10:13.19	1776	2007	8:59.80	Pennypack Aquatics	2003	8:59.80	Pennypack Aquatics	2003
200-239	200 Free Relay	1:58.64	New England Masters	2004	1:40.71	1776	2003	1:40.71	1776	2003
200-239	200 Medley Relay	2:20.32	New England Masters	2004	1:57.36	Garden State Masters	2002	1:57.36	Garden State Masters	2002
200-239	400 Free Relay	4:31.95	Granite State Penguins	2015	3:47.59	1776	2003	3:47.59	1776	2003
200-239	400 Medley Relay	5:15.27	Granite State Penguins	2016	4:38.38	Garden State Masters	1996	4:38.38	Garden State Masters	1996
200-239	800 Free Relay	13:27.63	Swim Ft Lauderdale	2013	9:35.63	PAFC	2008	9:35.63	PAFC	2008
240-279	200 Free Relay	2:16.40	Nutmeg Masters	2016	1:58.97	Worcester Area Masters	2015	2:05.67	Maine Masters	2005
240-279	200 Medley Relay	2:22.18	New England Masters	2013	2:14.09	Worcester Area Masters	2015	2:29.74	Granite State Penguins	2015
240-279	400 Free Relay	5:49.39	Swim Ft Lauderdale	2015	4:18.06	Worcester Area Masters	2015	4:28.91	Jersey Area Masters	2008
240-279	400 Medley Relay	6:05.47	Nutmeg Masters	2016	5:03.29	Worcester Area Masters	2015	5:25.78	Jersey Area Masters	2008
240-279	800 Free Relay	10:39.28	New England Masters	2015				13:45.66	Maryland Masters	1999
280-319	200 Free Relay	3:16.55	1776	2006	2:40.30	Garden State Masters	2006	2:40.30	Garden State Masters	2006
280-319	200 Medley Relay	3:32.65	1776	2006	3:02.19	Simon's Rock PaceMakers	2016	3:18.80	1776	2002
280-319	400 Free Relay	7:25.03	1776	2006	5:41.00	Maine Masters	2013	7:56.39	1776	1997
280-319	400 Medley Relay	9:05.99	1776	2006	6:26.62	Maine Masters	2013	7:38.36	Connecticut Masters	2007
280-319	800 Free Relay	16:02.46	1776	2006						
320-359	200 Medley Relay							4:37.13	1776	2003