

Colonies Zone Championship Records

Long Course Meters

Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
18-24	50 Free	30.33	Alexandra Wessel	2010	25.01	Lewis Witherow	2013
18-24	100 Free	1:02.30	Mollie Grover	2005	55.44	Peter Galan	2007
18-24	200 Free	2:18.27	Mollie Grover	2005	2:10.86	Chad Buist	2007
18-24	400 Free	5:05.99	Sherri Pickens	2007	4:15.44	Peter Galan	2007
18-24	800 Free	11:12.37	Brianna Lovell	2013	8:44.94	Peter Galan	2007
18-24	1500 Free	21:06.86	Brianna Lovell	2013	17:07.87	Peter Galan	2010
18-24	50 Back	32.79	Yana Park	2008	29.32	Kevin Mastracci	2015
18-24	100 Back	1:13.78	Mollie Grover	2005	1:01.56	Lewis Witherow	2013
18-24	200 Back	2:38.15	Mollie Grover	2005	2:19.59	Peter Galan	2008
18-24	50 Breast	42.29	Lauren Kelvey	2005	31.70	Eric Materniak	2015
18-24	100 Breast	1:23.18	Kimberly Jenko	2006	1:11.01	Eric Materniak	2015
18-24	200 Breast	3:00.44	Kimberly Jenko	2006	3:07.55	Jarret Hitching	2008
18-24	50 Fly	35.91	Lauren Kelvey	2005	26.80	Kevin Mastracci	2015
18-24	100 Fly	1:14.05	Kathryn Jenko	2007	1:00.30	Eric Druker	2005
18-24	200 Fly	3:06.06	Lauren Kelvey	2005	2:22.87	Michael Reavis	2015
18-24	200 IM	2:42.82	Juliana Galan	2007	2:15.71	Peter Galan	2007
18-24	400 IM	5:58.93	Brianna Lovell	2013	4:44.53	Peter Galan	2010
25-29	50 Free	26.99	Petra Martin	2005	25.37	Billy Gaines	2010
25-29	100 Free	1:02.86	Ngozi Monu	2007	54.86	Billy Gaines	2010
25-29	200 Free	2:19.03	Jennifer O'Reilly	2007	1:59.83	Billy Gaines	2010
25-29	400 Free	4:59.19	Courtney Randolph	2016	4:22.86	John Hogan	2013
25-29	800 Free	10:16.06	Lillian Thomas	2010	9:23.32	John Hogan	2013
25-29	1500 Free	19:06.41	Denise Letendre	2015	17:46.06	John Hogan	2013
25-29	50 Back	33.49	Kelly Mahler	2007	28.17	Jeff Hicks	2008
25-29	100 Back	1:12.20	Mollie Grover	2008	1:02.38	Jeff Hicks	2008
25-29	200 Back	2:35.21	Mollie Grover	2008	2:26.95	Peter Kaemmerlen	2011
25-29	50 Breast	33.60	Petra Martin	2005	32.61	Peter Fehring	2006
25-29	100 Breast	1:20.70	Jennifer Brielm	2008	1:15.18	Nicholas Mahler	2005
25-29	200 Breast	2:53.25	Jennifer Brielm	2008	2:39.32	Peter Fehring	2006
25-29	50 Fly	31.70	Kelly Mahler	2007	27.08	Val Perfanov	2010
25-29	100 Fly	1:15.77	Ashley Braniecki	2011	59.86	Billy Gaines	2010
25-29	200 Fly	2:54.51	Ashley Braniecki	2011	2:16.62	Billy Gaines	2010
25-29	200 IM	2:36.59	Kate Hibbard	2013	2:21.95	John Guiffre	2016
25-29	400 IM	5:42.31	Denise Letendre	2015	5:03.53	John Guiffre	2016

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
30-34	50 Free	26.81	Ruth Jones	2013	25.94	Stuart Williams	2013
30-34	100 Free	1:02.08	Erika Braun	2006	58.10	Nicholas Mahler	2007
30-34	200 Free	2:19.79	Ruth Jones	2013	2:09.55	Gregory Danner	2011
30-34	400 Free	5:05.45	Maura Smith	2013	4:19.37	Gregory Danner	2011
30-34	800 Free	10:03.79	Michelle Kagy-Schwartz	2008	10:05.43	Thomas Patterson	2010
30-34	1500 Free	20:12.36	Jennifer Carlson	2013	19:08.03	Thomas Patterson	2010
30-34	50 Back	33.64	Erika Braun	2006	31.97	Marc Lener	2008
30-34	100 Back	1:11.98	Erika Braun	2006	1:04.88	Gregory Danner	2011
30-34	200 Back	2:39.35	Molly Grover	2015	2:35.13	Thomas Patterson	2010
30-34	50 Breast	36.37	Katrine Alcaide	2011	31.66	Nicholas Mahler	2007
30-34	100 Breast	1:23.44	Claire Russo	2013	1:11.10	Nicholas Mahler	2007
30-34	200 Breast	3:00.78	Claire Russo	2015	2:40.04	Cejih Yung	2016
30-34	50 Fly	30.84	Hannah Caldas	2010	27.37	Stuart Williams	2013
30-34	100 Fly	1:13.31	Maura Smith	2013	1:00.10	Gregory Danner	2011
30-34	200 Fly	2:54.46	Tiffany Seal	2010	2:08.55	Gregory Danner	2011
30-34	200 IM	2:35.41	Hannah Caldas	2010	2:15.22	Gregory Danner	2011
30-34	400 IM	5:52.42	Claire Russo	2013	4:44.64	Gregory Danner	2011
35-39	50 Free	28.30	Erika Braun	2007	25.58	Neill Williams	2006
35-39	100 Free	1:01.50	Erika Braun	2007	57.01	Blake Holden	2015
35-39	200 Free	2:15.51	Nadine Day	2005	2:06.19	Andrew Farrell	2005
35-39	400 Free	5:05.84	Dana Woody	2005	4:34.50	Andrew Farrell	2005
35-39	800 Free	9:55.70	Dana Woody	2005	9:37.88	Andrew Farrell	2005
35-39	1500 Free	20:52.40	Julie Roddin	2015	19:25.64	Matthew Mauriello	2011
35-39	50 Back	33.56	Erika Braun	2007	29.65	Jeff Roddin	2006
35-39	100 Back	1:12.32	Mollie Grover	2016	1:04.89	Andrew Farrell	2005
35-39	200 Back	2:39.08	Mollie Grover	2016	2:24.11	Andrew Farrell	2005
35-39	50 Breast	37.28	Nadine Day	2005	30.37	Blake Holden	2015
35-39	100 Breast	1:28.14	Chio Hatakeyama	2013	1:11.13	Jeffrey Jarczyansk	2016
35-39	200 Breast	3:19.23	Alicia Fletcher	2011	2:39.42	Matthew Kinney	2005
35-39	50 Fly	30.97	Margaret Conze	2010	26.95	Neill Williams	2006
35-39	100 Fly	1:28.72	Alison Moore	2007	1:00.43	Jeff Roddin	2006
35-39	200 Fly	2:34.44	Nadine Day	2005	2:36.06	Matthew Mauriello	2011
35-39	200 IM	2:46.83	Dana Woody	2005	2:25.04	Jeff Roddin	2006
35-39	400 IM	5:42.92	Dana Woody	2005	5:11.54	Phillip King	2005

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
40-44	50 Free	26.82	Erika Braun	2013	24.44	Michael Ross	2008
40-44	100 Free	1:01.86	Fall Willeboordse	2010	52.69	Michael Ross	2008
40-44	200 Free	2:18.92	Galen Rinaldi	2011	2:08.89	Glenn Battle	2005
40-44	400 Free	4:53.08	Galen Rinaldi	2011	4:47.25	Emad Elshafei	2006
40-44	800 Free	9:52.26	Galen Rinaldi	2011	10:10.49	Sam Manhart	2011
40-44	1500 Free	18:45.43	Galen Rinaldi	2011	19:11.17	Sam Manhart	2011
40-44	50 Back	31.54	Erika Braun	2013	27.47	Michael Ross	2008
40-44	100 Back	1:08.92	Fall Willeboordse	2010	59.82	Michael Ross	2008
40-44	200 Back	2:45.92	Laurie Hug	2007	2:24.13	Glenn Battle	2005
40-44	50 Breast	38.92	Cheryl Kupan	2008	30.78	Wally Dicks	2007
40-44	100 Breast	1:30.83	Cheryl Kupan	2007	1:08.40	Wally Dicks	2006
40-44	200 Breast	3:15.27	Cheryl Kupan	2007	2:43.90	Neill Williams	2008
40-44	50 Fly	30.43	Fall Willeboordse	2010	25.82	James Zenyuh	2016
40-44	100 Fly	1:10.03	Fall Willeboordse	2008	56.43	Michael Ross	2008
40-44	200 Fly	2:46.82	Laurie Hug	2008	2:29.22	Stephan Rodiger	2010
40-44	200 IM	2:49.75	Laurie Hug	2008	2:22.78	Jeff Roddin	2010
40-44	400 IM	5:40.48	Laurie Hug	2008	5:13.66	Jeff Roddin	2010
45-49	50 Free	27.67	Fall Willeboordse	2011	25.73	Fritz Bedford	2011
45-49	100 Free	1:01.60	Fall Willeboordse	2011	57.81	Steven Newman	2007
45-49	200 Free	2:21.82	Vibeke Swanson	2007	2:05.51	Chris Stevenson	2010
45-49	400 Free	5:02.60	Vibeke Swanson	2007	4:35.32	Joseph Rhyne	2007
45-49	800 Free	10:25.80	Vibeke Swanson	2008	9:25.10	Chris Stevenson	2013
45-49	1500 Free	19:40.67	Laurie Hug	2010	17:49.63	Chris Stevenson	2013
45-49	50 Back	32.02	Fall Willeboordse	2013	28.25	Fritz Bedford	2011
45-49	100 Back	1:09.51	Fall Willeboordse	2013	1:02.07	Clay Britt	2006
45-49	200 Back	2:38.48	Vibeke Swanson	2007	2:17.81	Chris Stevenson	2010
45-49	50 Breast	35.69	Fall Willeboordse	2011	31.17	Wally Dicks	2008
45-49	100 Breast	1:22.64	Fall Willeboordse	2013	1:09.20	Wally Dicks	2008
45-49	200 Breast	3:18.45	Laurie Hug	2010	2:34.17	David Guthrie	2006
45-49	50 Fly	30.13	Fall Willeboordse	2013	26.73	Fritz Bedford	2011
45-49	100 Fly	1:08.74	Fall Willeboordse	2011	1:00.90	Chris Stevenson	2013
45-49	200 Fly	2:43.59	Laurie Hug	2010	2:36.70	Kenneth Malone	2013
45-49	200 IM	2:41.50	Vibeke Swanson	2007	2:14.90	Jerome Frentsos	2010
45-49	400 IM	5:35.38	Vibeke Swanson	2007	4:47.65	Jerome Frentsos	2010

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
50-54	50 Free	28.17	Fall Willeboordse	2016	25.19	Steve Hiltabiddle	2016
50-54	100 Free	1:02.80	Fall Willeboordse	2016	55.94	Steve Hiltabiddle	2016
50-54	200 Free	2:25.43	Lynn Marshall	2011	2:08.11	Len Gushe	2013
50-54	400 Free	5:29.52	Lisa Bennett	2006	4:56.23	Maury McKinney	2011
50-54	800 Free	9:38.04	Lynn Marshall	2011	10:12.78	James Ryan	2005
50-54	1500 Free	19:09.50	Lynn Marshall	2011	19:30.76	Maury McKinney	2011
50-54	50 Back	32.41	Leslie Livingston	2013	30.97	Jonathan Klein	2007
50-54	100 Back	1:10.82	Fall Willeboordse	2016	1:05.54	Len Gushe	2013
50-54	200 Back	2:53.80	Val Van Horn Pate	2013	2:30.41	Jonathan Klein	2008
50-54	50 Breast	37.51	Fall Willeboordse	2016	34.47	Jose Cunningham	2007
50-54	100 Breast	1:28.95	Lisa Bennett	2006	1:18.01	Jose Cunningham	2007
50-54	200 Breast	3:15.08	Lisa Bennett	2006	3:01.84	Maury McKinney	2011
50-54	50 Fly	30.04	Susan Williams	2016	26.63	Steve Hiltabiddle	2016
50-54	100 Fly	1:19.38	Val Van Horn Pate	2013	1:00.22	Steve Hiltabiddle	2016
50-54	200 Fly	2:34.93	Lynn Marshall	2011	2:28.11	Len Gushe	2013
50-54	200 IM	2:38.03	Fall Willeboordse	2016	2:44.01	Stephen Stambau	2007
50-54	400 IM	5:49.57	Laurie Hug	2016	5:31.51	Neil Wasserman	2007
55-59	50 Free	29.94	Jacki Hirsty	2010	25.87	Doug Martin	2008
55-59	100 Free	1:07.25	Jacki Hirsty	2010	58.21	Paul Trevisan	2006
55-59	200 Free	2:26.64	Jacki Hirsty	2010	2:09.25	Phil Dodson	2008
55-59	400 Free	4:43.41	Lynn Marshall	2016	4:42.19	Phil Dodson	2008
55-59	800 Free	10:54.51	Shirley Loftus-Charley	2010	10:16.01	Phil Dodson	2008
55-59	1500 Free	20:31.89	Shirley Loftus-Charley	2010	20:13.72	Jeff Reilly	2016
55-59	50 Back	33.08	Leslie Livingston	2016	32.40	Pete Reider	2010
55-59	100 Back	1:17.34	Lynn Marshall	2016	1:13.28	Geoffrey Meyer	2007
55-59	200 Back	3:03.07	Denise Kirwan	2007	2:46.29	Frank Thompson	2008
55-59	50 Breast	40.96	Barbara Hummel	2011	35.65	Steven Schonholz	2011
55-59	100 Breast	1:32.85	Lynn Marshall	2016	1:21.15	Robert Schmitz	2007
55-59	200 Breast	3:26.36	Denise Kirwan	2007	3:14.85	Dan Wall	2011
55-59	50 Fly	30.52	Leslie Livingston	2016	29.10	Doug Martin	2008
55-59	100 Fly	1:19.26	Jeanne Lappin	2013	1:07.89	David Oates	2005
55-59	200 Fly	3:00.65	Jeanne Lappin	2013	2:43.30	Neil Wasserman	2010
55-59	200 IM	2:57.47	Jeanne Lappin	2013	2:51.74	David Bright	2011
55-59	400 IM	6:21.02	Jeanne Lappin	2013	5:33.81	Phil Dodson	2008

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
60-64	50 Free	33.64	Janet Bright	2016	28.00	Jim Dragon	2008
60-64	100 Free	1:15.04	Dale Barnhard	2008	1:03.86	James Thornton	2016
60-64	200 Free	2:40.80	Shirley Loftus-Charley	2013	2:21.99	James Thornton	2016
60-64	400 Free	5:31.37	Shirley Loftus-Charley	2013	5:07.92	James Thornton	2016
60-64	800 Free	11:14.64	Shirley Loftus-Charley	2013	11:05.98	Frank McElroy	2008
60-64	1500 Free	21:01.19	Shirley Loftus-Charley	2013	20:34.12	Jack Martin	2011
60-64	50 Back	38.43	Joan Pfinsgraff	2015	33.92	Richard Alexander	2005
60-64	100 Back	1:21.98	Joan Pfinsgraff	2015	1:20.90	Richard Alexander	2005
60-64	200 Back	2:56.43	Joan Pfinsgraff	2015	2:58.04	John Rysdon	2015
60-64	50 Breast	42.47	Melinda Wolff	2013	36.28	Jim Dragon	2006
60-64	100 Breast	1:31.41	Dale Barnhard	2008	1:25.44	Jim Dragon	2008
60-64	200 Breast	3:21.74	Janet Bright	2016	3:11.08	Charles Hoffman	2010
60-64	50 Fly	35.36	Jeanne Lappin	2016	28.97	Jim Dragon	2006
60-64	100 Fly	1:20.26	Jeanne Lappin	2016	1:15.59	Frank McElroy	2008
60-64	200 Fly	3:15.37	Shirley Loftus-Charley	2013	3:18.35	Robert Johnston	2011
60-64	200 IM	3:02.20	Jeanne Lappin	2016	2:53.13	Daniel Rogacki	2011
60-64	400 IM	6:26.86	Shirley Loftus-Charley	2013	6:13.09	Richard Smith	2005
65-69	50 Free	35.34	Beth Schreiner	2007	31.34	Joe Amundsen	2011
65-69	100 Free	1:19.18	Marcia Barry	2013	1:12.04	Joe Amundsen	2011
65-69	200 Free	2:52.42	Marcia Barry	2013	2:42.55	Edward Reed	2008
65-69	400 Free	6:04.97	Marcia Barry	2013	5:48.36	Jay Platt	2013
65-69	800 Free	13:55.52	Rosalyn Schanzer	2007	12:21.62	Jay Platt	2013
65-69	1500 Free	23:17.71	Marcia Barry	2015	23:13.86	Richard Bernstein	2013
65-69	50 Back	42.77	Marcia Barry	2013	36.61	Richard Alexander	2010
65-69	100 Back	1:21.24	Cecilia Mccloskey	2015	1:25.81	Jon Rysdon	2016
65-69	200 Back	2:57.78	Cecilia Mccloskey	2015	3:06.20	Jon Rysdon	2016
65-69	50 Breast	43.57	Joann Leilich	2005	36.75	Louis Kronfeld	2008
65-69	100 Breast	1:36.95	Joann Leilich	2005	1:29.52	Charlie Hoffman	2016
65-69	200 Breast	3:26.98	Joann Leilich	2005	3:18.23	Stephen Dougherty	2016
65-69	50 Fly	42.51	Margot Pettijohn	2015	33.71	Richard Alexander	2010
65-69	100 Fly	1:38.65	Margot Pettijohn	2013	1:21.08	David Kirby	2008
65-69	200 Fly	4:17.96	Lucille Griffin	2007	3:15.49	John Mccorkle	2016
65-69	200 IM	3:03.35	Cecilia Mccloskey	2015	2:56.59	Stephen Dougherty	2016
65-69	400 IM	7:20.23	Margot Pettijohn	2013	6:41.01	John Mccorkle	2016

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
70-74	50 Free	36.63	Beth Schreiner	2013	28.35	Ian Smith	2011
70-74	100 Free	1:28.49	Barbara Zaremski	2008	1:06.27	Ian Smith	2011
70-74	200 Free	3:19.20	Beth Schreiner	2013	2:38.35	David Harrison	2007
70-74	400 Free	6:46.10	Nancy Brown	2006	5:41.02	David Harrison	2007
70-74	800 Free	15:13.95	Erda Dillinger	2011	11:42.68	David Harrison	2007
70-74	1500 Free	28:40.78	Erda Dillinger	2011	23:17.61	Rich Bernstein	2016
70-74	50 Back	44.58	Nancy Brown	2006	44.21	Niel Sween	2006
70-74	100 Back	1:36.88	Nancy Brown	2006	1:38.17	David Robinson	2013
70-74	200 Back	3:38.84	Nancy Brown	2006	3:27.76	Rich Bernstein	2016
70-74	50 Breast	45.13	Margot Pettijohn	2016	43.10	Michael Laux	2011
70-74	100 Breast	1:40.78	Margot Pettijohn	2016	1:41.60	Michael Laux	2011
70-74	200 Breast	3:47.80	Margot Pettijohn	2016	3:47.17	Michael Laux	2011
70-74	50 Fly	41.30	Margot Pettijohn	2016	32.95	Ian Smith	2011
70-74	100 Fly	1:35.09	Margot Pettijohn	2016	1:46.31	Edward Gaulrapp	2013
70-74	200 Fly	4:08.36	Lucille Griffin	2008	4:06.44	Douglas Koop	2011
70-74	200 IM	4:08.66	Lucille Griffin	2008	3:26.87	Michael Laux	2011
70-74	400 IM	8:36.42	Lucille Griffin	2008	7:10.19	Rich Bernstein	2016
75-79	50 Free	38.06	Johnnie Detrick	2013	35.69	Nickolas Demas	2006
75-79	100 Free	1:32.24	Johnnie Detrick	2010	1:25.68	Nickolas Demas	2006
75-79	200 Free	3:22.70	Beth Schreiner	2016	2:51.30	Howard Rolston	2016
75-79	400 Free	8:10.95	Mae Waldie	2011	7:55.02	David Nicholas	2015
75-79	800 Free	16:29.07	Nancy Brown	2011	16:54.36	Philip Kerr	2011
75-79	1500 Free	30:51.39	Nancy Brown	2011	29:34.14	Lawrence Cohen	2010
75-79	50 Back	48.01	Beth Schreiner	2016	42.50	Frank Manheim	2006
75-79	100 Back	1:43.81	Nancy Brown	2011	1:28.23	Howard Rolston	2015
75-79	200 Back	3:48.77	Nancy Brown	2011	3:53.12	Frank Manheim	2006
75-79	50 Breast	56.84	Johnnie Detrick	2013	55.14	Richard Scott	2010
75-79	100 Breast	2:03.88	Johnnie Detrick	2010	2:18.32	Thomas Lyons	2008
75-79	200 Breast	4:50.09	Mae Waldie	2011	4:38.52	Richard Scott	2010
75-79	50 Fly	56.27	Nancy Brown	2011	39.12	Howard Rolston	2015
75-79	100 Fly	2:13.03	Nancy Brown	2011	2:08.78	Donald Messer	2007
75-79	200 Fly	6:01.76	Nancy Brown	2011	7:06.46	Richard Scott	2013
75-79	200 IM	4:13.00	Nancy Brown	2011	3:19.19	Howard Rolston	2015
75-79	400 IM	8:48.78	Nancy Brown	2011	10:52.89	Richard Scott	2013

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Age Group	Event	Women			Men		
		Time	Name	Year	Time	Name	Year
80-84	50 Free	39.51	Johnnie Detrick	2016	35.78	Nickolas Demas	2011
80-84	100 Free	1:39.46	Johnnie Detrick	2016	1:27.78	Nickolas Demas	2011
80-84	200 Free	3:55.47	Johnnie Detrick	2016	3:42.72	Roger Franks	2008
80-84	400 Free	9:07.94	Sheila Naiman	2011	8:33.55	Fred Goldner	2008
80-84	800 Free				17:42.20	Fred Goldner	2008
80-84	1500 Free	36:02.53	Sheila Naiman	2011	41:14.00	David Gladfelter	2016
80-84	50 Back	54.75	Nancy Brown	2016	47.27	Frank Manheim	2010
80-84	100 Back				1:52.25	Frank Manheim	2010
80-84	200 Back	4:22.70	Nancy Brown	2016	3:39.22	Roger Franks	2007
80-84	50 Breast	58.45	Johnnie Detrick	2016	1:01.45	Arnold Meardon	2011
80-84	100 Breast	2:47.53	Joan Waldbaum	2015	2:51.50	Thomas Lyons	2015
80-84	200 Breast	5:58.76	Janet Moeller	2016	6:01.28	David Gladfelter	2016
80-84	50 Fly	1:16.52	Joan Waldbaum	2015	53.42	Frank Manheim	2010
80-84	200 Fly	8:28.82	Janet Moeller	2016			
80-84	200 IM	4:40.30	Johnnie Detrick	2016	4:09.72	Frank Manheim	2010
85-89	50 Free	1:06.15	Anne Walker	2005	44.84	Frank Manheim	2016
85-89	100 Free	2:35.90	Anne Walker	2005	2:13.18	Fred Goldner	2011
85-89	200 Free	5:22.56	Anne Walker	2005	4:46.25	Fred Goldner	2011
85-89	400 Free				8:47.81	Calvin Barnes	2010
85-89	800 Free				18:12.12	Calvin Barnes	2010
85-89	1500 Free				34:22.29	Calvin Barnes	2010
85-89	50 Back	1:17.33	Anne Walker	2005	51.73	Frank Manheim	2016
85-89	100 Back	3:03.90	Anne Walker	2005	2:05.50	Frank Manheim	2016
85-89	200 Back	6:20.28	Anne Walker	2005	5:25.37	Clarence Webb	2007
85-89	50 Breast	1:16.66	Joan Waldbaum	2016	1:09.51	Norman Rainer	2013
85-89	100 Breast	2:54.54	Joan Waldbaum	2016	2:40.88	Norman Rainer	2013
85-89	200 Breast	6:32.72	Joan Waldbaum	2016	5:54.71	Norman Rainer	2013
85-89	50 Fly	1:30.76	Joan Waldbaum	2016	1:15.69	Frank Manheim	2016
85-89	200 IM	6:39.06	Joan Waldbaum	2016			
90-94	50 Free	1:14.61	Anne Walker	2006			
90-94	100 Free	2:51.03	Anne Walker	2006			
90-94	200 Free	5:38.54	Anne Walker	2006			
90-94	400 Free	13:49.96	Mary Lathram	2005			
90-94	800 Free	30:43.00	Mary Lathram	2008			
90-94	50 Back	1:19.05	Anne Walker	2006			
90-94	100 Back	3:05.85	Anne Walker	2006			
90-94	200 Back	6:37.65	Anne Walker	2006			
90-94	50 Breast	2:01.70	Marianna Berkley	2013			

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Age Group	Gender	Event	Time	Club	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
100-119	Women	200 Free	2:07.42	Virginia Masters	K Hibbard	B Turner	K Webb	C Russo	2010
100-119	Women	200 Medley	2:28.65	Virginia Masters	K Hibbard	K Webb	B Turner	C Russo	2010
120-159	Women	200 Free	2:02.69	Terrapin Masters	C Voorhees	C Busch	M Stakem	M Grover	2006
120-159	Women	400 Free	4:49.80	Reston Masters	J Carlson	J Van Erden	S Katsaros	C Hajost	2010
120-159	Women	800 Free	11:23.56	Reston Masters	J Fry	J O'Reilly	M Dawson	K Born	2007
120-159	Women	200 Medley	2:45.67	Reston Masters	J Fry	M Dawson	K Born	J O'Reilly	2007
120-159	Women	400 Medley	4:55.20	Virginia Masters	K Hibbard	C Russo	M Smith	D Myers	2013
160-199	Women	200 Free	2:18.20	Peluso Open Water Masters	A Phillips	J Manuel	G Glasgow	B Gregory	2013
160-199	Women	400 Free	5:48.02	Cambridge Masters	J Downing	J Rapp	C Pasterczyk	S Curko	2011
160-199	Women	200 Medley	2:39.81	Peluso Open Water Masters	D Joslin	J Manuel	B Gregory	A Phillips	2013
160-199	Women	400 Medley	6:45.31	Cambridge Masters	A Bouvrie	C Pasterczyk	J Downing	M Twomey	2011
200-239	Women	200 Free	2:38.49	Virginia Masters	K Umbdenstock	D Jaeger	J Martin	I Hlavacek	2008
200-239	Women	400 Free	4:56.15	Maine Masters	C Kupan	A Uecker	B Fries	M Estabrook	2011
200-239	Women	800 Free	14:37.90	Virginia Masters	D Jaeger	P Cox	S Henley	B Durrant	2006
200-239	Women	200 Medley	3:27.19	Virginia Masters	L Walker	M Barry	D Jaeger	S Henley	2006
200-239	Women	400 Medley	7:26.07	Stowe Masters	T Kules	P Yankauskas	M Haskins	S Booher	2011
240-279	Women	400 Free	6:42.37	Virginia Masters	S Marens	J Martin	D Jaeger	L Griffin	2008
240-279	Women	200 Medley	2:50.87	Virginia Masters	M Barry	J Leilich	L Griffin	B Schreiner	2005
240-279	Women	400 Medley	6:53.50	Virginia Masters	J Martin	B Durrant	S Loftus-Charley	L Walker	2010
280-319	Women	200 Free	2:50.59	Virginia Masters	B Durrant	J Detrick	L Griffin	B Zaremski	2008
280-319	Women	400 Free	5:45.80	Virginia Masters	M Barry	J Detrick	L Walker	S Loftus-Charley	2013
280-319	Women	800 Free	13:43.35	Virginia Masters	J Detrick	L Walker	B Schreiner	B Durrant	2010
280-319	Women	200 Medley	3:48.47	Virginia Masters	S Henley	B Durrant	I Hlavacek	B Zaremski	2008
280-319	Women	400 Medley	7:01.96	Virginia Masters	B Zaremski	B Durrant	L Griffin	J Detrick	2008

Colonies Zone Championship Records

Long Course Meters

Age Group	Gender	Event	Time	Club	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
100-119	Men	200 Free	1:50.40	Arlington Ageless Masters	M Miraglia	S Donohue	T Everitt	J Hicks	2008
100-119	Men	400 Free	4:05.84	Yellow Breeches Racing Club	K Atwell	N Mahler	B Burns	R Shaw	2005
100-119	Men	800 Free	9:19.62	DC Masters	N Williams	J Richard	W Moon	J Burkhardt	2007
100-119	Men	200 Medley	1:50.60	Patriot Masters	L Witherow	C Lee	B Tuben	S Williams	2013
100-119	Men	400 Medley	4:48.32	DC Masters	N Williams	J Richard	J Burkhardt	W Moon	2007
120-159	Men	400 Free	4:08.62	Fairfax County Masters	B Ellis	T Early II	S Volkers	E Druker	2005
120-159	Men	800 Free	8:23.64	Terrapin Masters	J Oloughlin	J Strahota	A Blyskal	B Holden	2015
120-159	Men	200 Medley	2:08.56	Fairfax County Masters	T Early II	B Ellis	E Druker	R Kahn	2005
120-159	Men	400 Medley	4:24.42	Terrapin Masters	A Blyskal	B Holden	J Strahota	M Ludington	2015
160-199	Men	200 Free	1:52.91	DC Masters	N Williams	R Linderman	W Moon	F Dever	2013
160-199	Men	400 Free	4:07.72	Terrapin Masters	J Strahota	V Ribeiro	A Ellis	B Holden	2015
160-199	Men	800 Free	12:02.20	Reston Masters	J Goodwin	T Dayton	J Carlson	L Paulson	2007
160-199	Men	200 Medley	1:54.57	Montgomery Ancient Mariners	C Britt	W Dicks	J Feinstein	J Roddin	2006
160-199	Men	400 Medley	4:55.13	DC Masters	N Williams	J V Cunningham	W Rumble	J Richard	2008
200-239	Men	200 Free	2:02.16	Germantown Md Masters	D Robinson	J Elliot	E Reed	P Wolf	2008
200-239	Men	400 Free	4:36.31	Adirondack Masters	J Riordan	D Wall	M Morrissey	M Turecky	2011
200-239	Men	800 Free	8:53.73	NC Masters	J Klein	R Schmitz	J Rhyne	P Hollett	2007
200-239	Men	200 Medley	2:01.81	Montgomery Ancient Mariners	M Pugliese	W Dicks	J Feinstein	J Roddin	2010
200-239	Men	400 Medley	4:28.50	NC Masters	J Klein	R Schmitz	J Rhyne	P Hollett	2007
240-279	Men	200 Free	2:19.33	Virginia Masters	J Davis	H Sober	R Swiger	B Nelson	2010
240-279	Men	400 Free	5:24.81	Germantown Md Masters	K Wall	E Reed	D Robinson	M Walters	2006
240-279	Men	800 Free	12:32.90	Germantown Md Masters	M Walters	E Reed	D Robinson	K Wall	2006
240-279	Men	200 Medley	2:38.05	Germantown Md Masters	K Wall	E Reed Jr	M Walters	D Robinson	2006
240-279	Men	400 Medley	6:44.88	Germantown Md Masters	K Wall	R Durham	D Robinson	E Reed	2006
280-319	Men	200 Free	2:45.75	Reston Masters	N Nobbe	G Gerson	S Pilette	F Manheim	2008
280-319	Men	400 Free	6:36.89	Reston Masters	F Manheim	S Pilette	G Gerson	N Nobbe	2008
280-319	Men	800 Free	13:46.81	Virginia Masters	J Davis	E Gaulrapp	K Novell	C Barnes	2010
280-319	Men	200 Medley	3:22.74	Virginia Masters	N Sween	T Lyons	E Gaulrapp	R Cheadle	2007
280-319	Men	400 Medley	7:25.02	Virginia Masters	N Sween	R Durham	O Maher	K Novell	2010

Colonies Zone Championship Records

Long Course Meters

Age Group	Gender	Event	Time	Club	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
100-119	Mixed	200 Free	1:54.16	Yellow Breeches Racing Club	K Murphy	K Kenyon	N Mahler	B Burns	2005
100-119	Mixed	400 Free	4:14.36	Terrapin Masters	M Lee	C Busch	M Grover	J Strahota	2006
100-119	Mixed	200 Medley	2:13.44	Bethlehem YMCA	K Moncman	J Hitchings	J Broughal	M Florenz	2008
100-119	Mixed	400 Medley	4:56.06	Yellow Breeches Racing Club	K Kenyon	N Mahler	B Burns	K Murphy	2005
120-159	Mixed	200 Free	1:55.67	Virginia Masters	K Hibbard	B Turner	B Gaines	K Clear	2010
120-159	Mixed	400 Free	4:27.34	Reston Masters	J Brielmaier	M Dawson	J Carlson	K Choulga	2008
120-159	Mixed	800 Free	10:26.26	Reston Masters	J O'Reilly	J Fry	T Dayton	J Goodwin	2007
120-159	Mixed	200 Medley	2:04.58	Virginia Masters	C Stevenson	C Russo	J Hogan	K Hibbard	2013
120-159	Mixed	400 Medley	5:08.88	Reston Masters	J Carlson	J Brielmaier	K Choulga	M Dawson	2008
160-199	Mixed	200 Free	2:11.49	Reston Masters	P Garcia	M Johnson	C Baldwin	J Carlson	2013
160-199	Mixed	400 Free	4:32.96	Terrapin Masters	M Stakem	C Voorhees	S Payne	C Reynolds	2006
160-199	Mixed	800 Free	10:36.08	Terrapin Masters	T Postma	J Lappin	F Tomson	J Jarczynski	2016
160-199	Mixed	200 Medley	2:21.95	Reston Masters	K Brightwell	C Baldwin	J Carlson	J Carlson	2013
160-199	Mixed	400 Medley	4:59.91	Lane 4 Swimming	K Madigan	S Demyanovich	S Schutzmeister	J Kress	2015
200-239	Mixed	200 Free	2:05.67	Patriot Masters	L Levington	T Timmons	B Clifford-Dicks	T Sullivan	2007
200-239	Mixed	400 Free	4:44.30	Connecticut Masters	A Reul	M Laux	C Puska	G Rinaldi	2011
200-239	Mixed	800 Free	12:42.62	Virginia Masters	R Swiger	D Jaeger	B Durrant	C Wilmore	2006
200-239	Mixed	200 Medley	2:25.09	Virginia Masters	D Malsbury	P Miller	K Clear	N Spear	2013
200-239	Mixed	400 Medley	5:40.49	Connecticut Masters	G Rinaldi	M Laux	C Puska	W Geoghegan	2011
240-279	Mixed	200 Free	2:17.60	Virginia Masters	B Zaremski	H Sober	L Beall	D Jaeger	2008
240-279	Mixed	400 Free	5:34.32	Asphalt Green	F Willeboordse	R Bernstein	T Gallagher	M Hill	2011
240-279	Mixed	800 Free	13:03.92	Virginia Masters	B Schreiner	J Leilich	E Gaulrapp	R Swiger	2005
240-279	Mixed	200 Medley	2:47.75	Montgomery Ancient Mariners	M Greer Jr	M Pettijohn	D Harmon	M Pero	2005
240-279	Mixed	400 Medley	6:35.08	Germantown Md Masters	D Robinson	T Postma	J Lappin	M Boyle	2016
280-319	Mixed	200 Free	3:18.43	Virginia Masters	S Henley	T Lyons Jr	L Adams	R Cheadle	2005
280-319	Mixed	400 Free	5:38.76	Virginia Masters	B Zaremski	J Detrick	O Maher	H Sober	2008
280-319	Mixed	800 Free	15:16.54	Reston Masters	K Brightwell	F Manheim	L Manheim	J Rysdon	2016
280-319	Mixed	200 Medley	3:27.03	Virginia Masters	N Sween	B Durrant	O Maher	S Henley	2006
280-319	Mixed	400 Medley	7:43.90	Reston Masters	F Manheim	K Brightwell	J Rysdon	L Manheim	2016
320-359	Mixed	200 Medley	4:38.39	Virginia Masters	M Berkley	N Rainer	R Scott	K Gregory	2013
320-359	Mixed	400 Medley	7:32.40	Virginia Masters	B Durrant	R Scott	L Griffin	O Maher	2008