

Colonies Zone: Individual Records

Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	26.44	Harumi Katsuyama	Potomac Valley	L4S	2014	22.46	Drew Modrov	Metropolitan	UC06	2013
18-24	100 Free	58.36	Harumi Katsuyama	Potomac Valley	L4S	2014	50.46	Drew Modrov	Metropolitan	UC06	2013
18-24	200 Free	2:04.77	Marina Falcone	Potomac Valley	WARD	2010	1:51.96	Eric Nilsson	New England	NEM	2011
18-24	400 Free	4:19.91	Marina Falcone	Potomac Valley	WARD	2010	3:57.08	Eric Nilsson	New England	NEM	2011
18-24	800 Free	9:24.49	Emily Peters	Metropolitan	METR	1999	8:16.50	Eric Nilsson	New England	NEM	2011
18-24	1500 Free	18:48.88	Lillian Hnath	Potomac Valley	TERR	2005	17:04.97	Jay Griffin	Metropolitan	EMP	1996
18-24	50 Back	30.89	Charlotte Brackett	New England	NEM	2013	25.38	Josh Hafkin	Potomac Valley	FINZ	2012
18-24	100 Back	1:04.53	Kellyanne Tomasula	Delaware Valley	1776	2011	56.02	Jarryd Botha	Potomac Valley	UNAT	2010
18-24	200 Back	2:22.61	N Wunderlich	Metropolitan	EMP	1995	2:06.22	Eric Nilsson	New England	NEM	2011
18-24	50 Breast	32.67	Erla Haraldsdottir	Virginia	UNAT	2008	29.88	Elliot Ptasnik	Metropolitan	NYCH	2006
18-24	100 Breast	1:15.56	Blair Negron	New England	NEM	2008	1:05.38	Elliot Ptasnik	Metropolitan	NYCH	2006
18-24	200 Breast	2:42.47	Blair Negron	New England	NEM	2008	2:24.13	Elliot Ptasnik	Metropolitan	NYCH	2006
18-24	50 Fly	29.29	Sarah Ryan	Delaware Valley	FINS	2013	25.16	Paul Buren	New Jersey	GSM	2003
18-24	100 Fly	1:05.40	Priscilla Modrov	New Jersey	HOBO	2012	57.12	Drew Modrov	Metropolitan	UC06	2013
18-24	200 Fly	2:23.04	Priscilla Modrov	New Jersey	HOBO	2012	2:03.41	Eric Nilsson	New England	NEM	2011
18-24	100 IM	1:03.84	Erla Haraldsdottir	Virginia	UNAT	2008	58.40	Drew Modrov	Metropolitan	UC06	2013
18-24	200 IM	2:26.17	Priscilla Modrov	New Jersey	HOBO	2012	2:06.27	Eric Nilsson	New England	NEM	2011
18-24	400 IM	5:00.78	Courtney Beidler	New England	NEM	2014	4:32.52	Eric Nilsson	New England	NEM	2011
25-29	50 Free	26.60	Jessie Ellis-Alcaide	New England	MESC	2011	22.58	Drew Modrov	Metropolitan	UC06	2015
25-29	100 Free	58.52	Jessie Ellis-Alcaide	New England	MESC	2011	49.91	Bjorn Zikarsky	Delaware Valley	1776	1995
25-29	200 Free	2:10.68	Chrissie Miller	Delaware Valley	PWM	2001	1:52.82	Eric Nilsson	New England	NEM	2013
25-29	400 Free	4:39.88	Elizabeth Mancuso	New England	NEM	2011	3:57.03	Eric Nilsson	New England	NEM	2013
25-29	800 Free	9:19.05	Tobie Smith	Metropolitan	BDGR	1999	8:17.80	Eric Nilsson	New England	NEM	2013
25-29	1500 Free	18:06.13	Heather Mohorn	Delaware Valley	FINS	2013	16:59.90	Steven Fisher	Metropolitan	EMP	1991
25-29	50 Back	30.74	Jessica Beers	New England	MESC	2009	24.98	David Russell	New England	NEM	2014
25-29	100 Back	1:06.51	Kate Hibbard	Virginia	VMST	2010	53.38	David Russell	New England	NEM	2014
25-29	200 Back	2:25.05	Kate Hibbard	Virginia	VMST	2010	2:05.18	Christopher Sheppard	New England	NEM	2006
25-29	50 Breast	33.90	Andrea Packard	New England	NEM	2001	28.80	Pavel Buyanov	Metropolitan	BCTM	2011
25-29	100 Breast	1:13.57	Andrea Packard	New England	NEM	2001	1:03.07	Corey Welch	Delaware Valley	FINS	2008
25-29	200 Breast	2:35.66	Andrea Packard	New England	NEM	2001	2:19.27	Corey Welch	Delaware Valley	FINS	2008
25-29	50 Fly	28.85	Andrea Yttre	New England	NEM	2006	24.20	David Russell	New England	NEM	2014
25-29	100 Fly	1:04.60	Chrissy Miller	Delaware Valley	PWM	2002	53.00	David Russell	New England	NEM	2014
25-29	200 Fly	2:20.96	Priscilla Modrov	Niagara	BUMS	2013	2:03.59	Jason Eaddy	New England	NEM	2002
							2:03.59	Eric Nilsson	New England	NEM	2013
25-29	100 IM	1:06.67	Jessie Ellis-Alcaide	New England	MESC	2011	57.67	David Russell	New England	NEM	2014
25-29	200 IM	2:24.80	Courtney Randolph	Potomac Valley	UMAC	2016	2:07.61	Eric Nilsson	New England	NEM	2013
25-29	400 IM	5:08.66	Courtney Randolph	Potomac Valley	UMAC	2016	4:33.17	Jerome Frentsos	Potomac Valley	DCAC	1995

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	26.51	Katrine Alcaide	New England	MESC	2014	23.45	Troy Johnson	Virginia	VMST	2008
30-34	100 Free	59.50	Elizabeth Mancuso	New England	NEM	2015	51.72	Curtis Sawin	New Jersey	GSM	2002
30-34	200 Free	2:10.60	Elizabeth Mancuso	New England	NEM	2015	1:52.83	Bruce Hayes	Metropolitan	METR	1994
30-34	400 Free	4:22.77	Erika Hansen	Delaware Valley	UNAT	2003	3:59.83	Bruce Hayes	Metropolitan	METR	1994
30-34	800 Free	9:06.49	Erika Hansen	Delaware Valley	UNAT	2003	8:19.44	Bruce Hayes	Metropolitan	METR	1994
30-34	1500 Free	17:58.96	Laurie Hug	Delaware Valley	1776	1999	16:21.25	Bruce Hayes	Metropolitan	METR	1994
30-34	50 Back	30.28	Christina Pansini Rose	New England	NEM	2014	26.87	Curtis Sawin	New Jersey	GSM	2002
30-34	100 Back	1:07.09	Mollie Grover	Potomac Valley	UMAC	2015	58.44	Clay Britt	Potomac Valley	ANCM	1995
30-34	200 Back	2:25.19	Mollie Grover	Potomac Valley	UMAC	2015	2:12.45	Jerome Frentsos	Potomac Valley	DCAC	1999
30-34	50 Breast	33.43	Katrine Alcaide	New England	MESC	2015	29.80	Geoff Wells	Niagara	BUMS	2016
30-34	100 Breast	1:17.43	Beth Scheimann	Virginia	VMST	1993	1:04.81	Blake Holden	Potomac Valley	CUBU	2009
30-34	200 Breast	2:48.56	Beth Scheimann	Virginia	VMST	1995	2:21.42	Jonathan Banville	New England	NEM	2003
30-34	50 Fly	29.03	Katrine Alcaide	New England	MESC	2014	25.50	Curtis Sawin	New Jersey	GSM	2001
30-34	100 Fly	1:06.27	Elizabeth Mancuso	New England	NEM	2015	56.08	Curtis Sawin	New Jersey	GSM	2001
30-34	200 Fly	2:25.62	Ildiko Szekely	New England	NEM	2013	2:08.25	Jerome Frentsos	Potomac Valley	DCAC	1999
30-34	100 IM	1:06.06	Katrine Alcaide	New England	MESC	2014	58.54	Jonathan Churins	Metropolitan	METR	2005
30-34	200 IM	2:23.44	Elizabeth Mancuso	New England	NEM	2016	2:08.42	Jerome Frentsos	Potomac Valley	DCAC	1999
30-34	400 IM	5:11.97	Chrissy Sullivan	Delaware Valley	SVM	2006	4:32.23	Jerome Frentsos	Potomac Valley	DCAC	1999
35-39	50 Free	26.78	Fall Willeboordse	Metropolitan	REDT	2002	23.44	Michael Ross	New England	NEM	2004
35-39	100 Free	59.90	Fall Willeboordse	Metropolitan	REDT	2002	50.72	Michael Picotte	Virginia	VMST	2009
35-39	200 Free	2:11.37	Laurie Hug	Delaware Valley	1776	2000	1:51.54	Michael Ross	New England	NEM	2004
35-39	400 Free	4:34.69	Laurie Hug	Delaware Valley	1776	2003	4:01.78	Ron Karnaugh	New Jersey	TRIT	2003
35-39	800 Free	9:14.27	Laurie Hug	Delaware Valley	1776	2000	8:42.33	Ethan Saulnier	New England	NEM	2008
35-39	1500 Free	17:27.84	Laurie Hug	Delaware Valley	1776	2000	16:54.94	Gregory Danner	Niagara	FAIR	2016
35-39	50 Back	31.35	Fall Willeboordse	Metropolitan	REDT	2002	25.86	Michael Ross	New England	NEM	2004
35-39	100 Back	1:07.76	Andrea Luallen	Potomac Valley	ANCM	2002	55.95	Michael Ross	New England	NEM	2004
35-39	200 Back	2:25.89	Andrea Luallen	Potomac Valley	ANCM	2001	2:00.34	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Breast	35.35	Amanda Martin	Delaware Valley	UNAT	2001	28.75	Ron Karnaugh	New Jersey	TRIT	2002
35-39	100 Breast	1:18.29	Rainy Goodale	New England	NEM	2009	1:02.57	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 Breast	2:49.74	Dori Miller	New England	NEM	2006	2:17.47	Blake Holden	Potomac Valley	TERR	2014
35-39	50 Fly	29.52	Katrine Alcaide	New England	MESC	2016	25.29	Michael Ross	New England	NEM	2004
35-39	100 Fly	1:04.38	Ildiko Szekely	New England	NEM	2015	55.85	Jim Harvey	New England	MESC	2001
35-39	200 Fly	2:22.52	Ildiko Szekely	New England	NEM	2014	2:07.00	Gregory Danner	Niagara	FAIR	2016
35-39	100 IM	1:08.23	Beth Baker	Virginia	VMST	2000	56.94	Ron Karnaugh	New Jersey	TRIT	2003
35-39	200 IM	2:29.28	Vibeke Swanson	Delaware Valley	1776	2000	2:03.29	Ron Karnaugh	New Jersey	TRIT	2002
35-39	400 IM	5:15.70	Laurie Hug	Delaware Valley	1776	2000	4:24.36	Ron Karnaugh	New Jersey	TRIT	2003

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		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	27.20	Fall Willeboordse	Metropolitan	REDT	2009	23.45	Michael Ross	New England	MESC	2009
40-44	100 Free	1:00.35	Fall Willeboordse	Metropolitan	AGUA	2010	50.43	Michael Ross	New England	MESC	2008
40-44	200 Free	2:12.76	Vibeke Swanson	Delaware Valley	1776	2001	1:50.08	Michael Ross	New England	MESC	2008
40-44	400 Free	4:42.15	Rebecca Kalibat	New Jersey	GSM	2004	4:17.35	Chris Stevenson	Virginia	VMST	2007
40-44	800 Free	9:32.90	Laurie Hug	Delaware Valley	1776	2008	9:08.24	Michael Schmidt	New England	MESC	2006
40-44	1500 Free	18:03.41	Laurie Hug	Delaware Valley	1776	2008	17:53.15	Dave Holland	Virginia	VMST	2008
40-44	50 Back	30.74	Kristin Gary	Metropolitan	REDT	2008	25.53	Michael Ross	New England	MESC	2009
40-44	100 Back	1:05.51	Kristin Gary	Metropolitan	REDT	2011	54.85	Michael Ross	New England	MESC	2008
40-44	200 Back	2:22.68	Kristin Gary	Metropolitan	REDT	2008	2:03.84	Michael Ross	New England	MESC	2008
40-44	50 Breast	35.89	Stacy Sweetser	New England	NEM	2015	29.92	Wally Dicks	Potomac Valley	ANCM	2007
40-44	100 Breast	1:19.73	Rainy Goodale	New England	NEM	2014	1:05.84	Wally Dicks	Potomac Valley	ANCM	2006
40-44	200 Breast	2:53.00	Rainy Goodale	New England	NEM	2010	2:26.59	Wally Dicks	Potomac Valley	ANCM	2006
40-44	50 Fly	29.68	Beth Baker	Virginia	VMST	2001	24.91	Michael Ross	New England	MESC	2008
40-44	100 Fly	1:05.49	Beth Baker	Virginia	VMST	2001	55.82	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:26.15	Beth Baker	Virginia	VMST	2001	2:10.99	Chris Stevenson	Virginia	VMST	2008
40-44	100 IM	1:08.49	Fall Willeboordse	Metropolitan	REDT	2009	57.71	Michael Ross	New England	MESC	2008
40-44	200 IM	2:28.10	Vibeke Swanson	Delaware Valley	1776	2001	2:15.47	Craig Crawford	New England	NEM	2013
40-44	400 IM	5:13.86	Vibeke Swanson	Delaware Valley	1776	2001	4:57.34	Brian Casey	New England	NEM	2004
45-49	50 Free	27.14	Fall Willeboordse	Metropolitan	BCTM	2015	23.80	Fritz Bedford	New England	NEM	2009
45-49	100 Free	1:00.24	Fall Willeboordse	Metropolitan	BCTM	2012	53.21	Fritz Bedford	New England	NEM	2009
45-49	200 Free	2:14.74	Susan Wager	Metropolitan	REDT	2010	1:59.62	Chris Stevenson	Virginia	VMST	2012
45-49	400 Free	4:46.20	Karen Einsidler	Connecticut	CONN	2002	4:15.06	Michael Schmidt	New England	MESC	2008
45-49	800 Free	9:44.52	Laurie Hug	Delaware Valley	1776	2014	8:49.03	Michael Schmidt	New England	MESC	2008
45-49	1500 Free	18:23.90	Laurie Hug	Delaware Valley	1776	2011	17:20.94	Michael Schmidt	New England	MESC	2009
45-49	50 Back	30.70	Susan Williams	Potomac Valley	ANCM	2013	27.02	Chris Stevenson	Virginia	VMST	2009
45-49	100 Back	1:07.41	Susan Williams	Potomac Valley	WARD	2011	57.00	Chris Stevenson	Virginia	VMST	2009
45-49	200 Back	2:32.56	Vibeke Swanson	Delaware Valley	1776	2006	2:05.54	Chris Stevenson	Virginia	VMST	2009
45-49	50 Breast	36.34	Laurie DiTommaso	New Jersey	GSM	2008	29.83	Craig Crawford	New England	NEM	2015
45-49	100 Breast	1:18.77	Fall Willeboordse	Metropolitan	BCTM	2015	1:06.63	Craig Crawford	New England	NEM	2015
45-49	200 Breast	2:54.48	Rainy Goodale	New England	NEM	2016	2:28.98	Craig Crawford	New England	NEM	2015
45-49	50 Fly	29.21	Laurie DiTommaso	New Jersey	GSM	2008	25.74	Fritz Bedford	New England	NEM	2009
45-49	100 Fly	1:06.69	Fall Willeboordse	Metropolitan	AGUA	2011	57.37	Chris Stevenson	Virginia	VMST	2010
45-49	200 Fly	2:36.88	Laurie Hug	Delaware Valley	1776	2012	2:09.65	Chris Stevenson	Virginia	VMST	2009
45-49	100 IM	1:08.08	Fall Willeboordse	Metropolitan	BCTM	2015	1:00.44	Jerome Frentsos	Maryland	UNAT	2010
45-49	200 IM	2:31.99	Vibeke Swanson	Delaware Valley	1776	2006	2:09.71	Jerome Frentsos	Maryland	UNAT	2010
45-49	400 IM	5:19.58	Vibeke Swanson	Delaware Valley	1776	2006	4:43.64	Jerome Frentsos	Maryland	UNAT	2010

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	27.91	Leslie Livingston	Potomac Valley	GMUP	2012	24.26	Paul Trevisan	Delaware Valley	1776	2003
50-54	100 Free	1:03.10	Maria Anderson	New England	NEM	2014	54.61	Paul Trevisan	Delaware Valley	1776	2003
50-54	200 Free	2:17.99	Kelly Parker Palace	Virginia	VMST	2011	2:04.57	William Segal	New Jersey	JAM	2015
50-54	400 Free	4:46.96	Kelly Parker Palace	Virginia	VMST	2011	4:28.82	William Segal	New Jersey	JAM	2015
50-54	800 Free	9:47.94	Kelly Parker Palace	Virginia	VMST	2011	9:23.97	Patrick Autissier	New England	NEM	2014
50-54	1500 Free	18:56.50	Kelly Parker Palace	Virginia	VMST	2011	18:20.87	Patrick Autissier	New England	NEM	2015
50-54	50 Back	30.58	Leslie Livingston	Potomac Valley	GMUP	2011	26.69	Fritz Bedford	New England	NEM	2015
50-54	100 Back	1:08.85	Leslie Livingston	Potomac Valley	GMUP	2012	58.47	Fritz Bedford	New England	NEM	2015
50-54	200 Back	2:34.69	Lisa Pelt-Diller	Potomac Valley	GERM	2008	2:15.14	Jerome Frentsos	Maryland	MARY	2015
50-54	50 Breast	36.87	Leslie Livingston	Potomac Valley	GMUP	2014	31.08	Benn Doyle	New Jersey	GSM	2008
50-54	100 Breast	1:23.01	Karen Mareb	New England	NEM	2008	1:08.27	Benn Doyle	New Jersey	GSM	2008
50-54	200 Breast	3:02.45	Laurie Hug	Delaware Valley	1776	2015	2:32.78	Benn Doyle	New Jersey	GSM	2008
50-54	50 Fly	29.25	Leslie Livingston	Potomac Valley	GMUP	2013	25.98	Steve Hiltabiddle	Delaware Valley	1776	2016
50-54	100 Fly	1:09.38	Leslie Livingston	Potomac Valley	GMUP	2012	59.71	Fritz Bedford	New England	NEM	2014
50-54	200 Fly	2:41.63	Laurie Hug	Delaware Valley	1776	2016	2:18.88	John Craig	Connecticut	CONN	2004
50-54	100 IM	1:11.00	Susan Williams	Potomac Valley	L4S	2016	1:01.21	Jerome Frentsos	Maryland	MARY	2015
50-54	200 IM	2:39.86	Vibeke Swanson	Delaware Valley	1776	2012	2:12.85	Jerome Frentsos	Maryland	MARY	2015
50-54	400 IM	5:38.30	Laurie Hug	Delaware Valley	1776	2016	4:45.15	Jerome Frentsos	Maryland	MARY	2015
55-59	50 Free	28.58	Jacki Hirsty	New England	NEM	2009	24.70	Paul Trevisan	Delaware Valley	1776	2006
55-59	100 Free	1:05.31	Jacki Hirsty	New England	NEM	2009	55.12	Paul Trevisan	Delaware Valley	1776	2006
55-59	200 Free	2:18.32	Kelly Parker Palace	Virginia	VMST	2016	2:12.88	Homer Lane	New England	NEM	2004
55-59	400 Free	4:53.27	Nancy Steadman-Martin	New Jersey	GSM	2009	4:36.89	John Calvert	Potomac Valley	DCM	2001
55-59	800 Free	10:03.33	Kelly Parker Palace	Virginia	VMST	2016	9:34.94	John Calvert	Potomac Valley	DCM	2001
55-59	1500 Free	19:00.59	Kelly Parker Palace	Virginia	VMST	2016	18:43.40	Jack Martin	Delaware Valley	1776	2006
55-59	50 Back	34.52	Kim Brightwell	Potomac Valley	RMST	2015	30.27	Clay Britt	Potomac Valley	ANCM	2016
55-59	100 Back	1:19.72	Nancy Steadman-Martin	New Jersey	GSM	2009	1:07.13	Greg Shaw	New England	NEM	2009
55-59	200 Back	2:44.55	Nancy Steadman-Martin	New Jersey	GSM	2009	2:26.64	John Calvert	Potomac Valley	DCM	2000
55-59	50 Breast	38.62	Beth Estel	New England	NEM	2012	33.03	Benn Doyle	New Jersey	GSM	2013
55-59	100 Breast	1:25.17	Karen Mareb	New England	NEM	2013	1:13.24	Benn Doyle	New Jersey	GSM	2014
55-59	200 Breast	3:06.49	Karen Mareb	New England	NEM	2015	2:39.45	Benn Doyle	New Jersey	GSM	2013
55-59	50 Fly	33.57	Jacki Hirsty	New England	NEM	2009	26.93	Greg Shaw	New England	NEM	2009
55-59	100 Fly	1:17.39	Jeanne Lappin	Potomac Valley	GERM	2013	1:00.35	Greg Shaw	New England	NEM	2006
55-59	200 Fly	2:47.89	Nancy Steadman-Martin	New Jersey	GSM	2009	2:19.72	Greg Shaw	New England	NEM	2009
55-59	100 IM	1:16.55	Jacki Hirsty	New England	NEM	2009	1:03.69	Greg Shaw	New England	NEM	2008
55-59	200 IM	2:50.17	Nancy Steadman-Martin	New Jersey	GSM	2009	2:21.05	Greg Shaw	New England	NEM	2006
55-59	400 IM	5:47.01	Nancy Steadman-Martin	New Jersey	GSM	2009	5:11.49	Greg Shaw	New England	NEM	2007

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	30.07	Jacki Hirsty	New England	NEM	2013	25.40	Paul Trevisan	Delaware Valley	1776	2011
60-64	100 Free	1:07.56	Jacki Hirsty	New England	NEM	2013	57.61	Paul Trevisan	Delaware Valley	1776	2012
60-64	200 Free	2:30.15	Jacki Hirsty	New England	NEM	2013	2:10.04	Fred Schlicher	New England	NEM	2008
60-64	400 Free	5:12.77	Nancy Steadman Martin	New Jersey	GSM	2016	4:43.69	John Calvert	Virginia	VMST	2005
60-64	800 Free	10:39.12	Shirley Loftus-Charley	Virginia	VMST	2011	10:04.36	Frank McElroy	New Jersey	GSM	2009
60-64	1500 Free	19:59.92	Shirley Loftus-Charley	Virginia	VMST	2011	19:40.43	Christopher Gibson	New Jersey	PAA	2016
60-64	50 Back	35.89	Joan Pfinsgraff	Potomac Valley	TERR	2014	32.95	Daniel Rogacki	New England	NEM	2009
60-64	100 Back	1:16.83	Joan Pfinsgraff	Potomac Valley	TERR	2014	1:12.93	Michael McCombs	New England	NEM	2016
60-64	200 Back	2:44.59	Joan Pfinsgraff	Potomac Valley	TERR	2014	2:30.96	John Calvert	Virginia	VMST	2005
60-64	50 Breast	38.97	Beth Estel	New England	NEM	2016	34.86	Daniel Rogacki	New England	NEM	2009
60-64	100 Breast	1:27.11	Beth Estel	New England	NEM	2016	1:18.08	Drury Gallagher	Metropolitan	METR	1998
60-64	200 Breast	3:13.70	Beth Estel	New England	NEM	2016	2:53.05	Drury Gallagher	Metropolitan	METR	1998
60-64	50 Fly	34.58	Diann Uustal	New England	MESC	2010	28.59	Greg Shaw	New England	NEM	2011
60-64	100 Fly	1:17.07	Jeanne Lappin	Potomac Valley	GERM	2015	1:04.47	Greg Shaw	New England	NEM	2011
60-64	200 Fly	2:52.43	Jeanne Lappin	Potomac Valley	GERM	2015	2:30.18	Fred Schlicher	New England	NEM	2008
60-64	100 IM	1:19.86	Diann Uustal	New England	MESC	2010	1:08.37	Greg Shaw	New England	NEM	2011
60-64	200 IM	2:52.64	Shirley Loftus-Charley	Virginia	VMST	2011	2:29.11	Greg Shaw	New England	NEM	2011
60-64	400 IM	6:03.26	Shirley Loftus-Charley	Virginia	VMST	2011	5:39.12	Drury Gallagher	Metropolitan	METR	1999
65-69	50 Free	32.06	Diann Uustal	New England	MESC	2011	27.26	Jim Dragon	New Jersey	GSM	2009
65-69	100 Free	1:10.76	Diann Uustal	New England	MESC	2011	1:04.38	John Radimer	New England	NEM	2014
65-69	200 Free	2:35.21	Shirley Loftus-Charley	Virginia	VMST	2016	2:23.22	David Oates	New England	NEM	2015
65-69	400 Free	5:22.78	Shirley Loftus-Charley	Virginia	VMST	2016	5:04.90	Frank McElroy	New Jersey	GSM	2013
65-69	800 Free	10:55.71	Shirley Loftus-Charley	Virginia	VMST	2016	10:25.32	Frank McElroy	New Jersey	GSM	2013
65-69	1500 Free	20:37.63	Shirley Loftus-Charley	Virginia	VMST	2016	20:04.76	Frank McElroy	New Jersey	GSM	2013
65-69	50 Back	35.58	Diann Uustal	New England	MESC	2011	33.79	Geoffrey Meyer	Delaware Valley	1776	2016
65-69	100 Back	1:17.95	Diann Uustal	New England	MESC	2011	1:13.63	Geoffrey Meyer	Delaware Valley	1776	2016
65-69	200 Back	2:50.10	Cecilia McCloskey	Delaware Valley	1776	2015	2:51.97	Daniel Rogacki	New England	NEM	2012
65-69	50 Breast	42.02	Diann Uustal	New England	MESC	2011	34.55	Louis Kronfeld	New England	NEM	2008
65-69	100 Breast	1:32.37	Joann Leilich	Virginia	VMST	2004	1:21.32	Louis Kronfeld	New England	NEM	2008
65-69	200 Breast	3:17.44	Joann Leilich	Virginia	VMST	2004	3:06.03	Daniel Rogacki	New England	NEM	2015
65-69	50 Fly	35.06	Diann Uustal	New England	MESC	2011	29.18	Jim Dragon	New Jersey	GSM	2009
65-69	100 Fly	1:21.13	Cecilia McCloskey	Delaware Valley	1776	2016	1:10.31	Greg Shaw	New England	NEM	2016
65-69	200 Fly	3:03.97	Shirley Loftus-Charley	Virginia	VMST	2016	2:53.24	Frank McElroy	New Jersey	GSM	2013
65-69	100 IM	1:20.86	Diann Uustal	New England	MESC	2011	1:14.66	Daniel Rogacki	New England	NEM	2012
65-69	200 IM	2:55.88	Cecilia McCloskey	Delaware Valley	1776	2016	2:41.82	Greg Shaw	New England	NEM	2016
65-69	400 IM	6:16.30	Shirley Loftus-Charley	Virginia	VMST	2016	5:54.86	Frank McElroy	New Jersey	GSM	2013

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Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	32.38	Diann Uustal	New England	NEM	2016	31.40	Nick Andes	Maryland	UC09	2013
70-74	100 Free	1:12.58	Diann Uustal	New England	NEM	2016	1:12.59	David Vail	New England	MESC	2013
70-74	200 Free	2:43.60	Diann Uustal	New England	NEM	2016	2:42.56	Jack Zakim	New Jersey	GSM	2016
70-74	400 Free	6:06.19	Kathy Slifer	New England	NEM	2016	5:51.64	David Vail	New England	MESC	2013
70-74	800 Free	12:42.21	Kathy Slifer	New England	NEM	2016	12:13.84	Rich Bernstein	Metropolitan	AGUA	2016
70-74	1500 Free	25:46.23	Jane Katz	Metropolitan	AGUA	2013	23:11.67	Roger Franks	Delaware Valley	1776	1999
70-74	50 Back	37.67	Diann Uustal	New England	NEM	2016	36.73	Jack Iliff	Maryland	MARY	2014
70-74	100 Back	1:22.65	Diann Uustal	New England	NEM	2016	1:21.00	Jack Iliff	Maryland	MARY	2014
70-74	200 Back	3:07.31	Diann Uustal	New England	NEM	2016	2:55.73	Roger Franks	Delaware Valley	1776	1998
70-74	50 Breast	44.83	Diann Uustal	New England	NEM	2016	37.71	Manuel Sanguily	Connecticut	CONN	2004
70-74	100 Breast	1:36.93	Margot Pettijohn	Potomac Valley	ANCM	2016	1:28.61	Manuel Sanguily	Connecticut	CONN	2004
70-74	200 Breast	3:34.27	Margot Pettijohn	Potomac Valley	ANCM	2016	3:15.22	Henry Cole	Maryland	MARY	2014
70-74	50 Fly	35.12	Diann Uustal	New England	NEM	2016	30.96	Jim Dragon	New Jersey	GSM	2014
70-74	100 Fly	1:34.06	Margot Pettijohn	Potomac Valley	ANCM	2016	1:18.38	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	200 Fly	3:30.68	Margot Pettijohn	Potomac Valley	ANCM	2016	3:13.99	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	100 IM	1:23.23	Diann Uustal	New England	NEM	2016	1:19.90	Jack Iliff	Maryland	MARY	2014
70-74	200 IM	3:18.73	Margot Pettijohn	Potomac Valley	ANCM	2016	3:14.91	David Vail	New England	MESC	2013
70-74	400 IM	7:07.46	Margot Pettijohn	Potomac Valley	ANCM	2016	6:49.75	Roger Franks	Delaware Valley	1776	1997
75-79	50 Free	37.33	Johnnie Detrick	Virginia	VMST	2011	32.15	Edward Breisacher	New Jersey	GSM	2007
75-79	100 Free	1:28.71	Johnnie Detrick	Virginia	VMST	2012	1:12.98	Edward Breisacher	New Jersey	GSM	2007
75-79	200 Free	3:27.05	Ronnie Kamphausen	New England	MESC	2010	2:49.10	Roger Franks	Delaware Valley	1776	2002
75-79	400 Free	7:11.95	Ronnie Kamphausen	New England	MESC	2009	6:20.12	Roger Franks	Delaware Valley	1776	2002
75-79	800 Free	14:32.87	Ronnie Kamphausen	New England	MESC	2009	13:24.37	Dick Hutchings	New England	NEM	2016
75-79	1500 Free	28:57.30	Ronnie Kamphausen	New England	MESC	2010	25:26.79	Roger Franks	Delaware Valley	1776	2002
75-79	50 Back	44.76	Doris Steadman	New Jersey	GSM	1999	41.91	Roger Franks	Delaware Valley	1776	2002
75-79	100 Back	1:36.90	Nancy Brown	Maryland	MARY	2011	1:25.22	Roger Franks	Delaware Valley	1776	2002
75-79	200 Back	3:34.09	Nancy Brown	Maryland	MARY	2011	2:58.21	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	51.86	Johnnie Detrick	Virginia	VMST	2011	40.07	Manuel Sanguily	Connecticut	CONN	2008
75-79	100 Breast	1:57.94	Johnnie Detrick	Virginia	VMST	2011	1:36.72	Manuel Sanguily	Connecticut	CONN	2009
75-79	200 Breast	4:09.87	Johnnie Detrick	Virginia	VMST	2010	3:29.54	Al Craig	New England	NEM	2003
75-79	50 Fly	59.13	Nancy Brown	Maryland	MARY	2011	39.71	Birch Davidson	Delaware Valley	1776	1994
75-79	100 Fly	2:04.82	Nancy Brown	Maryland	MARY	2011	1:44.55	Ira Rimerman	Metropolitan	XCEL	2013
75-79	200 Fly	4:46.12	Nancy Brown	Maryland	MARY	2011	3:48.09	Lenrod Goldstone	Connecticut	CONN	2004
75-79	100 IM	1:48.05	Johnnie Detrick	Virginia	VMST	2011	1:27.60	Edward Breisacher	New Jersey	GSM	2007
75-79	200 IM	4:06.34	Johnnie Detrick	Virginia	VMST	2012	3:31.59	Lenrod Goldstone	Connecticut	CONN	2004
75-79	400 IM	7:59.77	Nancy Brown	Maryland	MARY	2011	7:35.36	Lenrod Goldstone	Connecticut	CONN	2004

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Short Course Meters

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	39.21	Johnnie Detrick	Virginia	VMST	2016	37.15	Stanley Shechter	Metropolitan	AGUA	2012
80-84	100 Free	1:32.76	Johnnie Detrick	Virginia	VMST	2016	1:27.87	Gerson Sobel	Metropolitan	EMP	1991
80-84	200 Free	3:39.81	Johnnie Detrick	Virginia	VMST	2015	3:17.80	James Edwards	New England	NEM	2002
80-84	400 Free	8:48.48	Patey Smith	New England	NEM	2004	7:03.26	Robert Johnston	Niagara	NIAG	1997
80-84	800 Free	17:45.20	Dolly Hinckley	Niagara	NIAG	2010	14:49.24	Robert Johnston	Niagara	NIAG	1997
80-84	1500 Free	38:51.40	Janet Moeller	New Jersey	GSM	2016	27:33.01	Robert Johnston	Niagara	NIAG	1997
80-84	50 Back	51.95	Clara Walker	New England	NEM	2008	43.66	William Rowe	Metropolitan	METR	1997
80-84	100 Back	1:57.07	Doris Steadman	New Jersey	GSM	2004	1:34.16	Roger Franks	Delaware Valley	1776	2007
80-84	200 Back	4:09.07	Doris Steadman	New Jersey	GSM	2004	3:25.46	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	52.20	Johnnie Detrick	Virginia	VMST	2015	45.39	Charles Urstadt	Connecticut	CONN	2008
80-84	100 Breast	2:05.11	Johnnie Detrick	Virginia	VMST	2015	1:52.09	Charles Urstadt	Connecticut	CONN	2008
80-84	200 Breast	4:38.63	Johnnie Detrick	Virginia	VMST	2015	4:13.06	Charles Urstadt	Connecticut	CONN	2008
80-84	50 Fly	1:07.56	Janet Moeller	New Jersey	GSM	2015	48.73	H Donald Messer	Potomac Valley	DCRP	2011
80-84	100 Fly	2:39.55	Janet Wehrlen-Moeller	New Jersey	GSM	2014	2:02.01	H Donald Messer	Potomac Valley	DCRP	2011
80-84	200 Fly	6:20.56	Elsa Mattila	Potomac Valley	DCM	1991	5:08.81	Itamar Kutai	New England	NEM	2013
80-84	100 IM	1:55.68	Johnnie Detrick	Virginia	VMST	2015	1:57.00	Clarence Webb	Delaware Valley	1776	2002
80-84	200 IM	4:23.87	Johnnie Detrick	Virginia	VMST	2015	4:22.60	Calvin Barnes	Virginia	VMST	2004
80-84	400 IM	10:12.78	Nancy Brown	Maryland	MARY	2016	9:34.86	Calvin Barnes	Virginia	VMST	2005
85-89	50 Free	51.99	Julia Dolce	New Jersey	GSM	1995	42.37	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Free	2:05.74	Julia Dolce	New Jersey	GSM	1995	1:41.46	Gus Langner	Connecticut	CONN	1989
85-89	200 Free	4:52.03	Marianna Berkley	Virginia	VMST	2007	3:48.20	Gus Langner	Connecticut	CONN	1989
85-89	400 Free	10:19.41	Julia Dolce	New Jersey	GSM	1995	7:54.24	Gus Langner	Connecticut	CONN	1988
85-89	800 Free	22:22.74	Julia Dolce	New Jersey	GSM	1995	16:35.66	Dick Guido	Metropolitan	METR	2002
85-89	1500 Free	42:10.95	Julia Dolce	New Jersey	GSM	1995	32:20.20	Gus Langner	Connecticut	CONN	1988
85-89	50 Back	1:01.72	Anne Walker	Potomac Valley	DCM	2001	49.30	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Back	2:23.98	Anne Walker	Potomac Valley	DCM	2002	1:55.25	John Merrill	Connecticut	CONN	2006
85-89	200 Back	4:57.09	Anne Walker	Potomac Valley	DCM	2001	4:05.07	John Merrill	Connecticut	CONN	2005
85-89	50 Breast	1:10.37	Marianna Berkley	Virginia	VMST	2007	58.65	Dan Dotterweich	New Jersey	GSM	1993
85-89	100 Breast	2:44.67	Marianna Berkley	Virginia	VMST	2008	2:09.33	Dan Dotterweich	New Jersey	GSM	1993
85-89	200 Breast	5:46.07	Marianna Berkley	Virginia	VMST	2007	5:17.90	Dan Dotterweich	New Jersey	GSM	1996
85-89	50 Fly	1:21.27	Joan Waldbaum	Delaware Valley	1776	2016	1:00.59	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly						3:35.50	Jay Charles	Metropolitan	METR	2007
85-89	200 Fly						7:59.16	Jay Charles	Metropolitan	METR	2007
85-89	100 IM	2:23.05	Marianna Berkley	Virginia	VMST	2007	2:16.38	Dick Guido	Metropolitan	METR	2002
85-89	200 IM	5:36.16	Marianna Berkley	Virginia	VMST	2007	5:54.83	Gus Langner	Connecticut	CONN	1990
85-89	400 IM						12:21.27	Jay Charles	Metropolitan	METR	2007

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	1:10.83	Anne Walker	Potomac Valley	DCM	2006	50.09	Gus Langner	Connecticut	CONN	1993
90-94	100 Free	2:22.27	Miriam Tuovila	Virginia	TMAS	2016	1:58.42	Gus Langner	Connecticut	CONN	1993
90-94	200 Free	6:17.39	Mary Lathram	Potomac Valley	DCM	2005	4:27.70	Gus Langner	Connecticut	CONN	1993
90-94	400 Free	13:24.06	Mary Lathram	Potomac Valley	DCM	2006	8:50.65	Gus Langner	Connecticut	CONN	1993
90-94	800 Free	28:45.45	Anna Bauscher	Delaware Valley	1776	1993	18:49.01	Austin Newman	New Jersey	GSM	2005
90-94	1500 Free						35:20.36	Austin Newman	New Jersey	GSM	2005
90-94	50 Back	1:16.60	Anne Walker	Potomac Valley	DCM	2006	55.25	John Merrill	Connecticut	CONN	2007
90-94	100 Back	2:47.71	Anne Walker	Potomac Valley	DCM	2006	2:00.03	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:56.41	Anne Walker	Potomac Valley	DCM	2006	4:25.14	John Merrill	Connecticut	CONN	2007
90-94	50 Breast	1:28.76	Miriam Tuovila	Virginia	VMST	2015	1:20.92	Gus Langner	Connecticut	CONN	1993
90-94	100 Breast	3:26.15	Miriam Tuovila	Virginia	VMST	2015	3:01.95	Gus Langner	Connecticut	CONN	1993
90-94	200 Breast	7:20.16	Miriam Tuovila	Virginia	VMST	2015	6:41.56	Gus Langner	Connecticut	CONN	1994
90-94	50 Fly	1:48.46	Marie Kelleher	Virginia	VMST	2006	2:24.87	Jay Charles	Metropolitan	METR	2012
90-94	100 IM	3:31.92	Marie Kelleher	Virginia	VMST	2006	3:00.53	Gus Langner	Connecticut	CONN	1994
95-99	50 Free	1:34.21	Marie Kelleher	Virginia	VMST	2008	57.57	Gus Langner	Connecticut	CONN	1998
95-99	100 Free	3:10.36	Marie Kelleher	Virginia	VMST	2008	2:19.51	Gus Langner	Connecticut	CONN	1998
95-99	200 Free	6:50.52	Marie Kelleher	Virginia	VMST	2008	5:13.46	Gus Langner	Connecticut	CONN	1998
95-99	400 Free						10:51.93	Gus Langner	Connecticut	CONN	1998
95-99	800 Free						22:05.55	Gus Langner	Connecticut	CONN	1998
95-99	1500 Free						41:29.87	Gus Langner	Connecticut	CONN	1998
95-99	50 Back	1:52.63	Mary Lathram	Potomac Valley	DCM	2010	1:27.67	Gus Langner	Connecticut	CONN	1998
95-99	100 Back	4:07.69	Mary Lathram	Potomac Valley	DCM	2010	3:38.07	Gus Langner	Connecticut	CONN	1998
95-99	200 Back						8:32.34	Gus Langner	Connecticut	CONN	1998
95-99	50 Breast	2:10.80	Marie Kelleher	Virginia	VMST	2010	1:31.60	Gus Langner	Connecticut	CONN	1998
95-99	100 Breast						3:35.33	Gus Langner	Connecticut	CONN	1998
95-99	200 Breast						7:29.31	Gus Langner	Connecticut	CONN	1998
95-99	100 IM	3:54.89	Marie Kelleher	Virginia	VMST	2008	3:33.98	Gus Langner	Connecticut	CONN	1998
100-104	50 Free	1:44.10	Marie Kelleher	Virginia	VMST	2012					
100-104	100 Free	3:40.00	Marie Kelleher	Virginia	VMST	2012					