

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
18-24	50 Free	26.75	Amalia Kobelja	Virginia	URMS	2016	23.53	Ian Thompson	Potomac Valley	FBST	2021
18-24	100 Free	57.90	Rachael Burnett	Potomac Valley	UC10	2014	52.88	David Lawson	Delaware Valley	1776	1995
18-24	200 Free	2:03.06	Jessica Foschi	Metropolitan	METR	2003	2:00.89	Wilson Josephson	New England	UC02	2014
18-24	400 Free	4:36.55	Julie Anderson	Virginia	1693	2022	4:15.44	Peter Galan	Maryland	TCYS	2007
18-24	800 Free	9:43.75	Anne Muir	Potomac Valley	PMM	2008	8:44.94	Peter Galan	Maryland	TCYS	2007
18-24	1500 Free	18:13.47	Samantha Bausher	Delaware Valley	UNAT	2000	17:07.87	Peter Galan	Maryland	TERR	2010
18-24	50 Back	31.73	Anna Kenna	Virginia	1693	2022	27.43	David Lawson	Delaware Valley	1776	1995
18-24	100 Back	1:07.29	Caroline Sargent	Connecticut	CONN	2019	58.57	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	200 Back	2:26.13	Caroline Sargent	Connecticut	CONN	2019	2:08.20	Christopher Gibson	Potomac Valley	CUBU	2007
18-24	50 Breast	34.40	Ines Khiyara	New England	NEM	2022	30.33	Eric Materniak	New Jersey	DRMS	2015
18-24	100 Breast	1:12.42	Amalia Kobelja	Virginia	URMS	2016	1:07.13	Eric Materniak	New Jersey	DRMS	2015
18-24	200 Breast	2:51.92	Brooke Bailey	Potomac Valley	STJS	2022	2:23.56	Eric Materniak	New Jersey	DRMS	2015
18-24	50 Fly	29.59	Ines Khiyara	New England	NEM	2022	25.08	Samuel Ubellacker	New England	UC02	2019
18-24	100 Fly	1:06.62	Julie Anderson	Virginia	1693	2022	56.08	Harrison Pierce	Virginia	TIDE	2017
18-24	200 Fly	2:14.50	Elizabeth Shaw	Virginia	VMST	2012	2:09.39	Ry Beville	Virginia	VMST	1995
18-24	200 IM	2:20.00	Elizabeth Shaw	Virginia	VMST	2012	2:15.56	Eric Materniak	New Jersey	DRMS	2015
18-24	400 IM	5:15.64	Abigail Nunn	Potomac Valley	SPRY	2013	4:44.53	Peter Galan	Maryland	TCYS	2010
25-29	50 Free	25.93	Kaitlyn Johnson	Niagara	BUMS	2015	22.59	Drew Modrov	Metropolitan	UC06	2016
25-29	100 Free	57.50	Jessie Alcaide	New England	MESC	2012	50.72	Drew Modrov	Metropolitan	UC06	2016
25-29	200 Free	2:08.44	Lynne Blomberg	New Jersey	UNAT	1989	1:54.83	Lucas Bureau	Virginia	1693	2022
25-29	400 Free	4:34.57	Lynne Blomberg	New Jersey	UNAT	1989	4:10.28	Thomas Luchsinger	Metropolitan	TNYA	2020
25-29	800 Free	9:26.88	Priscilla Modrov	Niagara	BUMS	2013	9:03.06	Jason Eaddy	New England	NEM	2003
25-29	1500 Free	18:51.52	Rebeccah Wassner	Metropolitan	METR	2003	17:25.48	James Pokornowski	Niagara	NICK	2022
25-29	50 Back	31.50	Rachel Flinn	Metropolitan	NYAC	2017	27.36	Kevin Mastracci	Virginia	VMST	2022
25-29	100 Back	1:08.94	Jenny Mooney	New England	NEM	2003	1:00.16	Thomas Luchsinger	Metropolitan	TNYA	2020
25-29	200 Back	2:27.37	Jenny Mooney	New England	NEM	2003	2:12.99	Thomas Wolf	Potomac Valley	DCM	1984
25-29	50 Breast	33.60	Petra Martin	Potomac Valley	TERR	2005	29.05	Andrew Brower	Virginia	1693	2022
25-29	100 Breast	1:15.07	Rachel Ripley	Metropolitan	NYAC	2019	1:04.06	Andrew Brower	Virginia	1693	2022
25-29	200 Breast	2:43.77	Rachel Ripley	Metropolitan	NYAC	2019	2:21.20	Eric Materniak	New Jersey	BERK	2017
25-29	50 Fly	29.15	Beth O'Connor	Potomac Valley	DCM	1987	25.08	Amini Fonua	Metropolitan	TNYA	2015
25-29	100 Fly	1:02.18	Jessie Alcaide	New England	MESC	2012	55.03	Kyle Veatch	New England	NEM	2015
25-29	200 Fly	2:22.39	Priscilla Modrov	Niagara	BUMS	2013	2:03.73	Thomas Luchsinger	Metropolitan	TNYA	2020
25-29	200 IM	2:23.39	Rachel Ripley	Metropolitan	NYAC	2019	2:06.59	Tobias Oriwol	Metropolitan	NYAC	2014
25-29	400 IM	5:08.34	Rachel Ripley	Metropolitan	NYAC	2019	4:46.60	Bruce Hayes	Metropolitan	EMP	1992

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
30-34	50 Free	26.90	Katrine Alcaide	New England	MESC	2014	23.48	Drew Modrov	Metropolitan	UC06	2021
30-34	100 Free	57.68	Kim Vandenberg	Metropolitan	REDT	2013	51.28	Drew Modrov	Metropolitan	UC06	2021
30-34	200 Free	2:08.03	Marina Falcone	Virginia	1693	2017	1:58.61	Gregory Palumbo	Metropolitan	REDT	2012
30-34	400 Free	4:38.39	Katie McWilliams	Potomac Valley	ALEX	2014	4:13.14	Eric Nilsson	New England	NEM	2019
30-34	800 Free	9:33.93	Katie McWilliams	Potomac Valley	ALEX	2014	8:51.00	Daniel Moran	New England	NEM	2014
30-34	1500 Free	19:03.24	Jacki Hirsty	Potomac Valley	DCM	1984	16:58.60	Gregory Danner	Niagara	NIAG	2011
30-34	50 Back	31.28	Christina Rose	New England	NEM	2014	27.36	Drew Modrov	Metropolitan	UC06	2021
30-34	100 Back	1:09.05	Zena Herrmann	Maryland	MARY	1994	1:00.40	Thomas Wolf	Potomac Valley	DCM	1985
30-34	200 Back	2:28.08	Zena Herrmann	Maryland	MARY	1994	2:11.77	Thomas Wolf	Potomac Valley	DCM	1987
30-34	50 Breast	34.19	Lisa Bennett	Virginia	VMST	1990	29.72	Geoff Wells	Niagara	BUMS	2014
30-34	100 Breast	1:18.80	Beth Scheimann	Virginia	VMST	1993	1:05.90	Geoff Wells	Niagara	BUMS	2014
30-34	200 Breast	2:50.29	Denise Letendre	Virginia	VMST	2018	2:24.06	Alexander Bezugliy	Metropolitan	FREE	2018
30-34	50 Fly	27.60	Kim Vandenberg	Metropolitan	REDT	2013	25.24	Curtis Sawin	New Jersey	GSM	2002
30-34	100 Fly	1:00.22	Kim Vandenberg	Metropolitan	REDT	2013	55.67	Matt Haupt	Virginia	SNOW	2010
30-34	200 Fly	2:15.65	Kim Vandenberg	Metropolitan	REDT	2013	2:03.76	Matt Haupt	Virginia	SNOW	2010
30-34	200 IM	2:30.49	Denise Letendre	Virginia	VMST	2018	2:09.86	Ron Karnaugh	New Jersey	TRIT	1996
30-34	400 IM	5:29.10	Andrea Luallen-Scholz	Potomac Valley	ANCM	1999	4:38.55	Alexander Bezugliy	Metropolitan	MPNY	2016
35-39	50 Free	27.09	M Drueckhammer	Metropolitan	METR	2002	24.41	Michael Ross	New England	NEM	2005
35-39	100 Free	59.29	M Drueckhammer	Metropolitan	METR	2002	52.23	Michael Ross	New England	NEM	2004
35-39	200 Free	2:13.92	M Drueckhammer	Metropolitan	METR	2002	1:55.62	Michael Ross	New England	NEM	2006
35-39	400 Free	4:43.62	Kelly Parker	Virginia	VMST	1997	4:17.61	Stuart Cromarty	New England	NEM	2003
35-39	800 Free	9:49.08	Kelly Parker	Virginia	VMST	1997	8:55.04	Stuart Cromarty	New England	NEM	2003
35-39	1500 Free	18:37.69	Kelly Parker	Virginia	VMST	1997	17:36.30	Doug Chestnut	Potomac Valley	GMUP	2001
35-39	50 Back	31.93	Christie Raleigh Crossley	New Jersey	OCY	2022	27.50	Michael Ross	New England	NEM	2004
35-39	100 Back	1:08.49	Zena Herrmann	Maryland	MARY	1994	59.18	Michael Ross	New England	NEM	2006
35-39	200 Back	2:26.66	Zena Herrmann	Maryland	MARY	1994	2:07.16	Ron Karnaugh	New Jersey	TRIT	2001
35-39	50 Breast	36.60	Patty Powis	Virginia	VMST	1998	29.03	Geoff Wells	Niagara	BUMS	2021
35-39	100 Breast	1:22.38	Rainy Goodale	New England	NEM	2009	1:04.29	Geoff Wells	Niagara	BUMS	2021
35-39	200 Breast	2:59.81	Kristen Harris	Virginia	1693	2022	2:21.87	Ron Karnaugh	New Jersey	TRIT	2001
35-39	50 Fly	29.27	M Drueckhammer	Metropolitan	METR	2002	25.49	Michael Ross	New England	NEM	2004
35-39	100 Fly	1:05.31	Ildiko Szekely	New England	NEM	2016	56.07	Michael Ross	New England	NEM	2004
35-39	200 Fly	2:22.61	Ildiko Szekely	New England	NEM	2016	2:06.74	Jeff Stuart	Connecticut	CONN	1996
35-39	200 IM	2:32.77	Ildiko Szekely	New England	NEM	2017	2:05.64	Ron Karnaugh	New Jersey	TRIT	2003
35-39	400 IM	5:30.04	Andrea Luallen	Potomac Valley	ANCM	2001	4:34.10	Ron Karnaugh	New Jersey	TRIT	2001

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Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
40-44	50 Free	26.88	Maria Doelger	Metropolitan	METR	2003	24.31	Michael Ross	New England	MESC	2008
40-44	100 Free	58.43	Maria Doelger	Metropolitan	METR	2003	52.42	Michael Ross	New England	MESC	2009
40-44	200 Free	2:14.24	Maria Doelger	Metropolitan	METR	2003	1:55.06	Michael Ross	New England	MESC	2009
40-44	400 Free	4:46.00	Jane Kelsey	Metropolitan	NYAC	2017	4:17.23	Stuart Cromarty	New England	NEM	2004
40-44	800 Free	9:52.26	Galen Rinaldi	Connecticut	CONN	2011	8:47.75	Frederik Hviid	Potomac Valley	GERM	2014
40-44	1500 Free	18:45.43	Galen Rinaldi	Connecticut	CONN	2011	16:51.19	Frederik Hviid	Potomac Valley	GERM	2014
40-44	50 Back	32.11	Fall Willeboordse	Metropolitan	AQUA	2010	27.47	Michael Ross	New England	MESC	2008
40-44	100 Back	1:08.33	Kristin Gary	Metropolitan	REDT	2008	59.08	Michael Ross	New England	MESC	2009
40-44	200 Back	2:28.36	Kristin Gary	Metropolitan	REDT	2008	2:11.13	Frederik Hviid	Potomac Valley	GERM	2014
40-44	50 Breast	35.97	Amanda Martin	Delaware Valley	UNAT	2003	29.04	Geoff Wells	Niagara	BUMS	2022
40-44	100 Breast	1:21.07	Kristen Harris	Virginia	1693	2017	1:04.52	Geoff Wells	Niagara	BUMS	2022
40-44	200 Breast	2:53.75	Fall Willeboordse	Metropolitan	AQUA	2010	2:25.17	Geoff Wells	Niagara	BUMS	2022
40-44	50 Fly	29.29	Maria Doelger	Metropolitan	METR	2003	25.11	James Zenyuh	Potomac Valley	RIPM	2018
40-44	100 Fly	1:05.61	Beth Baker	Virginia	VMST	2001	56.43	Michael Ross	New England	MESC	2008
40-44	200 Fly	2:25.36	Ildiko Szekely	New England	NEM	2019	2:15.41	Chris Stevenson	Virginia	VMST	2007
40-44	200 IM	2:31.91	Fall Willeboordse	Metropolitan	AQUA	2010	2:15.75	Michael Ross	New England	MESC	2009
40-44	400 IM	5:40.48	Laurie Hug	Delaware Valley	1776	2008	4:57.54	Patrick Donahue	Potomac Valley	UC10	2014
45-49	50 Free	27.67	Fall Willeboordse	Metropolitan	AGUA	2011	24.31	Chuck Barnes	New England	NEM	2021
45-49	100 Free	59.62	Fall Willeboordse	Metropolitan	BCTM	2012	55.56	William Segal	New Jersey	JAM	2009
45-49	200 Free	2:18.81	Karen Einsidler	Connecticut	CONN	2003	2:01.76	Chris Stevenson	Virginia	VMST	2009
45-49	400 Free	4:52.49	Laurie Hug	Delaware Valley	1776	2014	4:21.26	Chris Stevenson	Virginia	VMST	2009
45-49	800 Free	9:53.97	Laurie Hug	Delaware Valley	1776	2012	9:10.01	Chris Stevenson	Virginia	VMST	2013
45-49	1500 Free	18:40.27	Laurie Hug	Delaware Valley	1776	2012	17:49.63	Chris Stevenson	Virginia	VMST	2013
45-49	50 Back	32.02	Fall Willeboordse	Metropolitan	BCTM	2013	28.01	Chuck Barnes	New England	NEM	2022
45-49	100 Back	1:08.82	Kristin Gary	Metropolitan	NYAC	2014	1:00.53	Chuck Barnes	New England	NEM	2022
45-49	200 Back	2:32.08	Kristin Gary	Metropolitan	NYAC	2014	2:13.21	Chuck Barnes	New England	NEM	2022
45-49	50 Breast	35.69	Fall Willeboordse	Metropolitan	AGUA	2011	30.82	Wally Dicks	Potomac Valley	RMST	2011
45-49	100 Breast	1:20.02	Fall Willeboordse	Metropolitan	BCTM	2012	1:09.09	Wally Dicks	Potomac Valley	ANCM	2009
45-49	200 Breast	2:59.81	Kristen Harris	Virginia	1693	2022	2:38.39	Wally Dicks	Potomac Valley	RMST	2011
45-49	50 Fly	29.37	Laurie DiTommaso	New Jersey	GSM	2009	25.24	Chuck Barnes	New England	NEM	2021
45-49	100 Fly	1:08.60	Fall Willeboordse	Metropolitan	AGUA	2011	59.10	Chris Stevenson	Virginia	VMST	2009
45-49	200 Fly	2:40.66	Laurie Hug	Delaware Valley	1776	2014	2:17.96	Chris Stevenson	Virginia	VMST	2013
45-49	200 IM	2:39.67	Karen Einsidler	Connecticut	CONN	2003	2:14.90	Jerome Frentsos	Maryland	UNAT	2010
45-49	400 IM	5:35.38	Vibeke Swanson	Delaware Valley	1776	2007	4:47.65	Jerome Frentsos	Maryland	UNAT	2010

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
50-54	50 Free	28.17	Fall Willeboordse	Metropolitan	UC06	2016	24.97	Steve Hiltabiddle	Delaware Valley	1776	2018
50-54	100 Free	1:02.25	Fall Willeboordse	Metropolitan	BCTM	2017	55.73	Steve Hiltabiddle	Delaware Valley	1776	2019
50-54	200 Free	2:20.53	Kelly Parker Palace	Virginia	VMST	2011	2:07.17	Fred Schlicher	New England	NEM	1998
50-54	400 Free	4:58.07	Kelly Parker Palace	Virginia	VMST	2011	4:32.22	Chris Stevenson	Virginia	VMST	2014
50-54	800 Free	10:01.61	Laurie Hug	Delaware Valley	1776	2015	9:29.69	Len Gushe	Virginia	UC12	2013
50-54	1500 Free	19:15.10	Laurie Hug	Delaware Valley	1776	2015	18:24.66	Patrick Autissier	New England	NEM	2013
50-54	50 Back	32.41	Leslie Livingston	Potomac Valley	GMUP	2013	28.77	Clay Britt	Potomac Valley	ANCM	2014
50-54	100 Back	1:10.82	Fall Willeboordse	Metropolitan	UC06	2016	1:02.77	Clay Britt	Potomac Valley	ANCM	2014
50-54	200 Back	2:34.13	Kristin Gary	Metropolitan	NYAC	2019	2:22.61	Chris Stevenson	Virginia	VMST	2014
50-54	50 Breast	37.51	Fall Willeboordse	Metropolitan	UC06	2016	32.23	Benn Doyle	New Jersey	GSM	2008
50-54	100 Breast	1:22.96	Fall Willeboordse	Metropolitan	UC06	2016	1:12.45	Gregory Harris	Virginia	VMST	2017
50-54	200 Breast	3:10.18	Karen Mareb	New England	NEM	2012	2:41.02	Benn Doyle	New Jersey	GSM	2008
50-54	50 Fly	29.82	Susan Williams	Potomac Valley	L4S	2016	25.96	Steve Hiltabiddle	Delaware Valley	1776	2019
50-54	100 Fly	1:09.50	H Fall Willeboordse	Metropolitan	BCTM	2017	1:00.00	Steve Hiltabiddle	Delaware Valley	1776	2017
50-54	200 Fly	2:46.38	Laurie Hug	Delaware Valley	1776	2017	2:26.34	Fred Schlicher	New England	NEM	1998
50-54	200 IM	2:38.03	Fall Willeboordse	Metropolitan	UC06	2016	2:20.48	Jerome Frentsos	Maryland	MARY	2015
50-54	400 IM	5:49.57	Laurie Hug	Delaware Valley	1776	2016	5:20.50	Paul Fetters	Potomac Valley	DCRP	2003
55-59	50 Free	28.98	Fall Willeboordse	Virginia	1693	2022	25.74	Paul Trevisan	Delaware Valley	1776	2006
55-59	100 Free	1:05.20	Fall Willeboordse	Virginia	1693	2022	56.81	Steve Hiltabiddle	Delaware Valley	1776	2021
55-59	200 Free	2:23.56	Kelly Parker Palace	Virginia	VMST	2016	2:11.57	Len Gushe	Virginia	UC12	2018
55-59	400 Free	4:59.94	Kelly Parker Palace	Virginia	VMST	2016	4:37.82	Len Gushe	Virginia	UC12	2018
55-59	800 Free	10:18.29	Kelly Parker Palace	Virginia	VMST	2016	9:42.77	Len Gushe	Virginia	UC12	2018
55-59	1500 Free	19:29.84	Kelly Parker Palace	Virginia	VMST	2016	18:35.64	Andy Reul	Connecticut	CONN	2018
55-59	50 Back	34.10	Susan Williams	Virginia	1693	2022	29.97	Clay Britt	Potomac Valley	ANCM	2017
55-59	100 Back	1:15.56	Fall Willeboordse	Virginia	1693	2022	1:05.80	Clay Britt	Potomac Valley	ANCM	2018
55-59	200 Back	2:47.52	Nancy Martin	New Jersey	GSM	2009	2:26.23	Len Gushe	Virginia	UC12	2018
55-59	50 Breast	39.16	Beth Estel	New England	NEM	2012	32.68	Gregory Harris	Virginia	VMST	2018
55-59	100 Breast	1:26.21	Fall Willeboordse	Virginia	1693	2022	1:10.84	Gregory Harris	Virginia	VMST	2018
55-59	200 Breast	3:07.28	Karen Mareb	New England	NEM	2014	2:41.86	Jerome Frentsos	Potomac Valley	DCAC	2022
55-59	50 Fly	31.57	Susan Williams	Virginia	1693	2022	26.56	Steve Hiltabiddle	Delaware Valley	1776	2021
55-59	100 Fly	1:15.71	Nancy Martin	New Jersey	GSM	2009	1:01.05	Greg Shaw	New England	NEM	2006
55-59	200 Fly	2:44.16	Nancy Martin	New Jersey	GSM	2009	2:25.35	Greg Shaw	New England	NEM	2006
55-59	200 IM	2:49.48	Kelly Parker Palace	Virginia	VMST	2016	2:20.67	Jerome Frentsos	Potomac Valley	DCAC	2020
55-59	400 IM	5:58.55	Nancy Martin	New Jersey	GSM	2009	5:05.66	Jerome Frentsos	Potomac Valley	DCAC	2020

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
60-64	50 Free	30.55	Jacki Hirsty	New England	NEM	2014	26.35	Paul Trevisan	Delaware Valley	1776	2013
60-64	100 Free	1:08.50	Jacki Hirsty	New England	NEM	2012	1:00.15	Paul Trevisan	Delaware Valley	1776	2013
60-64	200 Free	2:30.17	Kelly Parker Palace	Virginia	VMST	2021	2:12.69	Fred Schlicher	New England	NEM	2008
60-64	400 Free	5:18.24	Jacki Hirsty	New England	NEM	2014	4:55.64	Frank McElroy	New Jersey	JAM	2009
60-64	800 Free	10:18.82	Lynn Marshall	New England	UC02	2022	10:09.12	John Calvert	Virginia	VMST	2006
60-64	1500 Free	19:23.70	Lynn Marshall	New England	UC02	2022	19:47.94	Christopher Gibson	New Jersey	PAA	2016
60-64	50 Back	36.16	Val Van Horn Pate	Virginia	VMST	2022	33.18	Jack Geoghegan	Connecticut	CONN	2002
60-64	100 Back	1:18.00	Joan Pfinsgraff	Maryland	MARY	2018	1:14.84	Arthur Gunzl	Connecticut	CONN	2022
60-64	200 Back	2:46.62	Lynn Marshall	New England	UC02	2022	2:39.01	John Calvert	Virginia	VMST	2006
60-64	50 Breast	39.02	Beth Estel	New England	NEM	2016	33.00	Gregory Oxley	Delaware Valley	LASH	2018
60-64	100 Breast	1:27.24	Beth Estel	New England	NEM	2016	1:15.25	Gregory Oxley	Delaware Valley	LASH	2018
60-64	200 Breast	3:17.73	Beth Estel	New England	NEM	2016	2:50.83	Gregory Oxley	Delaware Valley	LASH	2018
60-64	50 Fly	32.65	Val Van Horn Pate	Virginia	VMST	2022	28.69	Greg Shaw	New England	NEM	2012
60-64	100 Fly	1:14.80	Val Van Horn Pate	Virginia	VMST	2022	1:03.98	Fred Schlicher	New England	NEM	2008
60-64	200 Fly	2:47.28	Lynn Marshall	New England	UC02	2022	2:31.58	Fred Schlicher	New England	NEM	2008
60-64	200 IM	2:55.32	Val Van Horn Pate	Virginia	VMST	2022	2:30.72	Fred Schlicher	New England	NEM	2008
60-64	400 IM	6:21.20	Shirley Loftus-Charley	Virginia	VMST	2012	5:30.99	Fred Schlicher	New England	NEM	2008
65-69	50 Free	32.49	Diann Uustal	New England	MESC	2011	27.85	Jim Dragon	New Jersey	GSM	2009
65-69	100 Free	1:13.50	Tracy Grilli	New England	NEM	2022	1:02.23	James Thornton	Delaware Valley	1776	2017
65-69	200 Free	2:40.73	Nancy Steadman Martin	New Jersey	GSM	2021	2:20.29	James Thornton	Delaware Valley	1776	2017
65-69	400 Free	5:26.13	Nancy Steadman Martin	New Jersey	GSM	2021	4:58.22	James Thornton	Delaware Valley	1776	2017
65-69	800 Free	11:17.68	Nancy Steadman Martin	New Jersey	GSM	2022	10:28.94	James Thornton	Delaware Valley	1776	2017
65-69	1500 Free	21:14.84	Nancy Steadman Martin	New Jersey	GSM	2021	20:14.69	John Chambers	Metropolitan	AGUA	2022
65-69	50 Back	36.79	Cecilia Mccloskey	Delaware Valley	1776	2015	33.80	Douglas Slater	Virginia	1693	2022
65-69	100 Back	1:20.95	Cecilia Mccloskey	Delaware Valley	1776	2015	1:11.54	Douglas Slater	Virginia	1693	2022
65-69	200 Back	2:57.78	Cecilia Mccloskey	Delaware Valley	1776	2015	2:47.34	Douglas Slater	Virginia	1693	2022
65-69	50 Breast	41.87	Beth Estel	New England	NEM	2021	35.30	Jim Dragon	New Jersey	GSM	2009
65-69	100 Breast	1:34.77	Beth Estel	New England	NEM	2021	1:19.85	Brian Keyser	Delaware Valley	1776	2021
65-69	200 Breast	3:26.98	Joann Leilich	Virginia	VMST	2005	3:10.86	Brian Keyser	Delaware Valley	1776	2021
65-69	50 Fly	34.09	Diann Uustal	New England	NEM	2014	28.69	Jim Dragon	New Jersey	GSM	2009
65-69	100 Fly	1:21.86	Cecilia Mccloskey	Delaware Valley	1776	2015	1:10.63	James Thornton	Delaware Valley	1776	2017
65-69	200 Fly	3:12.74	Nancy Steadman Martin	New Jersey	GSM	2021	2:50.79	John Chambers	Metropolitan	AGUA	2021
65-69	200 IM	2:59.89	Cecilia Mccloskey	Delaware Valley	1776	2015	2:44.72	Robert Kannegieser	Delaware Valley	FINSF	2022
65-69	400 IM	6:36.48	Nancy Steadman Martin	New Jersey	GSM	2021	6:01.74	Frank McElroy	New Jersey	GSM	2013

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
70-74	50 Free	33.02	Diann Uustal	New England	NEM	2017	29.35	Kelley Lemmon	Potomac Valley	DCM	1984
70-74	100 Free	1:15.30	Diann Uustal	New England	NEM	2017	1:06.89	James Thornton	Delaware Valley	1776	2022
70-74	200 Free	2:46.34	Shirley Loftus-Charley	Virginia	ETM	2022	2:23.30	Fred Schlicher	New England	NEM	2018
70-74	400 Free	5:46.36	Shirley Loftus-Charley	Virginia	ETM	2022	5:11.89	Fred Schlicher	New England	NEM	2018
70-74	800 Free	11:51.70	Shirley Loftus-Charley	Virginia	ETM	2022	11:22.96	Frank McElroy	New Jersey	GSM	2018
70-74	1500 Free	22:17.49	Shirley Loftus-Charley	Virginia	ETM	2022	22:38.98	James Ryan	New Jersey	SCYM	2022
70-74	50 Back	39.11	Diann Uustal	New England	NEM	2017	34.65	Fred Schlicher	New England	NEM	2018
70-74	100 Back	1:25.54	Diann Uustal	New England	NEM	2017	1:18.65	Fred Schlicher	New England	NEM	2018
70-74	200 Back	3:14.66	Diann Uustal	New England	NEM	2017	2:46.27	Fred Schlicher	New England	NEM	2018
70-74	50 Breast	45.13	Margot Pettijohn	Potomac Valley	ANCM	2016	38.24	Jim Dragon	New Jersey	GSM	2014
70-74	100 Breast	1:40.78	Margot Pettijohn	Potomac Valley	ANCM	2016	1:29.52	Manuel Sanguily	Connecticut	CONN	2003
70-74	200 Breast	3:45.96	Margot Pettijohn	Potomac Valley	ANCM	2017	3:23.96	Daniel Rogacki	New England	NEM	2017
70-74	50 Fly	35.02	Diann Uustal	New England	NEM	2017	31.37	Jim Dragon	New Jersey	GSM	2014
70-74	100 Fly	1:35.09	Margot Pettijohn	Potomac Valley	ANCM	2016	1:12.43	Fred Schlicher	New England	NEM	2018
70-74	200 Fly	3:37.41	Margot Pettijohn	Potomac Valley	ANCM	2016	2:53.43	Fred Schlicher	New England	NEM	2018
70-74	200 IM	3:19.48	Shirley Loftus-Charley	Virginia	ETM	2022	2:49.38	Fred Schlicher	New England	NEM	2018
70-74	400 IM	6:57.34	Shirley Loftus-Charley	Virginia	ETM	2022	6:06.60	Fred Schlicher	New England	NEM	2018
75-79	50 Free	38.06	Johnnie Detrick	Virginia	VMST	2013	31.87	Hank Holswade	Virginia	VMST	2022
75-79	100 Free	1:31.94	Beth Schreiner	Virginia	VMST	2017	1:14.86	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	200 Free	3:22.22	Ruth Bennett	Potomac Valley	RMST	2022	2:53.73	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 Free	7:16.13	Beth Schreiner	Virginia	VMST	2016	6:13.05	Roger Franks	Delaware Valley	1776	2002
75-79	800 Free	14:47.33	Jane Katz	Metropolitan	AGUA	2018	12:46.62	Roger Franks	Delaware Valley	1776	2002
75-79	1500 Free	28:42.63	Jane Katz	Metropolitan	AGUA	2019	24:34.77	Roger Franks	Delaware Valley	1776	2002
75-79	50 Back	44.43	Doris Steadman	New Jersey	GSM	1999	41.53	Jack Zakim	New Jersey	GSM	2021
75-79	100 Back	1:38.78	Doris Steadman	New Jersey	GSM	2000	1:29.47	Roger Franks	Delaware Valley	1776	2002
75-79	200 Back	3:37.48	Doris Steadman	New Jersey	GSM	2000	3:10.25	Roger Franks	Delaware Valley	1776	2002
75-79	50 Breast	53.45	Jane Katz	Metropolitan	AGUA	2018	41.69	Charles Urstadt	Connecticut	CONN	2003
75-79	100 Breast	2:03.34	Johnnie Detrick	Virginia	VMST	2010	1:39.69	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	200 Breast	4:29.13	Johnnie Detrick	Virginia	VMST	2010	3:42.14	Drury Gallagher	Metropolitan	XCEL	2013
75-79	50 Fly	51.31	Lucille Griffin	Virginia	VMST	2013	33.26	Jim Dragon	New Jersey	GSM	2019
75-79	100 Fly	1:54.65	Lucille Griffin	Virginia	VMST	2013	1:38.28	Winthrop Wilson	New England	NEM	2002
75-79	200 Fly	4:27.67	Lucille Griffin	Virginia	VMST	2014	3:50.95	Lenrod Goldstone	Connecticut	CONN	2004
75-79	200 IM	4:11.94	Johnnie Detrick	Virginia	VMST	2010	3:30.50	Kelley Lemmon	Potomac Valley	DCM	1987
75-79	400 IM	8:48.78	Nancy Brown	Maryland	MARY	2011	7:41.10	Birch Davidson	Delaware Valley	1776	1994

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
80-84	50 Free	39.51	Johnnie Detrick	Virginia	VMST	2016	35.63	Stanley Shechter	Metropolitan	AGUA	2013
80-84	100 Free	1:37.04	Johnnie Detrick	Virginia	VMST	2015	1:23.16	Stanley Shechter	Metropolitan	AGUA	2012
80-84	200 Free	3:47.94	Beth Schreiner	Virginia	VMST	2022	3:16.08	Dick Hutchings	New England	NEM	2022
80-84	400 Free	8:13.26	Joann Leilich	Virginia	VMST	2022	6:58.74	Dick Hutchings	New England	NEM	2022
80-84	800 Free	19:04.31	Jeanne Meredith	Virginia	VMST	2009	14:31.10	Dick Hutchings	New England	NEM	2022
80-84	1500 Free	34:49.74	Petey Smith	New England	NEM	2004	28:44.42	Robert Johnston	Niagara	NIAG	1997
80-84	50 Back	53.47	Beth Schreiner	Virginia	VMST	2022	44.29	Skip Monsein	Potomac Valley	DCM	2014
80-84	100 Back	2:01.61	Nancy Brown	Maryland	MARY	2016	1:41.35	Skip Monsein	Potomac Valley	DCM	2014
80-84	200 Back	4:16.70	Doris Steadman	New Jersey	GSM	2005	3:39.22	Roger Franks	Delaware Valley	1776	2007
80-84	50 Breast	51.73	Joann Leilich	Virginia	VMST	2022	45.77	Charles Urstadt	Connecticut	CONN	2009
80-84	100 Breast	1:57.19	Joann Leilich	Virginia	VMST	2022	1:43.74	Al Craig	New England	NEM	2007
80-84	200 Breast	4:18.06	Joann Leilich	Virginia	VMST	2022	3:47.81	Al Craig	New England	NEM	2007
80-84	50 Fly	1:02.26	Doris Russell	Maryland	MARY	2000	47.48	H Messer	Potomac Valley	DCRP	2011
80-84	100 Fly	2:35.77	Janet Wehrlen-Moeller	New Jersey	GSM	2014	2:09.55	William Jones	New England	MESC	2017
80-84	200 Fly	6:09.67	Elsa Mattila	Potomac Valley	DCM	1990	5:42.28	Itamar Kutai	New England	NEM	2013
80-84	200 IM	4:27.25	Johnnie Detrick	Virginia	VMST	2015	4:09.72	Frank Manheim	Potomac Valley	RMST	2010
80-84	400 IM	10:04.01	Nancy Brown	Maryland	MARY	2016	9:47.05	Lenrod Goldstone	Connecticut	CONN	2009
85-89	50 Free	50.93	Julia Dolce	New Jersey	GSM	1994	38.44	Al Craig	New England	NEM	2012
85-89	100 Free	2:00.68	Julia Dolce	New Jersey	GSM	1995	1:43.03	Gus Langner	Connecticut	CONN	1988
85-89	200 Free	4:35.70	Billie Ann Burrill	New England	NEM	2006	3:48.91	Gus Langner	Connecticut	CONN	1989
85-89	400 Free	9:42.42	Billie Ann Burrill	New England	NEM	2006	8:12.53	Dick Guido	Metropolitan	METR	2004
85-89	800 Free	21:54.01	Julia Dolce	New Jersey	GSM	1995	17:11.21	Gus Langner	Connecticut	CONN	1988
85-89	1500 Free	43:35.59	Julia Dolce	New Jersey	GSM	1995	33:08.42	Gus Langner	Connecticut	CONN	1989
85-89	50 Back	1:00.46	Laura Walker	Virginia	VMST	2022	49.18	Frank Manheim	Potomac Valley	RMST	2015
85-89	100 Back	2:18.17	Marie Wicklun	Connecticut	CONN	2000	1:51.56	Alan Weeden	Connecticut	CONN	2009
85-89	200 Back	4:50.95	Laura Walker	Virginia	VMST	2022	4:22.20	John Merrill	Connecticut	CONN	2003
85-89	50 Breast	1:15.40	Marianna Berkley	Virginia	VMST	2009	52.20	Al Craig	New England	NEM	2012
85-89	100 Breast	2:52.71	Marianna Berkley	Virginia	VMST	2009	2:20.99	William Molloy	New England	NEM	1995
85-89	200 Breast	6:16.17	Marianna Berkley	Virginia	VMST	2009	4:10.75	Al Craig	New England	NEM	2012
85-89	50 Fly	1:18.60	Joan Waldbaum	Delaware Valley	1776	2016	1:06.02	Frank Manheim	Potomac Valley	RMST	2016
85-89	100 Fly	3:33.92	Marie Kelleher	Virginia	VMST	2000	3:23.06	Abraham Olanoff	New England	NEM	1991
85-89	200 Fly						8:31.34	Jay Charles	Metropolitan	METR	2008
85-89	200 IM	6:05.21	Janet Moeller	New Jersey	SCYM	2019	5:52.48	Abraham Olanoff	New England	NEM	1991
85-89	400 IM						12:27.27	Abraham Olanoff	New England	NEM	1991

**Colonies Zone Records**

*Long Course Meters*

Age Group	Event	Women					Men				
		Time	Name	LMSC	Club	Year	Time	Name	LMSC	Club	Year
90-94	50 Free	58.80	Julia Dolce	New Jersey	GSM	1999	48.70	Gus Langner	Connecticut	CONN	1993
90-94	100 Free	2:19.87	Julia Dolce	New Jersey	GSM	2000	1:57.91	Gus Langner	Connecticut	CONN	1993
90-94	200 Free	5:19.36	Julia Dolce	New Jersey	GSM	1999	4:28.34	Gus Langner	Connecticut	CONN	1993
90-94	400 Free	11:44.11	Julia Dolce	New Jersey	GSM	1999	9:44.11	Gus Langner	Connecticut	CONN	1993
90-94	800 Free	28:07.33	Julia Dolce	New Jersey	GSM	2001	20:13.74	Gus Langner	Connecticut	CONN	1993
90-94	1500 Free	50:26.49	Julia Dolce	New Jersey	GSM	1999	36:47.02	Gus Langner	Connecticut	CONN	1993
90-94	50 Back	1:19.05	Anne Walker	Potomac Valley	DCM	2006	51.94	Alan Weeden	Connecticut	UC05	2014
90-94	100 Back	2:53.84	Julia Dolce	New Jersey	GSM	2000	2:07.20	John Merrill	Connecticut	CONN	2007
90-94	200 Back	5:56.93	Julia Dolce	New Jersey	GSM	2000	4:38.42	John Merrill	New England	NEM	2008
90-94	50 Breast	2:01.70	Marianna Berkley	Virginia	VMST	2013	1:18.31	Gus Langner	Connecticut	CONN	1993
90-94	100 Breast						3:09.64	Gus Langner	Connecticut	CONN	1993
90-94	200 Breast						6:24.54	Gus Langner	Connecticut	CONN	1993
90-94	50 Fly	4:57.25	Anna Bauscher	Delaware Valley	1776	1994					
90-94	200 IM	12:10.93	Anna Bauscher	Delaware Valley	1776	1994					
95-99	50 Free	1:17.53	Julia Dolce	New Jersey	GSM	2005	55.88	Gus Langner	Connecticut	CONN	1998
95-99	100 Free	3:08.43	Julia Dolce	New Jersey	GSM	2005	2:29.32	Gus Langner	Connecticut	CONN	1998
95-99	200 Free						5:13.23	Gus Langner	Connecticut	CONN	1998
95-99	400 Free						11:30.53	Gus Langner	Connecticut	CONN	1998
95-99	800 Free						22:28.28	Gus Langner	Connecticut	CONN	1998
95-99	1500 Free						47:30.40	Gus Langner	Connecticut	CONN	1999
95-99	50 Back	1:42.07	Julia Dolce	New Jersey	GSM	2005	1:56.25	Gus Langner	Connecticut	CONN	1998
95-99	100 Back	4:57.61	Mary Lathram	Potomac Valley	DCM	2011					
95-99	50 Breast						1:26.61	Gus Langner	Connecticut	CONN	1998
95-99	100 Breast						3:38.45	Gus Langner	Connecticut	CONN	1998
95-99	200 Breast						7:37.17	Gus Langner	Connecticut	CONN	1998



## Colonies Zone Records

## Long Course Meters

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Women	200 Free Relay	1:59.26	DCAC	PV	K Myers	S Reese	H Sisk	M Jespersen	2000
72-99	Women	400 Free Relay	4:24.33	CONN	CT	K Grant	A LaFrenierre	C Cole	M Scarth	2013
72-99	Women	200 Medley Relay	2:17.56	DCAC	PV	M Jespersen	K Myers	H Sisk	C Stender	2000
72-99	Women	400 Medley Relay	5:11.04	TERR	PV	M Grover	I Levavi	C Busch	M Stakem	2006
100-119	Women	200 Free Relay	1:56.56	DCM	PV	B O'Connor	E Hochuli	S O'Hara	S Skiff	1987
100-119	Women	400 Free Relay	4:29.03	TERR	PV	C Voorhees	M Grover	I Levavi	M Stakem	2006
100-119	Women	800 Free Relay	13:52.66	GBM	NE	B Hult	R Neild	J Chenelle	M MacFarland	2009
100-119	Women	200 Medley Relay	2:11.67	GSM	NJ	A Luallen	T Gustafson	B Schwartz	M Stovickova	2000
100-119	Women	400 Medley Relay	4:56.40	CONN	CT	A LaFrenierre	L Finnegan	A Fox	K Grant	2013
120-159	Women	200 Free Relay	1:52.46	METR	MR	M Doelger	M Griffis	J Harris	J Foschi	2003
120-159	Women	400 Free Relay	4:41.81	CONN	CT	P Henry Moss	L Finnegan	W Ross	E Sargent	2018
120-159	Women	800 Free Relay	11:23.56	RMST	PV	J Fry	J O'Reilly	M Dawson	K Born	2007
120-159	Women	200 Medley Relay	2:09.13	METR	MR	J Harris	M Griffis	M Doelger	J Foschi	2003
120-159	Women	400 Medley Relay	4:55.20	VMST	VA	K Hibbard	C Russo	M Smith	D Myers	2013
160-199	Women	200 Free Relay	1:59.88	VMST	VA	K Parker	B Baker	K Braaten	T Seubert	2002
160-199	Women	400 Free Relay	4:34.40	CONN	CT	S Stolarski	T Michael	A Fox	F Chretien	2013
160-199	Women	800 Free Relay	10:53.44	FINS	DV	R Voigtsberger	E Hofmann	K Chialastri	J Marzullo	2015
160-199	Women	200 Medley Relay	2:17.25	NEM	NE	J Downing	R Goodale	M Williams	K Crusco	2017
160-199	Women	400 Medley Relay	5:08.28	NEM	NE	T Grilli	R Goodale	J Holmes	C Emblidge	2009
200-239	Women	200 Free Relay	2:06.65	RMST	PV	K Brightwell	M Johnson	A Bass	P Martinez	2021
200-239	Women	400 Free Relay	4:38.19	CONN	CT	S Stolarski	G Rinaldi	P Henry Moss	T Michael	2014
200-239	Women	800 Free Relay	11:35.65	CONN	CT	C Brandon	K Adams	P Henry Moss	S Stolarski	2012
200-239	Women	200 Medley Relay	2:20.58	NEM	NE	J Feldmann	B Hummel	J Hirsty	L Wiki Royden	2004
200-239	Women	400 Medley Relay	6:13.64	MESC	NE	M Estabrook	C Kupan	M LaRiviere	B Fries	2010
240-279	Women	200 Free Relay	2:06.42	NEM	NE	K Mareb	T Grilli	D Uustal	J Hirsty	2014
240-279	Women	400 Free Relay	5:12.45	NEM	NE	T Grilli	B Estel	K Stokes	K Mareb	2018
240-279	Women	800 Free Relay	12:34.38	DCM	PV	J Bruner	B Schreiner	J Leilich	R Bennett	2000
240-279	Women	200 Medley Relay	2:24.95	NEM	NE	D Uustal	B Estel	L Delorey	J Hirsty	2014
240-279	Women	400 Medley Relay	6:07.87	DCM	PV	B Frid	J Leilich	J Bruner	B Schreiner	2000
280-319	Women	200 Free Relay	2:29.97	VMST	VA	J Detrick	B Schreiner	T Sue Gault	M Barry	2014
280-319	Women	400 Free Relay	5:45.80	VMST	VA	M Barry	J Detrick	L Walker	S Loftus-Charley	2013
280-319	Women	800 Free Relay	13:30.52	VMST	VA	S Loftus-Charley	L Walker	J Detrick	M Barry	2014
280-319	Women	200 Medley Relay	2:56.69	VMST	VA	M Barry	B Boslego	S Loftus-Charley	J Detrick	2017
280-319	Women	400 Medley Relay	6:54.11	VMST	VA	M Barry	J Detrick	S Loftus-Charley	L Walker	2014
320-359	Women	200 Free Relay	3:27.23	VMST	VA	B Zaremski	T Sokolik	M Berkley	J Meredith	2009

**Colonies Zone Records**

*Long Course Meters*

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Men	200 Free Relay	1:41.98	GSM	NJ	J Meer	G Wriede	D Kato	P Buren	2003
72-99	Men	400 Free Relay	3:58.63	DCAC	PV	L McClure	A Bellows	G Bilton	M Graham	2005
72-99	Men	200 Medley Relay	1:58.77	DCAC	PV	A Bellows	L Mc Clure	G Bilton	M Graham	2005
72-99	Men	400 Medley Relay	4:15.40	TNYA	MR	C Ludeke	S Jordan	A Wong	D Guernsey	2011
100-119	Men	200 Free Relay	1:40.20	PAFC	DV	W Jewell	J Morozin	B Furlong	A Brandan	2002
100-119	Men	400 Free Relay	3:45.32	NEM	NE	A Oktavian	C Sheppard	D Searles	B Fehlau	2005
100-119	Men	800 Free Relay	8:45.51	TNYA	MR	S Smith	D Spires	S Hooper	W Chesson	2012
100-119	Men	200 Medley Relay	1:50.60	GMUP	PV	L Witherow	C Lee	B Tuben	S Williams	2013
100-119	Men	400 Medley Relay	4:07.97	NEM	NE	C Sheppard	A Oktavian	D Searles	B Fehlau	2005
120-159	Men	200 Free Relay	1:38.53	ANCM	PV	M Fell	T Boyd	E Osborn	C Britt	2000
120-159	Men	400 Free Relay	3:53.43	FINS	DV	S Campea	J Jordan	J Klugman	J Harper	2003
120-159	Men	800 Free Relay	8:51.38	DCAC	PV	W Zolna	S Brinitzer	P King	M Kinney	2005
120-159	Men	200 Medley Relay	1:48.75	ANCM	PV	C Britt	W Dicks	J Roddin	M Fell	2002
120-159	Men	400 Medley Relay	4:13.83	FINS	DV	J Harper	S Campea	J Jordan	J Klugman	2003
160-199	Men	200 Free Relay	1:40.20	ANCM	PV	C Britt	J Crist	W Dicks	M Fell	2002
160-199	Men	400 Free Relay	3:54.77	MESC	NE	M Schmidt	M Ross	S O'Leary	D Pride	2010
160-199	Men	800 Free Relay	8:55.55	GMUP	PV	L Sloan	D Oates	J Hudson	R Hansen	2002
160-199	Men	200 Medley Relay	1:49.85	NEM	NE	M Ross	J Walkenhorst	G Shaw	M Lane	2006
160-199	Men	400 Medley Relay	4:31.00	DCAC	PV	G Heuchling	N Williams	F Dever	R Sprengel	2011
200-239	Men	200 Free Relay	1:47.73	MESC	NE	H Carter	M Ross	M Schmidt	B Rupert	2009
200-239	Men	400 Free Relay	4:07.94	CONN	CT	P Holmquist	J Sargent	A Reul	D Gugino	2014
200-239	Men	800 Free Relay	8:55.55	GMUP	PV	L Sloan	D Oates	J Hudson	R Hansen	2002
200-239	Men	200 Medley Relay	2:01.81	ANCM	PV	M Pugliese	W Dicks	J Feinstein	J Roddin	2010
200-239	Men	400 Medley Relay	4:33.31	DCAC	PV	N Williams	B Smith	F Dever	J Frentsos	2020
240-279	Men	200 Free Relay	1:54.12	1776	DV	G Oxley	C Stevens	S Dougherty	J Thornton	2014
240-279	Men	400 Free Relay	4:57.41	DCAC	PV	E Czander	J Mead	B Haddan	K Majoros	2020
240-279	Men	800 Free Relay	12:32.90	GERM	PV	M Walters	E Reed	D Robinson	K Wall	2006
240-279	Men	200 Medley Relay	2:12.06	NEM	NE	D Bright	L Kronfeld	D Rogacki	G Coupe	2006
240-279	Men	400 Medley Relay	5:44.97	MESC	NE	B Rupert	W Jones	R Johnston	M McKinney	2008
280-319	Men	200 Free Relay	2:03.29	1776	DV	B Keyser	J Amundsen	G Meyer	J Thornton	2021
280-319	Men	400 Free Relay	5:34.17	GSM	NJ	F McElroy	L Seidman	A Wein	J Zakim	2021
280-319	Men	800 Free Relay	13:34.65	BUMS	NI	D Kornblatt	S Paushter	C Carpenter	J Chivers	2014
280-319	Men	200 Medley Relay	2:19.37	1776	DV	G Meyer	B Keyser	J Thornton	J Amundsen	2021
280-319	Men	400 Medley Relay	6:41.01	CONN	CT	R Cahill	P Berghaus	D Kirby	M Laux	2013

**Colonies Zone Records**

*Long Course Meters*

Age Group	Gender	Event	Time	Club	LMSC	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Year
72-99	Mixed	200 Free Relay	1:50.13	PAFC	DV	B Furlong	D Morales	E Mojock	E Mullet	2004
72-99	Mixed	800 Free Relay	10:35.08	DCAC	PV	N Hemady	L Warren-Shriner	T Happell	L Campbell	2011
72-99	Mixed	200 Medley Relay	2:05.48	PAFC	DV	E Mojock	B Furlong	E Mullet	D Morales	2004
100-119	Mixed	200 Free Relay	1:46.28	DCM	PV	B O'Connor	T Wolf	S O'Hara	M Heinrich	1987
100-119	Mixed	400 Free Relay	4:00.76	NEM	NE	J Stokes	B Fehlau	S Morawski	J Eaddy	2001
100-119	Mixed	800 Free Relay	8:49.66	CONN	CT	K Grant	C Cole	G Sargent	S Scarth	2013
100-119	Mixed	200 Medley Relay	1:59.20	1693	VA	S Glass	C Head	G Mizerak	M Falcone	2017
100-119	Mixed	400 Medley Relay	4:56.06	YBRC	DV	K Kenyon	N Mahler	B Burns	K Murphy	2005
120-159	Mixed	200 Free Relay	1:49.09	L4S	PV	L Guers	A Sattgast	J Kress	E Franklin	2014
120-159	Mixed	400 Free Relay	4:15.41	1693	VA	R Williams	C Hurtubise	K Grier	M Lovett	2015
120-159	Mixed	800 Free Relay	8:50.48	GMUP	PV	M Middlemore	D Chestnut	C Ward	T Boyd	2002
120-159	Mixed	200 Medley Relay	1:58.33	DCM	PV	T Wolf	M Kanzler	S Skiff	B O'Connor	1987
120-159	Mixed	400 Medley Relay	4:43.07	FINS	DV	J Harper	S Campea	J Buehler	E Hofmann	2003
160-199	Mixed	200 Free Relay	1:46.58	VMST	VA	J Tudor	L Tudor	A Phillips	B Baker	2000
160-199	Mixed	400 Free Relay	4:09.20	MESC	NE	M Schmidt	M Estabrook	D Pride	J Knight	2009
160-199	Mixed	800 Free Relay	9:11.97	MESC	NE	M Schmidt	B Fries	C Kupan	M Ross	2009
160-199	Mixed	200 Medley Relay	2:00.37	ANCM	PV	C Britt	W Dicks	A Block	J Lim-Sharpe	2000
160-199	Mixed	400 Medley Relay	4:53.99	GSM	NJ	A Carow	B Doyle	R Kalibat	E Suzuki	2004
200-239	Mixed	200 Free Relay	1:48.83	NEM	NE	G Shaw	J Hirsty	J Feldmann	M Ross	2006
200-239	Mixed	400 Free Relay	4:29.25	NEM	NE	L Eger	C Emblidge	J Holmes	D Bright	2009
200-239	Mixed	800 Free Relay	9:19.01	CONN	CT	J Sargent	A Reul	T Michael	G Rinaldi	2015
200-239	Mixed	200 Medley Relay	2:06.14	NEM	NE	J Feldmann	M Lane	G Shaw	J Hirsty	2006
200-239	Mixed	400 Medley Relay	5:11.48	NEM	NE	M Yunker	R Battistini	M Roy	K Mareb	2012
240-279	Mixed	200 Free Relay	2:01.78	1776	DV	C Stevens	D Munger	C Mccloskey	J Thornton	2014
240-279	Mixed	400 Free Relay	4:28.01	NEM	NE	D Rogacki	J Hirsty	T Grilli	G Shaw	2012
240-279	Mixed	800 Free Relay	11:44.32	CONN	CT	D Kirby	C Brandon	M Laux	G Rinaldi	2013
240-279	Mixed	200 Medley Relay	2:18.67	1776	DV	C Mccloskey	D Munger	S Dougherty	J Thornton	2014
240-279	Mixed	400 Medley Relay	6:25.62	MESC	NE	B Rupert	J Snyder	D Syphers	A Uecker	2012
280-319	Mixed	200 Free Relay	2:16.72	NEM	NE	D Uustal	J Pope	C Hayes	G Coupe	2014
280-319	Mixed	400 Free Relay	5:38.76	VMST	VA	B Zaremski	J Detrick	O Maher	H Sober	2008
280-319	Mixed	800 Free Relay	15:16.54	RMST	PV	K Brightwell	F Manheim	L Manheim	J Rysdon	2016
280-319	Mixed	200 Medley Relay	2:43.53	NEM	NE	T Toensing	C Hayes	D Uustal	G Coupe	2014
280-319	Mixed	400 Medley Relay	7:32.40	VMST	VA	B Durrant	R Scott	L Griffin	O Maher	2008
320-359	Mixed	200 Free Relay	2:57.49	NEM	NE	J Edwards	B An Burrill	P H Smith	F Ted Haartz	2004
320-359	Mixed	400 Free Relay	7:23.93	MARY	MD	N Brown	B Bronk	J Coleman	M Brown	2016
320-359	Mixed	200 Medley Relay	4:00.32	MARY	MD	N Brown	R Stewart	J Hall	B Bronk	2018
320-359	Mixed	400 Medley Relay	10:59.02	MARY	MD	J Coleman	T Shores	J Hall	B Bronk	2016