

Colonies Zone: Individual Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	23.68	Harumi Katsuyama	Potomac Valley	L4S	2015	20.24	Lucas Bureau	Virginia	1693	2018
18-24	100 Free	50.67	Jessica Foschi	Metropolitan	METR	2004	43.97	Lucas Bureau	Virginia	1693	2018
18-24	200 Free	1:54.11	Gabrielle Mizerak	Virginia	1693	2016	1:39.93	Lucas Bureau	Virginia	1693	2018
18-24	500 Free	4:49.97	Jessica Foschi	Metropolitan	METR	2004	4:29.09	Andrew Greenhalgh	Virginia	1693	2018
18-24	1000 Free	10:42.74	Joanna Zeiger	Maryland	NBAC	1994	9:37.03	Benjamin Garrett	Virginia	VMST	2005
18-24	1650 Free	17:50.06	Joanna Zeiger	Maryland	NBAC	1994	16:35.76	Benjamin Garrett	Virginia	VMST	2005
18-24	50 Back	26.59	Ali Polhill	Metropolitan	WM	2014	23.17	Raymond Snyder	Connecticut	CONN	2018
18-24	100 Back	56.80	Kellyanne Tomasula	Delaware Valley	1776	2011	49.19	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	200 Back	2:02.91	Kellyanne Tomasula	Delaware Valley	1776	2011	1:50.23	Jeffrey Gomez	New Jersey	UC07	2015
18-24	50 Breast	29.59	Amalia Kobelja	Virginia	URMS	2016	25.32	William Liscinsky	Potomac Valley	CUBU	2006
18-24	100 Breast	1:06.46	Caroline Moyer	Delaware Valley	LTDV	2018	56.37	William Liscinsky	Potomac Valley	CUBU	2006
18-24	200 Breast	2:19.89	Jillian Martin	Potomac Valley	TERR	2004	2:03.77	Benjamin Bauchwitz	New England	UC02	2018
18-24	50 Fly	25.53	Gabrielle Mizerak	Virginia	1693	2016	21.95	Lucas Bureau	Virginia	1693	2018
18-24	100 Fly	56.22	Gabrielle Mizerak	Virginia	1693	2016	47.41	Lucas Bureau	Virginia	1693	2018
18-24	200 Fly	2:03.45	Elizabeth Shaw	Virginia	VMST	2012	1:52.88	Matt Haupt	Potomac Valley	TERR	2005
18-24	100 IM	59.49	Gabrielle Mizerak	Virginia	1693	2016	49.23	Lucas Bureau	Virginia	1693	2018
18-24	200 IM	2:08.76	Kaitlin Moughty	Metropolitan	REDT	2009	1:53.29	Jonathan Dray	New England	MESC	2018
18-24	400 IM	4:36.01	Priscilla Modrov	New Jersey	HOB0	2012	4:05.22	Jonathan Dray	New England	MESC	2018
25-29	50 Free	22.96	Kim Vandenberg	Metropolitan	REDT	2013	19.86	Drew Modrov	Metropolitan	CHEL	2018
25-29	100 Free	49.18	Kim Vandenberg	Metropolitan	REDT	2013	43.80	Drew Modrov	Metropolitan	CHEL	2018
25-29	200 Free	1:52.76	Marina Falcone	Virginia	1693	2017	1:36.50	Drew Modrov	Metropolitan	CHEL	2018
25-29	500 Free	5:03.08	Priscilla Modrov	Metropolitan	SWMN	2015	4:27.12	Drew Modrov	Metropolitan	CHEL	2018
25-29	1000 Free	10:34.29	Jane Kleine	Potomac Valley	TERR	1995	9:19.61	Tobias Work	New England	NEM	2014
25-29	1650 Free	17:33.40	Toby Smith	Metropolitan	BDGR	1999	16:05.42	Eric Nilsson	New England	NEM	2015
25-29	50 Back	26.58	Rachel Flinn	Metropolitan	NYAC	2018	22.01	David Russell	New England	NEM	2016
25-29	100 Back	57.97	Nadia Staubit	Metropolitan	AGUA	2010	47.62	Oscar Pereiro Carril	Connecticut	UC05	2018
25-29	200 Back	2:05.66	Gizem Yali Pepper	Metropolitan	BCTM	2018	1:45.77	David Russell	New England	NEM	2016
25-29	50 Breast	29.81	Andrea Packard	New England	NEM	2002	24.40	William Liscinsky	Potomac Valley	CUBU	2008
25-29	100 Breast	1:03.95	Tara Sell	Maryland	MERR	2011	56.60	Scott Jordan	Metropolitan	TNYA	2012
25-29	200 Breast	2:17.94	Andrea Packard	New England	NEM	2002	2:03.03	Nicholas Werner	Metropolitan	REDT	2008
25-29	50 Fly	25.83	Petra Martin	Potomac Valley	TERR	2005	21.52	William Liscinsky	Potomac Valley	CUBU	2008
25-29	100 Fly	54.19	Kaitlyn Johnson	Niagara	BUMS	2015	48.58	David Russell	New England	NEM	2016
25-29	200 Fly	2:02.59	Priscilla Modrov	Metropolitan	SWMN	2015	1:49.34	Eric Nilsson	New England	NEM	2014
25-29	100 IM	58.29	Jessie Ellis-Alcaide	New England	MESC	2012	48.82	William Liscinsky	Potomac Valley	CUBU	2008
25-29	200 IM	2:07.13	Rachel Ripley	Metropolitan	AGUA	2016	1:52.12	Alexander Bezugliy	Metropolitan	UC06	2015
25-29	400 IM	4:27.38	Priscilla Modrov	Niagara	UC04	2014	3:56.30	Eric Nilsson	New England	NEM	2014

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	23.57	Katrine Alcaide	New England	MESC	2015	20.65	Kevin Gallagher	Virginia	1693	2018
30-34	100 Free	51.18	Jessie Alcaide	New England	MESC	2015	45.67	Kevin Gallagher	Virginia	1693	2018
30-34	200 Free	1:55.16	Katie McWilliams	Potomac Valley	ALEX	2014	1:39.70	Ron Karnaugh	New Jersey	TRIT	1997
30-34	500 Free	5:09.72	Katie McWilliams	Potomac Valley	ALEX	2014	4:29.90	Ron Karnaugh	New Jersey	TRIT	1997
30-34	1000 Free	10:31.00	Katie McWilliams	Potomac Valley	ALEX	2014	9:37.76	Gregory Palumbo	Metropolitan	REDT	2012
30-34	1650 Free	17:27.40	Laurie Hug	Delaware Valley	1776	2000	16:06.55	James Kegley	Potomac Valley	DCM	1988
30-34	50 Back	27.85	Andrea Luallen-Scholz	Potomac Valley	ANCM	1999	22.38	David Russell	New England	NEM	2017
30-34	100 Back	59.03	Jocelyn Petrella	New England	NEM	2010	48.31	David Russell	New England	NEM	2017
30-34	200 Back	2:06.26	Zena Herrmann	Maryland	MARY	1993	1:48.66	Ron Karnaugh	New Jersey	TRIT	1997
30-34	50 Breast	29.24	Katrine Alcaide	New England	MESC	2015	25.82	Luciano Galindo	Metropolitan	NYCH	2008
30-34	100 Breast	1:04.33	Tara Sell	Maryland	MARY	2013	56.33	Henrique Barbosa	Metropolitan	AGUA	2018
30-34	200 Breast	2:23.77	Tiffany Diepold	Maryland	ACM	2013	2:01.01	Ron Karnaugh	New Jersey	TRIT	1997
30-34	50 Fly	25.79	Jessie Alcaide	New England	MESC	2015	22.00	David Russell	New England	NEM	2018
30-34	100 Fly	56.72	Jessie Alcaide	New England	MESC	2015	49.13	David Russell	New England	NEM	2017
30-34	200 Fly	2:10.82	Ildiko Szekely	New England	NEM	2014	1:50.52	David Russell	New England	NEM	2017
30-34	100 IM	59.19	Katrine Alcaide	New England	MESC	2016	51.03	Ron Karnaugh	New Jersey	TRIT	1997
30-34	200 IM	2:08.88	Jocelyn Petrella	New England	NEM	2010	1:47.62	Ron Karnaugh	New Jersey	TRIT	1997
30-34	400 IM	4:37.25	Jocelyn Petrella	New England	NEM	2010	3:53.81	Ron Karnaugh	New Jersey	TRIT	1997
35-39	50 Free	23.67	M Drucekhammer	Metropolitan	METR	2002	21.05	Michael Ross	New England	NEM	2006
35-39	100 Free	51.59	M Drucekhammer	Metropolitan	METR	2002	45.54	Michael Ross	New England	NEM	2006
35-39	200 Free	1:53.29	M Drucekhammer	Metropolitan	METR	2002	1:39.90	Michael Ross	New England	NEM	2005
35-39	500 Free	5:11.87	Laurie Hug	Delaware Valley	1776	2002	4:33.97	Ron Karnaugh	New Jersey	TRIT	2002
35-39	1000 Free	10:37.40	Laurie Hug	Delaware Valley	1776	2001	9:34.14	Ethan Saulnier	New England	NEM	2006
35-39	1650 Free	17:45.08	Laurie Hug	Delaware Valley	1776	2001	16:05.78	Ethan Saulnier	New England	NEM	2009
35-39	50 Back	27.56	Kristin Gary	Metropolitan	REDT	2007	23.06	Michael Ross	New England	NEM	2006
35-39	100 Back	59.32	Vibeke Swanson	Delaware Valley	1776	1999	49.62	Michael Ross	New England	NEM	2005
35-39	200 Back	2:05.50	Kristin Gary	Metropolitan	REDT	2007	1:50.11	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Breast	30.24	Katrine Alcaide	New England	MESC	2018	25.76	Blake Holden	Potomac Valley	TERR	2015
35-39	100 Breast	1:07.41	Stacy Sweetser	New England	NEM	2012	55.26	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 Breast	2:31.46	Carolyn Koster	Metropolitan	METR	1997	1:59.23	Ron Karnaugh	New Jersey	TRIT	2002
35-39	50 Fly	25.29	Jennifer Brooks Crozier	Connecticut	CONN	2015	22.63	Michael Ross	New England	NEM	2006
35-39	100 Fly	56.95	Jennifer Brooks Crozier	Connecticut	CONN	2015	50.06	Michael Ross	New England	NEM	2006
35-39	200 Fly	2:07.09	Ildiko Szekely	New England	NEM	2016	1:53.24	Daniel Moran	New England	NEM	2018
35-39	100 IM	59.53	Jennifer Brooks Crozier	Connecticut	CONN	2015	50.45	Ron Karnaugh	New Jersey	TRIT	2002
35-39	200 IM	2:11.45	Janel Jorgensen	Connecticut	CONN	2008	1:48.74	Ron Karnaugh	New Jersey	TRIT	2003
35-39	400 IM	4:37.56	Vibeke Swanson	Delaware Valley	1776	1999	3:56.76	Ron Karnaugh	New Jersey	TRIT	2002

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		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	23.73	Maria Doelger	Metropolitan	BDGR	2004	20.84	Michael Ross	New England	MESC	2009
40-44	100 Free	51.59	Maria Doelger	Metropolitan	BDGR	2004	45.35	Michael Ross	New England	MESC	2008
40-44	200 Free	1:54.16	Maria Doelger	Metropolitan	BDGR	2004	1:38.94	Michael Ross	New England	MESC	2008
40-44	500 Free	5:15.96	Laurie Hug	Delaware Valley	1776	2005	4:40.12	Ethan Saulnier	New England	NEM	2011
40-44	1000 Free	10:36.42	Laurie Hug	Delaware Valley	1776	2005	9:38.46	Ethan Saulnier	New England	NEM	2011
40-44	1650 Free	17:46.31	Laurie Hug	Delaware Valley	1776	2005	16:15.24	Ethan Saulnier	New England	NEM	2012
40-44	50 Back	27.25	Fall Willeboordse	Metropolitan	AGUA	2010	22.77	Michael Ross	New England	MESC	2009
40-44	100 Back	58.06	Kristin Gary	Metropolitan	REDT	2009	48.49	Michael Ross	New England	MESC	2009
40-44	200 Back	2:04.43	Kristin Gary	Metropolitan	REDT	2010	1:50.09	Michael Ross	New England	MESC	2008
40-44	50 Breast	31.34	Kristen Harris	Virginia	1693	2017	26.25	Wally Dicks	Potomac Valley	ANCM	2003
40-44	100 Breast	1:08.91	Jenny DeHart	New England	MESC	2018	57.04	Wally Dicks	Potomac Valley	ANCM	2003
40-44	200 Breast	2:32.09	Kristen Harris	Virginia	1693	2017	2:04.99	Wally Dicks	Potomac Valley	ANCM	2003
40-44	50 Fly	25.79	Jennifer Brooks Crozier	Connecticut	CONN	2018	22.60	James Zenyuh	Potomac Valley	RIPM	2018
40-44	100 Fly	58.56	Beth Baker	Virginia	VMST	2001	49.27	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:09.63	Beth Baker	Virginia	VMST	2001	1:54.85	Chris Stevenson	Virginia	VMST	2009
40-44	100 IM	59.53	Fall Willeboordse	Metropolitan	AGUA	2010	51.85	Michael Ross	New England	MESC	2010
40-44	200 IM	2:11.46	Fall Willeboordse	Metropolitan	AGUA	2010	1:51.85	Michael Ross	New England	MESC	2009
40-44	400 IM	4:34.29	Vibeke Swanson	Delaware Valley	1776	2002	4:11.88	Ethan Saulnier	New England	NEM	2011
45-49	50 Free	24.06	Fall Willeboordse	Metropolitan	BCTM	2013	21.58	Fritz Bedford	New England	NEM	2010
45-49	100 Free	52.66	Fall Willeboordse	Metropolitan	BCTM	2012	47.33	Fritz Bedford	New England	NEM	2010
45-49	200 Free	1:59.83	Kristin Gary	Metropolitan	NYAC	2015	1:45.92	Chris Stevenson	Virginia	VMST	2010
45-49	500 Free	5:18.24	Laurie Hug	Delaware Valley	1776	2010	4:47.87	Neil Brophy	Niagara	NIAG	2010
45-49	1000 Free	10:49.69	Laurie Hug	Delaware Valley	1776	2011	9:58.64	Neil Brophy	Niagara	NIAG	2009
45-49	1650 Free	17:56.43	Laurie Hug	Delaware Valley	1776	2011	16:35.45	Neil Brophy	Niagara	NIAG	2010
45-49	50 Back	27.42	Fall Willeboordse	Metropolitan	BCTM	2013	23.58	Michael Ross	New England	MESC	2015
45-49	100 Back	58.25	Fall Willeboordse	Metropolitan	BCTM	2012	51.55	Chris Stevenson	Virginia	VMST	2011
45-49	200 Back	2:08.12	Kristin Gary	Metropolitan	NYAC	2014	1:55.04	Chris Stevenson	Virginia	VMST	2011
45-49	50 Breast	32.24	Fall Willeboordse	Metropolitan	BCTM	2013	26.58	Wally Dicks	Potomac Valley	ANCM	2009
45-49	100 Breast	1:09.05	Fall Willeboordse	Metropolitan	AGUA	2011	58.55	Wally Dicks	Potomac Valley	ANCM	2009
45-49	200 Breast	2:33.08	Fall Willeboordse	Metropolitan	AGUA	2011	2:11.07	Wally Dicks	Potomac Valley	ANCM	2009
45-49	50 Fly	25.96	Susan Williams	Potomac Valley	ANCM	2013	23.37	Scott Carpenter	New Jersey	JAM	2009
45-49	100 Fly	58.48	Fall Willeboordse	Metropolitan	BCTM	2013	51.36	Chris Stevenson	Virginia	VMST	2010
45-49	200 Fly	2:12.14	Fall Willeboordse	Metropolitan	AGUA	2011	1:57.08	Chris Stevenson	Virginia	VMST	2010
45-49	100 IM	59.39	Fall Willeboordse	Metropolitan	BCTM	2012	53.72	Clay Britt	Potomac Valley	ANCM	2008
45-49	200 IM	2:14.28	Fall Willeboordse	Metropolitan	BCTM	2016	2:00.26	Chris Stevenson	Virginia	VMST	2010
45-49	400 IM	4:49.51	Vibeke Swanson	Delaware Valley	1776	2007	4:17.52	Chris Stevenson	Virginia	VMST	2010

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	24.53	Fall Willeboordse	Metropolitan	UC06	2016	21.80	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Free	53.60	Fall Willeboordse	Metropolitan	UC06	2016	48.00	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Free	2:02.82	Fall Willeboordse	Metropolitan	BCTM	2018	1:48.25	Stu Marvin	Delaware Valley	1776	2008
50-54	500 Free	5:23.37	Laurie Hug	Delaware Valley	1776	2015	4:59.83	Neil Brophy	Niagara	NIAG	2011
50-54	1000 Free	11:03.62	Laurie Hug	Delaware Valley	1776	2015	10:19.45	Neil Brophy	Niagara	NIAG	2011
50-54	1650 Free	18:17.41	Laurie Hug	Delaware Valley	1776	2015	17:05.27	Neil Brophy	Niagara	NIAG	2011
50-54	50 Back	27.04	Leslie Livingston	Potomac Valley	GMUP	2013	24.57	Fritz Bedford	New England	UC02	2014
50-54	100 Back	59.19	Fall Willeboordse	Metropolitan	UC06	2016	52.72	Fritz Bedford	New England	NEM	2015
50-54	200 Back	2:12.65	Kristin Gary	Metropolitan	NYAC	2018	2:00.59	Clay Britt	Potomac Valley	ANCM	2012
50-54	50 Breast	32.76	Fall Willeboordse	Metropolitan	UC06	2016	27.76	Benn Doyle	New Jersey	GSM	2010
50-54	100 Breast	1:09.79	Fall Willeboordse	Metropolitan	UC06	2016	1:01.38	Gregory Harris	Virginia	VMST	2018
50-54	200 Breast	2:38.93	Laurie Hug	Delaware Valley	1776	2015	2:14.87	Benn Doyle	New Jersey	GSM	2009
50-54	50 Fly	25.70	Leslie Livingston	Potomac Valley	GMUP	2013	23.22	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Fly	1:00.55	Fall Willeboordse	Metropolitan	UC06	2016	52.65	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	200 Fly	2:18.41	Fall Willeboordse	Metropolitan	UC06	2016	2:02.56	Fred Schlicher	New England	NEM	1999
50-54	100 IM	1:01.28	Fall Willeboordse	Metropolitan	UC06	2016	54.42	Clay Britt	Potomac Valley	ANCM	2012
50-54	200 IM	2:15.51	Fall Willeboordse	Metropolitan	UC06	2016	2:03.81	Jerome Frentsos	Potomac Valley	DCAC	2018
50-54	400 IM	4:59.57	Laurie Hug	Delaware Valley	1776	2017	4:32.96	Greg Shaw	New England	NEM	2004
55-59	50 Free	25.95	Jacki Hirsty	New England	NEM	2010	22.24	Paul Trevisan	Delaware Valley	1776	2010
55-59	100 Free	57.61	Jacki Hirsty	New England	NEM	2008	50.24	Paul Trevisan	Delaware Valley	1776	2010
55-59	200 Free	2:09.11	Jacki Hirsty	New England	NEM	2010	1:53.03	Greg Shaw	New England	NEM	2007
55-59	500 Free	5:36.93	Nancy Martin	New Jersey	GSM	2010	5:22.70	Jack Geoghegan	Connecticut	CONN	1997
55-59	1000 Free	11:30.25	Nancy Martin	New Jersey	GSM	2010	10:55.30	Fred Schlicher	New England	NEM	2004
55-59	1650 Free	19:19.89	Katherine Branch	New England	NEM	2013	18:19.33	Jerry Muro	Potomac Valley	L4S	2014
55-59	50 Back	30.54	Val Van Horn Pate	Virginia	VMST	2018	25.84	Clay Britt	Potomac Valley	ANCM	2018
55-59	100 Back	1:06.99	Val Van Horn Pate	Virginia	VMST	2018	54.99	Clay Britt	Potomac Valley	ANCM	2017
55-59	200 Back	2:27.15	Val Van Horn Pate	Virginia	VMST	2018	2:06.02	Clay Britt	Potomac Valley	ANCM	2018
55-59	50 Breast	33.76	Lisa Bennett	Virginia	VMST	2011	29.15	Gregory Oxley	Delaware Valley	1776	2015
55-59	100 Breast	1:13.91	Lisa Bennett	Virginia	VMST	2011	1:04.36	Gregory Oxley	Delaware Valley	1776	2015
55-59	200 Breast	2:44.35	Karen Mareb	New England	NEM	2015	2:21.22	Edmund Gendreau	New England	GBM	2018
55-59	50 Fly	29.44	Jill Springer	Maryland	MARY	2015	24.16	Greg Shaw	New England	NEM	2007
55-59	100 Fly	1:05.13	Val Van Horn Pate	Virginia	VMST	2018	54.09	Greg Shaw	New England	NEM	2009
55-59	200 Fly	2:26.06	Nancy Martin	New Jersey	GSM	2010	2:04.97	John Craig	New England	NEM	2010
55-59	100 IM	1:07.93	Lisa Bennett	Virginia	VMST	2011	57.48	Clay Britt	Potomac Valley	ANCM	2018
55-59	200 IM	2:27.59	Val Van Horn Pate	Virginia	VMST	2018	2:06.67	Greg Shaw	New England	NEM	2008
55-59	400 IM	5:09.76	Nancy Martin	New Jersey	GSM	2010	4:39.75	Edmund Gendreau	New England	GBM	2018

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		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	26.94	Gayle Wettach	New England	NEM	2017	22.65	Paul Trevisan	Delaware Valley	1776	2012
60-64	100 Free	59.54	Gayle Wettach	New England	NEM	2017	51.03	Paul Trevisan	Delaware Valley	1776	2013
60-64	200 Free	2:12.52	Tracy Grilli	New England	NEM	2017	1:54.14	Fred Schlicher	New England	NEM	2009
60-64	500 Free	5:52.55	Tracy Grilli	New England	NEM	2017	5:25.57	Fred Schlicher	New England	NEM	2009
60-64	1000 Free	12:06.00	Shirley Loftus-Charley	Virginia	VMST	2012	11:00.97	Fred Schlicher	New England	NEM	2009
60-64	1650 Free	20:04.71	Shirley Loftus-Charley	Virginia	VMST	2012	18:14.34	Jerry De Muro	Potomac Valley	L4S	2016
60-64	50 Back	30.83	Patricia Murphy	Connecticut	UNAT	2011	27.69	Douglas Slater	Virginia	1693	2018
60-64	100 Back	1:08.17	Patricia Murphy	Connecticut	UNAT	2011	1:00.29	Douglas Slater	Virginia	1693	2018
60-64	200 Back	2:25.21	Joan Pfnisgraff	Maryland	MARY	2018	2:14.18	Douglas Slater	Virginia	1693	2018
60-64	50 Breast	35.09	Melinda Wolff	Delaware Valley	1776	2013	30.36	Ying WuShanley	Delaware Valley	UC08	2018
60-64	100 Breast	1:17.31	Beth Estel	New England	NEM	2017	1:09.35	Drury Gallagher	Metropolitan	METR	1999
60-64	200 Breast	2:53.76	Beth Estel	New England	NEM	2018	2:36.27	Drury Gallagher	Metropolitan	METR	1999
60-64	50 Fly	29.82	Patricia Murphy	Connecticut	UNAT	2011	26.13	Jim Dragon	New Jersey	GSM	2008
60-64	100 Fly	1:12.93	Shirley Loftus-Charley	Virginia	VMST	2012	58.17	Greg Shaw	New England	NEM	2012
60-64	200 Fly	2:43.12	Nancy Steadman Martin	New Jersey	GSM	2015	2:13.12	Fred Schlicher	New England	NEM	2009
60-64	100 IM	1:09.83	Patricia Murphy	Connecticut	UNAT	2011	1:00.09	Douglas Slater	Virginia	1693	2018
60-64	200 IM	2:35.10	Beth Estel	New England	NEM	2017	2:12.67	Fred Schlicher	New England	NEM	2009
60-64	400 IM	5:33.25	Shirley Loftus-Charley	Virginia	VMST	2012	4:46.68	Fred Schlicher	New England	NEM	2009
65-69	50 Free	28.58	Melinda Wolff	Delaware Valley	1776	2018	24.54	Jim Dragon	New Jersey	GSM	2010
65-69	100 Free	1:05.22	Diann Uustal	New England	NEM	2015	54.13	James Thornton	Delaware Valley	1776	2018
65-69	200 Free	2:23.61	Diann Uustal	New England	NEM	2014	2:00.82	James Thornton	Delaware Valley	1776	2018
65-69	500 Free	6:15.42	Shirley Loftus-Charley	Virginia	VMST	2017	5:34.99	James Thornton	Delaware Valley	1776	2018
65-69	1000 Free	12:29.29	Shirley Loftus-Charley	Virginia	VMST	2017	11:48.27	James Thornton	Delaware Valley	1776	2018
65-69	1650 Free	20:43.29	Shirley Loftus-Charley	Virginia	VMST	2017	20:05.31	Frank McElroy	New Jersey	GSM	2013
65-69	50 Back	32.30	Cecilia McCloskey	Delaware Valley	1776	2016	30.20	Geoffrey Meyer	Delaware Valley	1776	2018
65-69	100 Back	1:09.26	Cecilia McCloskey	Delaware Valley	1776	2017	1:07.00	Geoffrey Meyer	Delaware Valley	1776	2018
65-69	200 Back	2:33.17	Cecilia McCloskey	Delaware Valley	1776	2017	2:26.68	Fred Schlicher	New England	NEM	2018
65-69	50 Breast	36.58	Melinda Wolff	Delaware Valley	1776	2018	31.35	Jim Dragon	New Jersey	GSM	2010
65-69	100 Breast	1:22.19	Melinda Wolff	Delaware Valley	1776	2018	1:11.92	Louis Kronfeld	New England	NEM	2008
65-69	200 Breast	3:01.50	Joann Leilich	Virginia	VMST	2004	2:47.14	Daniel Rogacki	New England	NEM	2013
65-69	50 Fly	31.19	Diann Uustal	New England	NEM	2014	25.93	Jim Dragon	New Jersey	GSM	2010
65-69	100 Fly	1:11.55	Cecilia McCloskey	Delaware Valley	1776	2015	1:01.65	Greg Shaw	New England	NEM	2017
65-69	200 Fly	2:46.89	Shirley Loftus-Charley	Virginia	VMST	2017	2:31.01	Fred Schlicher	New England	NEM	2017
65-69	100 IM	1:12.22	Cecilia McCloskey	Delaware Valley	1776	2015	1:04.13	Jim Dragon	New Jersey	GSM	2010
65-69	200 IM	2:37.07	Cecilia McCloskey	Delaware Valley	1776	2015	2:22.89	James Thornton	Delaware Valley	1776	2018
65-69	400 IM	5:41.79	Shirley Loftus-Charley	Virginia	VMST	2017	5:16.00	Fred Schlicher	New England	NEM	2015

Colonies Zone: Individual Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	29.60	Diann Uustal	New England	NEM	2017	26.15	Jim Dragon	New Jersey	GSM	2015
70-74	100 Free	1:06.41	Diann Uustal	New England	NEM	2017	1:01.22	Kelley Lemmon	Potomac Valley	DCM	1984
70-74	200 Free	2:27.55	Christie Hayes	New England	NEM	2018	2:15.74	Frank McElroy	New Jersey	GSM	2018
70-74	500 Free	6:42.57	Christie Hayes	New England	NEM	2018	6:01.11	Frank McElroy	New Jersey	GSM	2018
70-74	1000 Free	13:57.42	Christie Hayes	New England	NEM	2018	12:26.16	Frank McElroy	New Jersey	GSM	2018
70-74	1650 Free	23:07.52	Christie Hayes	New England	NEM	2018	21:24.65	David Harrison	Delaware Valley	1776	2008
70-74	50 Back	34.77	Diann Uustal	New England	NEM	2017	33.08	Daniel Rogacki	New England	NEM	2018
70-74	100 Back	1:17.27	Diann Uustal	New England	NEM	2017	1:11.98	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	200 Back	2:47.52	Diann Uustal	New England	NEM	2017	2:36.27	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	50 Breast	39.44	Dale Barnhard	Potomac Valley	DCAC	2018	33.47	Manuel Sanguily	Connecticut	CONN	2004
70-74	100 Breast	1:29.23	Margot Pettijohn	Potomac Valley	ANCM	2017	1:16.01	Manuel Sanguily	Connecticut	CONN	2005
70-74	200 Breast	3:14.85	Margot Pettijohn	Potomac Valley	ANCM	2018	2:53.91	Manuel Sanguily	Connecticut	CONN	2005
70-74	50 Fly	32.41	Diann Uustal	New England	NEM	2017	28.27	Jim Dragon	New Jersey	GSM	2015
70-74	100 Fly	1:23.83	Margot Pettijohn	Potomac Valley	ANCM	2017	1:09.41	Hugh Roddin	Potomac Valley	ANCM	2012
70-74	200 Fly	3:07.31	Margot Pettijohn	Potomac Valley	ANCM	2017	2:44.44	Frank McElroy	New Jersey	GSM	2018
70-74	100 IM	1:15.29	Diann Uustal	New England	NEM	2017	1:10.75	Jack Iliff	Maryland	MARY	2015
70-74	200 IM	2:51.31	Diann Uustal	New England	NEM	2017	2:41.93	Daniel Rogacki	New England	NEM	2018
70-74	400 IM	6:15.30	Kathy Slifer	New England	NEM	2016	5:39.92	Frank McElroy	New Jersey	GSM	2018
75-79	50 Free	34.44	Johnnie Detrick	Virginia	VMST	2012	28.59	Hal Begel	Delaware Valley	1776	2005
75-79	100 Free	1:17.32	Johnnie Detrick	Virginia	VMST	2011	1:04.28	Harry Sober	Virginia	VMST	2018
75-79	200 Free	2:53.05	Ronnie Kamphausen	New England	MESC	2009	2:25.81	David Kirby	Potomac Valley	DCM	1988
75-79	500 Free	7:32.58	Ronnie Kamphausen	New England	MESC	2009	6:37.47	David Kirby	Connecticut	CONN	2018
75-79	1000 Free	15:47.72	Ronnie Kamphausen	New England	MESC	2009	13:47.33	David Kirby	Connecticut	CONN	2018
75-79	1650 Free	26:53.24	Ronnie Kamphausen	New England	MESC	2009	23:41.29	Roger Franks	Connecticut	CONN	2018
75-79	50 Back	40.25	Doris Steadman	New Jersey	GSM	2000	36.23	Harry Sober	Delaware Valley	1776	2002
75-79	100 Back	1:27.70	Nancy Brown	Maryland	MARY	2011	1:17.17	Roger Franks	Virginia	VMST	2018
75-79	200 Back	3:15.04	Nancy Brown	Maryland	MARY	2011	2:45.08	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	47.56	Johnnie Detrick	Virginia	VMST	2013	35.82	Manuel Sanguily	Delaware Valley	1776	1994
75-79	100 Breast	1:47.13	Johnnie Detrick	Virginia	VMST	2012	1:25.09	Drury Gallagher	Virginia	VMST	2018
75-79	200 Breast	3:49.28	Johnnie Detrick	Virginia	VMST	2011	3:13.38	Drury Gallagher	Connecticut	CONN	2018
75-79	50 Fly	44.16	Lucille Griffin	Virginia	VMST	2014	33.17	Birch Davidson	Connecticut	CONN	2018
75-79	100 Fly	1:47.58	Lucille Griffin	Virginia	VMST	2014	1:15.14	David Kirby	Connecticut	CONN	2018
75-79	200 Fly	3:54.13	Lucille Griffin	Virginia	VMST	2014	2:57.93	David Kirby	Connecticut	CONN	2018
75-79	100 IM	1:36.38	Nancy Brown	Maryland	MARY	2011	1:16.56	Birch Davidson	Delaware Valley	1776	1994
75-79	200 IM	3:26.60	Nancy Brown	Maryland	MARY	2011	2:58.90	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 IM	7:20.82	Nancy Brown	Maryland	MARY	2011	6:32.94	Birch Davidson	Delaware Valley	1776	1994

Colonies Zone: Individual Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	34.20	Johnnie Detrick	Virginia	VMST	2016	32.10	Kelley Lemmon	Potomac Valley	DCM	1992
80-84	100 Free	1:22.34	Johnnie Detrick	Virginia	VMST	2016	1:13.36	Gus Langner	Connecticut	CONN	1987
80-84	200 Free	3:17.42	Ronnie Kamphausen	New England	MESC	2014	2:49.94	Kelley Lemmon	Potomac Valley	DCM	1992
80-84	500 Free	8:49.72	Ronnie Kamphausen	New England	MESC	2014	7:58.65	Robert Johnston	Niagara	NIAG	1997
80-84	1000 Free	18:09.92	Ronnie Kamphausen	New England	MESC	2014	16:26.97	Robert Johnston	Niagara	NIAG	1997
80-84	1650 Free	34:32.86	Nancy Brown	Maryland	MARY	2017	28:01.54	Robert Johnston	Niagara	NIAG	1997
80-84	50 Back	45.98	Nancy Brown	Maryland	MARY	2017	40.41	John Merrill	Connecticut	CONN	1997
80-84	100 Back	1:43.32	Nancy Brown	Maryland	MARY	2016	1:30.83	John Merrill	Connecticut	CONN	1997
80-84	200 Back	3:44.08	Nancy Brown	Maryland	MARY	2016	3:06.36	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	50.93	Johnnie Detrick	Virginia	VMST	2016	40.85	Charles Urstadt	Connecticut	CONN	2009
80-84	100 Breast	1:54.18	Johnnie Detrick	Virginia	VMST	2017	1:32.72	Kelley Lemmon	Potomac Valley	DCM	1992
80-84	200 Breast	4:04.31	Johnnie Detrick	Virginia	VMST	2016	3:30.07	Al Craig	New England	NEM	2010
80-84	50 Fly	53.01	Johnnie Detrick	Virginia	VMST	2016	43.39	H Messer	Potomac Valley	DCRP	2012
80-84	100 Fly	2:05.06	Ronnie Kamphausen	New England	MESC	2014	1:49.16	William Jones	New England	MESC	2017
80-84	200 Fly	5:33.46	Elsa Mattila	Potomac Valley	DCM	1991	4:18.25	William Jones	New England	MESC	2017
80-84	100 IM	1:42.51	Johnnie Detrick	Virginia	VMST	2016	1:35.37	Robert Knapp	Connecticut	CONN	1997
80-84	200 IM	3:48.28	Johnnie Detrick	Virginia	VMST	2016	3:38.21	William Jones	New England	MESC	2017
80-84	400 IM	8:37.09	Nancy Brown	Maryland	MARY	2016	8:38.47	William Jones	New England	MESC	2017
85-89	50 Free	45.72	Julia Dolce	New Jersey	GSM	1995	36.72	Nickolas Demas	New Jersey	GSM	2016
85-89	100 Free	1:45.80	Julia Dolce	New Jersey	GSM	1995	1:25.24	Gerson Sobel	Metropolitan	METR	1995
85-89	200 Free	4:02.91	Billie Ann Burrill	New England	NEM	2006	3:17.31	Dick Guido	Metropolitan	METR	2003
85-89	500 Free	10:58.65	Billie Ann Burrill	New England	NEM	2006	9:00.31	Gus Langner	Connecticut	CONN	1990
85-89	1000 Free	22:37.93	Phyllis Goodlad	Maryland	MARY	2014	18:17.58	Dick Guido	Metropolitan	METR	2003
85-89	1650 Free	37:35.36	Phyllis Goodlad	Maryland	MARY	2015	31:02.36	Gus Langner	Connecticut	CONN	1990
85-89	50 Back	54.48	Anne Walker	Potomac Valley	DCM	2001	43.30	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Back	2:02.53	Marie Wicklun	Connecticut	CONN	1999	1:40.82	John Merrill	Connecticut	CONN	2002
85-89	200 Back	4:06.09	Anna Bauscher	Delaware Valley	MIDA	1988	3:38.65	John Merrill	Connecticut	CONN	2002
85-89	50 Breast	1:03.91	Miriam Tuovila	Virginia	VMST	2012	51.83	Dan Dotterweich	New Jersey	GSM	1995
85-89	100 Breast	2:23.13	Marianna Berkley	Virginia	VMST	2008	2:00.27	Dan Dotterweich	New Jersey	GSM	1995
85-89	200 Breast	5:08.48	Marianna Berkley	Virginia	VMST	2008	4:39.18	Walter Lynch	Metropolitan	AQFT	2011
85-89	50 Fly	1:04.22	Doris Russell	Maryland	MARY	2006	48.58	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly	2:47.27	Doris Russell	Maryland	MARY	2005	3:15.07	Jay Charles	Metropolitan	METR	2008
85-89	200 Fly	6:50.29	Jill Coleman	Maryland	MARY	2016	7:10.59	Jay Charles	Metropolitan	METR	2010
85-89	100 IM	2:11.27	Jill Coleman	Maryland	MARY	2016	1:51.63	Arnold Meardon	New England	NEM	2015
85-89	200 IM	4:50.62	Jill Coleman	Maryland	MARY	2016	4:29.44	Harry Howell	Virginia	VMST	2004
85-89	400 IM	11:02.85	Jill Coleman	Maryland	MARY	2016	11:47.37	Abraham Olanoff	New England	NEM	1992

Colonies Zone: Individual Records

Short Course Yards

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	51.97	Anne Walker	Potomac Valley	DCM	2007	40.78	Gerson Sobel	Metropolitan	METR	2000
90-94	100 Free	2:08.96	Julia Dolce	New Jersey	GSM	2001	1:40.64	Gerson Sobel	Metropolitan	METR	2000
90-94	200 Free	4:42.10	Anne Walker	Potomac Valley	DCM	2006	3:48.56	Austin Newman	New Jersey	GSM	2006
90-94	500 Free	13:51.00	Julia Dolce	New Jersey	GSM	2002	10:01.23	Austin Newman	New Jersey	GSM	2006
90-94	1000 Free	28:36.94	Julia Dolce	New Jersey	GSM	2002	20:31.68	Austin Newman	New Jersey	GSM	2006
90-94	1650 Free	51:35.79	Mary Lathram	Potomac Valley	DCM	2006	33:59.81	Austin Newman	New Jersey	GSM	2006
90-94	50 Back	1:05.50	Sarah Allnutt	Maryland	MARY	2014	49.32	John Merrill	Connecticut	CONN	2008
90-94	100 Back	2:25.59	Anne Walker	Potomac Valley	DCM	2006	1:46.67	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:17.55	Anne Walker	Potomac Valley	DCM	2006	3:54.03	John Merrill	Connecticut	CONN	2007
90-94	50 Breast	1:22.99	Miriam Tuovila	Virginia	TMAS	2016	1:09.38	Harry Bartlett	Connecticut	CONN	2006
90-94	100 Breast	3:16.01	Miriam Tuovila	Virginia	TMAS	2017	2:43.79	Gus Langner	Connecticut	CONN	1995
90-94	200 Breast						6:09.46	Gus Langner	Connecticut	CONN	1995
90-94	50 Fly	1:27.39	Doris Russell	Maryland	MARY	2011	2:21.39	Walter Sompayrac	Maryland	MARY	2004
90-94	100 IM	3:01.95	Marie Kelleher	Virginia	VMST	2004	2:49.56	Gus Langner	Connecticut	CONN	1995
90-94	200 IM	6:26.48	Marie Kelleher	Virginia	VMST	2004	13:25.64	Vladimir Ouchakof	Connecticut	CONN	2015
95-99	50 Free	1:17.32	Doris Russell	Maryland	MARY	2015	51.31	Gus Langner	Connecticut	CONN	1999
95-99	100 Free	2:57.11	Doris Russell	Maryland	MARY	2015	2:03.95	Gus Langner	Connecticut	CONN	1999
95-99	200 Free	6:12.19	Marie Kelleher	Virginia	VMST	2008	4:34.65	Gus Langner	Connecticut	CONN	1999
95-99	500 Free	18:25.13	Anna Bauscher	Delaware Valley	1776	1998	12:17.44	Gus Langner	Connecticut	CONN	1999
95-99	1000 Free						30:05.25	Gus Langner	Connecticut	CONN	2000
95-99	50 Back	1:35.39	Marie Kelleher	Virginia	VMST	2009	1:22.02	Raymond Edelhoff	Maryland	MARY	2008
95-99	100 Back	5:43.27	Virginia Nicoll	Maryland	DAMD	2006	3:49.59	Raymond Edelhoff	Maryland	MARY	2008
95-99	50 Breast	1:55.41	Marie Kelleher	Virginia	VMST	2009	1:27.55	Gus Langner	Connecticut	CONN	1999
95-99	100 Breast						3:04.31	Gus Langner	Connecticut	CONN	1999
95-99	50 Fly	1:52.23	Doris Russell	Maryland	MARY	2015					
95-99	100 IM	3:28.34	Marie Kelleher	Virginia	VMST	2008					
100-104	50 Free	1:58.08	Marie Kelleher	Virginia	VMST	2013	1:35.72	John Wolff	Potomac Valley	FXCM	2013